

# DCPS Middle School Menu

## ESY October 3-7

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Bar plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special

### Favorites

- MONDAY** Chicken Alfredo Macaroni
- TUESDAY** Mediterranean Omelet
- WEDNESDAY** Baked Penne w/ Tomato Sauce
- THURSDAY** California Chicken Pot Pie
- FRIDAY** Grilled Chicken Dunks w/ Honey BBQ Dip

### Daily Specials

### Creations

- MONDAY** Chicken Burger/ Grilled Cheese
- TUESDAY** Alaska Five-O Burger/ Turkey Burger
- WEDNESDAY** Buffalo Pizza/ Cheese Pizza
- THURSDAY** Hamburger/ Mushroom Burger
- FRIDAY** Hawaiian Pizza/ Cheese Pizza

### Daily Specials

### Deli

- MONDAY** Italian Sub/ Turkey Ham Sub
- TUESDAY** Chicken Caesar Wrap/ Turkey Sub
- WEDNESDAY** Garden Sub/ American Sub
- THURSDAY** Sunbutter & Jelly Sandwich/ Turkey Sub
- FRIDAY** Egg Salad Sandwich/ Turkey Ham Sub

### Daily Specials

### Grab & Go

All Salads served w/ Whole Grain Roll

- MONDAY** Vegetable Flatbread/ Chef Salad
- TUESDAY** Asian Chicken Wrap/ Spinach Salad
- WEDNESDAY** Turkey Cranberry Wrap/ Caesar Salad
- THURSDAY** Spinach Wrap/ Chicken Dipper Salad
- FRIDAY** Tuna Salad Wrap/ Garden Salad

### Daily Special Sides



*Garden Bar: Salad Greens,  
Korean Carrots,  
Curried Chickpeas, Cucumber Slices*

- MONDAY** Roasted Broccoli/ Fresh Apple/ Pineapple
- TUESDAY** Tater Tots/ Banana/ Orange Smiles
- WEDNESDAY** Broccoli & Cauliflower/ Fresh Apple/ Pears
- THURSDAY** Roasted Corn/ Banana/ Orange Smiles
- FRIDAY** Sweet Potato Bites/ Fresh Apple/ Fruit Salad

*This institution is an equal  
opportunity provider.*

# Sodexo

Oct 3, 2016 thru Oct 7, 2016

Base Menu Spreadsheet

G6-8 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 1:22:58 PM

|                  | Cals<br>(kcal) | Sodm<br>(mg) | S-Fat<br>(g) | S. Fat<br>% Cals | Tr-Fat <sup>1</sup><br>(g) | Tr. Fat <sup>1</sup><br>% Cals |
|------------------|----------------|--------------|--------------|------------------|----------------------------|--------------------------------|
| Mon - 10/03/2016 | 597            | 1116         | 7.42         | 11.19%           | 0.00                       | 0.00%                          |
| Tue - 10/04/2016 | 647            | 1057         | 7.24         | 10.07%           | 0.00                       | 0.00%                          |
| Wed - 10/05/2016 | 636            | 1079         | 8.74         | 12.38%           | 0.00                       | 0.00%                          |
| Thu - 10/06/2016 | 659            | 1022         | 6.98         | 9.54%            | 0.00                       | 0.00%                          |
| Fri - 10/07/2016 | 614            | 943          | 6.19         | 9.07%            | 0.00                       | 0.00%                          |
| Weighted Average | 630            | 1043         | 7.32         | 10.44%           | 0.00                       | 0.00%                          |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any)                 |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories                   | 630      |           | 600 - 700     | 100%        |           |           |         |   |
| Sodium (mg)                | 1043     |           | 1360          |             |           |           |         |   |
| Saturated Fat (g)          | 7.32     | 10.44%    | <10.00%       |             |           |           |         |   |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%     |               |             |           |           |         | Correction Required - Sat. Fat too High |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# DCPS Middle School Menu

## ESY October 10-14

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

*From the Field*

**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Bar plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

**Daily Special**

*Favorites*

**MONDAY** No School  
**TUESDAY** No School  
**WEDNESDAY** No School  
**THURSDAY** No School  
**FRIDAY** No School

**Daily Specials**

*Creations*

**MONDAY** No School  
**TUESDAY** No School  
**WEDNESDAY** No School  
**THURSDAY** No School  
**FRIDAY** No School

**Daily Specials**

*Deli*

**MONDAY** No School  
**TUESDAY** No School  
**WEDNESDAY** No School  
**THURSDAY** No School  
**FRIDAY** No School

**Daily Specials**

*Grab & Go*

*All Salads served w/ Whole Grain Roll*

**MONDAY** No School  
**TUESDAY** No School  
**WEDNESDAY** No School  
**THURSDAY** No School  
**FRIDAY** No School

**Daily Special Sides**

*From the Field*

**MONDAY** No School  
**TUESDAY** No School  
**WEDNESDAY** No School  
**THURSDAY** No School  
**FRIDAY** No School

*This institution is an equal opportunity provider.*

# DCPS Middle School Menu

## ESY October 17-21

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Bar plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special

### Favorites

|                  |                                |
|------------------|--------------------------------|
| <b>MONDAY</b>    | Super Veggie Macaroni & Cheese |
| <b>TUESDAY</b>   | Chicken Soft Tacos             |
| <b>WEDNESDAY</b> | Chipotle BBQ Meatloaf          |
| <b>THURSDAY</b>  | Southwest Black Bean Nachos    |
| <b>FRIDAY</b>    | No School Today                |

### Daily Specials

### Creations

|                  |                                       |
|------------------|---------------------------------------|
| <b>MONDAY</b>    | Honey BBQ Chicken Sandwich/ Mo'Burger |
| <b>TUESDAY</b>   | Buffalo Pizza/ Cheese Pizza           |
| <b>WEDNESDAY</b> | Bistro Burger/ Black Bean Burger      |
| <b>THURSDAY</b>  | Chicken Burger/ Meatloaf Sandwich     |
| <b>FRIDAY</b>    | No School Today                       |

### Daily Specials

### Deli

|                  |  |
|------------------|--|
| <b>MONDAY</b>    | Chicken Salad Sandwich/ Turkey Ham Sub |
| <b>TUESDAY</b>   | Turkey Sub/ American Sub               |
| <b>WEDNESDAY</b> | Garden Sub/ Italian Sub                |
| <b>THURSDAY</b>  | American Sub/ Turkey Sub               |
| <b>FRIDAY</b>    | No School Today                        |

### Daily Specials

### Grab & Go

All Salads served w/ Whole Grain Roll

|                  |   |
|------------------|---|
| <b>MONDAY</b>    | Fiery Dragon Wrap/ Chef Salad               |
| <b>TUESDAY</b>   | Southern BBQ Wrap/ Spinach Salad            |
| <b>WEDNESDAY</b> | Greek Wrap/ Caesar Salad                    |
| <b>THURSDAY</b>  | Greens & Gourds Wrap/ Chicken Dip-per Salad |
| <b>FRIDAY</b>    | No School Today                             |

### Daily Special Sides



Garden Bar: Salad Greens, Diced Tomatoes,  
White Bean & Jicama Salad, Carrots

|                  |   |
|------------------|---|
| <b>MONDAY</b>    | Green Beans/ Fresh Apple/ Peaches               |
| <b>TUESDAY</b>   | Mexican Zucchini/ Banana/ Orange Smiles         |
| <b>WEDNESDAY</b> | Mashed Potatoes/ Fresh Apple/ Dried Cranberries |
| <b>THURSDAY</b>  | Jicama & Cucumber Salad/ Banana/ Orange Smiles  |
| <b>FRIDAY</b>    | No School Today                                 |

*This institution is an equal opportunity provider.*

# Sodexo

Oct 17, 2016 thru Oct 21, 2016

Base Menu Spreadsheet

G6-8 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 1:24:19 PM

|                  | Cals<br>(kcal) | Sodm<br>(mg) | S-Fat<br>(g) | S. Fat<br>% Cals | Tr-Fat <sup>1</sup><br>(g) | Tr. Fat <sup>1</sup><br>% Cals |
|------------------|----------------|--------------|--------------|------------------|----------------------------|--------------------------------|
| Mon - 10/17/2016 | 578            | 959          | 6.03         | 9.38%            | 0.00                       | 0.00%                          |
| Tue - 10/18/2016 | 598            | 979          | 7.65         | 11.52%           | 0.00                       | 0.00%                          |
| Wed - 10/19/2016 | 621            | 1085         | 5.35         | 7.76%            | 0.00                       | 0.00%                          |
| Thu - 10/20/2016 | 596            | 987          | 5.53         | 8.35%            | 0.00                       | 0.00%                          |
| Fri - 10/21/2016 | 627            | 1118         | 7.69         | 11.05%           | 0.00                       | 0.00%                          |
| Weighted Average | 604            | 1026         | 6.45         | 9.61%            | 0.00                       | 0.00%                          |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 604      |           | 600 - 700     | 100%        |           |           |         |                         |
| Sodium (mg)                | 1026     |           | 1360          |             |           |           |         |                         |
| Saturated Fat (g)          | 6.45     | 9.61%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%     |               |             |           |           |         |                         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# DCPS Middle School Menu

## ESY October 24-28

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Bar plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special

### Favorites

- MONDAY** Roasted Turkey & Gravy
- TUESDAY** Jerk Chicken or Lentils Bowl
- WEDNESDAY** Grilled Chicken & Waffles
- THURSDAY** Cheesy Lasagna Roll
- FRIDAY** No School Today

### Daily Specials

### Creations

- MONDAY** Sausage Pizza/ Cheese Pizza
- TUESDAY** Hot Turkey Ham & Cheese/ Hamburger
- WEDNESDAY** Twisted Turkey Dog/ Maxi Mexi Burger
- THURSDAY** Buffalo Pizza/ Cheese Pizza
- FRIDAY** No School Today

### Daily Specials

### Deli

- MONDAY** Italian Sub/ Turkey Ham Sub
- TUESDAY** American Sub/ Turkey Sub
- WEDNESDAY** Sunbutter & Jelly Sandwich/ American Sub
- THURSDAY** Egg Salad Sandwich/ Turkey Sub
- FRIDAY** No School Today

### Daily Specials

### Grab & Go

*All Salads served w/ Whole Grain Roll*

- MONDAY** Hot Mustard Wrap/ Chef Salad
- TUESDAY** Chef Salad Wrap/ Spinach Salad
- WEDNESDAY** Caesar Wrap/ Tuna Salad
- THURSDAY** Turkey Wrap/ Caesar Salad
- FRIDAY** No School Today

### Daily Special Sides



*Garden Bar: Salad Greens, Baby Carrots,  
Indian Style Garbanzo Beans, Aztec Corn*

- MONDAY** Mashed Potatoes/ Fresh Apple/ Pears
- TUESDAY** Roasted Butternut Squash/ Banana/ Orange Smiles
- WEDNESDAY** Collard Greens/ Fresh Apple/ Honeydew
- THURSDAY** Green Beans/ Banana/ Orange Smiles
- FRIDAY** No School Today

*This institution is an equal  
opportunity provider.*

# Sodexo

Oct 24, 2016 thru Oct 27, 2016

Base Menu Spreadsheet

G6-8 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 1:24:54 PM

|                  | Cals<br>(kcal) | Sodm<br>(mg) | S-Fat<br>(g) | S. Fat<br>% Cals | Tr-Fat <sup>1</sup><br>(g) | Tr. Fat <sup>1</sup><br>% Cals |
|------------------|----------------|--------------|--------------|------------------|----------------------------|--------------------------------|
| Mon - 10/24/2016 | 553            | 884          | 6.50         | 10.58%           | 0.00                       | 0.00%                          |
| Tue - 10/25/2016 | 595            | 1050         | 5.47         | 8.27%            | 0.00                       | 0.00%                          |
| Wed - 10/26/2016 | 665            | 1022         | 5.72         | 7.74%            | 0.00                       | 0.00%                          |
| Thu - 10/27/2016 | 611            | 962          | 7.10         | 10.46%           | 0.00                       | 0.00%                          |
| Weighted Average | 606            | 980          | 6.20         | 9.20%            | 0.00                       | 0.00%                          |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 606      |           | 600 - 700     | 100%        |           |           |         |                         |
| Sodium (mg)                | 980      |           | 1360          |             |           |           |         |                         |
| Saturated Fat (g)          | 6.20     | 9.20%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%     |               |             |           |           |         |                         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.