

INSPIRE CAFÉ

DCPS Education Campus Menu

October 3-7

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	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

All Salads served w/ Whole Grain Roll

Grab & Go

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

*From
the Field*

*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

K-8 Lunch

Weighted Values - Summary

Page 1

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	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 10/03/2016	578	1090	6.81	10.61%	0.00	0.00%
Tue - 10/04/2016	637	1060	6.21	8.78%	0.00	0.00%
Wed - 10/05/2016	628	986	8.42	12.06%	0.00	0.00%
Thu - 10/06/2016	646	1146	7.59	10.57%	0.00	0.00%
Fri - 10/07/2016	600	1109	5.14	7.72%	0.00	0.00%
Weighted Average	618	1078	6.83	9.96%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	618		600 - 650	100%				
Sodium (mg)	1078		1230					
Saturated Fat (g)	6.83	9.96%	<10.00%					
Trans Fat ¹ (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

¹ - 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.

INSPIRE CAFÉ

DCPS Education Campus Menu

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 Today
TUESDAY	Kung Pao Sauce w/ Chicken or Tofu
WEDNESDAY	Glorious Macaroni & Cheese
THURSDAY	Sweet & Sour Chicken
FRIDAY	Thai Sweet Potato Bowl

Daily Specials

Creations

MONDAY	No School Today
TUESDAY	Sloppy Joe/ Cheeseburger
WEDNESDAY	Cuban Sandwich/ Maxi Mexi Burger
THURSDAY	Hawaiian Pizza/ Cheese Pizza
FRIDAY	Chicken Burger/ Bistro Burger

Daily Specials

Deli

MONDAY	No School Today
TUESDAY	American Sub/ Turkey Sub
WEDNESDAY	Egg Salad Sandwich/ Turkey Sub
THURSDAY	Sunny Apple Sandwich/ American Sub
FRIDAY	Tuna Salad Wrap/ Turkey Ham Sub

Daily Specials

All Salads served w/ Whole Grain Roll

Grab & Go

MONDAY	No School Today
TUESDAY	Chef Salad Wrap/ Spinach Salad
WEDNESDAY	Turkey Wrap/ Caesar Salad
THURSDAY	Chicken Caesar Wrap/ Chef Salad
FRIDAY	Asian Chicken Wrap/ Garden Salad

Daily Special Sides

*From
the Field*

*Garden Bar: Salad Greens,
Mexican Black Beans,
Thai Ginger Cucumber Salad, Cherry Tomatoes*

MONDAY	No School Today
TUESDAY	Butternut Squash Salad/ Banana/ Orange Smiles
WEDNESDAY	Collard Greens/ Fresh Apple/ Watermelon
THURSDAY	Asian Veggie Blend/ Banana/ Orange Smiles
FRIDAY	Roasted Corn/ Fresh Apple/ Fruit Salad

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opportunity provider.*

Sodexo

Oct 11, 2016 thru Oct 14, 2016

Base Menu Spreadsheet

K-8 Lunch

Weighted Values - Summary

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	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Tue - 10/11/2016	722	1461	6.68	8.32%	0.00	0.00%
Wed - 10/12/2016	604	1145	7.02	10.46%	0.00	0.00%
Thu - 10/13/2016	666	1027	6.24	8.43%	0.00	0.00%
Fri - 10/14/2016	716	1275	5.70	7.17%	0.00	0.00%
Weighted Average	677	1227	6.41	8.52%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	677		600 - 650	104%			27	Correction Required - Calories too High
Sodium (mg)	1227		1230					
Saturated Fat (g)	6.41	8.52%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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INSPIRE CAFÉ

DCPS Education Campus Menu

October 17-21

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	Super Veggie Macaroni & Cheese
TUESDAY	Chicken Soft Tacos
WEDNESDAY	Chipotle BBQ Meatloaf
THURSDAY	Southwest Black Bean Nachos
FRIDAY	Bagel Sandwich w/ Turkey, Egg, & Cheese

Daily Specials

Creations

MONDAY	Honey BBQ Chicken Sandwich/ Mo'Burger
TUESDAY	Buffalo Pizza/ Cheese Pizza
WEDNESDAY	Bistro Burger/ Black Bean Burger
THURSDAY	Chicken Burger/ Meatloaf Sandwich
FRIDAY	Hawaiian Pizza/ Cheese Pizza

Daily Specials

Deli

MONDAY	Chicken Salad Sandwich/ Turkey Ham Sub
TUESDAY	Turkey Sub/ American Sub
WEDNESDAY	Garden Sub/ Italian Sub
THURSDAY	American Sub/ Turkey Sub
FRIDAY	Sunny Apple Sandwich/ Turkey Ham Sub

Daily Specials

All Salads served w/ Whole Grain Roll

Grab & Go

MONDAY	Fiery Dragon Wrap/ Chef Salad
TUESDAY	Southern BBQ Wrap/ Spinach Salad
WEDNESDAY	Greek Wrap/ Caesar Salad
THURSDAY	Greens & Gourds Wrap/ Chicken Dip-per Salad
FRIDAY	Buffalo Chicken Wrap/ Garden Salad

Daily Special Sides

*From
the Field*

Garden Bar: Salad Greens, Diced Tomatoes,

White Bean & Jicama Salad, Carrots

MONDAY	Green Beans/ Fresh Apple/ Peaches
TUESDAY	Mexican Zucchini/ Banana/ Orange Smiles
WEDNESDAY	Mashed Potatoes/ Fresh Apple/ Dried Cranberries
THURSDAY	Jicama & Cucumber Salad/ Banana/ Orange Smiles
FRIDAY	Tater Tots/ Fresh Apple/ Orange Juice

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opportunity provider.*

Sodexo

Oct 17, 2016 thru Oct 21, 2016

Base Menu Spreadsheet

K-8 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 1:26:40 PM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 10/17/2016	20	37	0.23	10.45%	0.00	0.00%
Tue - 10/18/2016	654	1120	8.51	11.70%	0.00	0.00%
Wed - 10/19/2016	649	1259	6.43	8.91%	0.00	0.00%
Thu - 10/20/2016	611	1090	6.35	9.36%	0.00	0.00%
Fri - 10/21/2016	588	964	5.72	8.76%	0.00	0.00%
Weighted Average	504	894	5.45	9.72%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	504		600 - 650	84%		96		Correction Required - Calories are Low
Sodium (mg)	894		1230					
Saturated Fat (g)	5.45	9.72%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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INSPIRE CAFÉ

DCPS Education Campus Menu

October 24-28

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	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

All Salads served w/ Whole Grain Roll

Grab & Go

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

*From
the Field*

*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

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opportunity provider.*

Sodexo

Oct 24, 2016 thru Oct 27, 2016

Base Menu Spreadsheet

K-8 Lunch

Weighted Values - Summary

Page 1

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	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 10/24/2016	643	1060	8.00	11.18%	0.00	0.00%
Tue - 10/25/2016	655	1061	5.88	8.08%	0.00	0.00%
Wed - 10/26/2016	668	1177	6.88	9.26%	0.00	0.00%
Thu - 10/27/2016	653	996	7.41	10.21%	0.00	0.00%
Weighted Average	655	1074	7.04	9.68%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	655		600 - 650	101%			5	Correction Required - Calories too High
Sodium (mg)	1074		1230					
Saturated Fat (g)	7.04	9.68%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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