

DCPS Elementary Menu

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



- MONDAY** Toasted Grilled Cheese
- TUESDAY** Baked Penne w/ Tomato Sauce
- WEDNESDAY** Hawaiian Style Pizza
- THURSDAY** California Chicken Pot Pie
- FRIDAY** Grilled Chicken Dunks w/ Honey BBQ Dip

Daily Special

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



- MONDAY** Tomato Soup
- TUESDAY** Roasted Broccoli
- WEDNESDAY** Roasted Butternut Squash
- THURSDAY** Roasted Corn
- FRIDAY** Sweet Potato Bites

Daily Special



- MONDAY** Chipotle Chicken Burger
- TUESDAY** Alaskan Pollock Po' Boy Sandwich
- WEDNESDAY** Classic Cheese Pizza
- THURSDAY** Traditional Hamburger
- FRIDAY** Tomato Basil Pasta & Cheese

Daily Special

Fruit Choices



- MONDAY** Fresh Apple/ Chilled Pineapple
- TUESDAY** Banana/ Orange Smiles
- WEDNESDAY** Fresh Apple/ Raisins
- THURSDAY** Banana/ Orange Smiles
- FRIDAY** Fresh Apple/ Mixed Fruit Salad

Daily Special



Sandwiches, Wraps, & Salads

All Salads served w/ Whole Grain Roll

- MONDAY** American Sub/ Chef Salad
- TUESDAY** Asian Chicken Wrap/ Turkey Sandwich
- WEDNESDAY** Turkey Cranberry Wrap/ Chicken Dipper Salad
- THURSDAY** Sunbutter & Jelly Sandwich/ Chicken Caesar Salad
- FRIDAY** Turkey Ham Sub/ Southwest Chicken Salad

This institution is an equal opportunity provider.

Sodexo

Oct 3, 2016 thru Oct 7, 2016

Base Menu Spreadsheet

K5 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 11:02:43 AM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 10/03/2016	606	1586	7.70	11.43%	0.00	0.00%
Tue - 10/04/2016	550	1045	4.99	8.16%	0.00	0.00%
Wed - 10/05/2016	568	849	6.20	9.82%	0.00	0.00%
Thu - 10/06/2016	646	899	7.10	9.89%	0.00	0.00%
Fri - 10/07/2016	659	1113	6.21	8.48%	0.00	0.00%
Weighted Average	606	1099	6.44	9.56%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	606		550 - 650	100%				
Sodium (mg)	1099		1230					
Saturated Fat (g)	6.44	9.56%	<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.

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DCPS Elementary Menu

October 10-14

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



- MONDAY** No School Today
- TUESDAY** Black Bean Chili Pie
- WEDNESDAY** Glorious Macaroni & Cheese
- THURSDAY** Egg w/ Turkey Sausage & French Toast Sticks
- FRIDAY** Thai Sweet Potato Bowl

Daily Special

Garden Bar: Celery Sticks, Baby Carrots, Cherry Tomatoes, Black Beans



- MONDAY** No School Today
- TUESDAY** Roasted Broccoli
- WEDNESDAY** Collard Greens
- THURSDAY** Tater Tots
- FRIDAY** Roasted Corn

Daily Special



- MONDAY** No School Today
- TUESDAY** Deluxe Cheeseburger
- WEDNESDAY** Cuban Inspired Sandwich
- THURSDAY** Sweet & Sour Chicken & Vegetables
- FRIDAY** Bistro Burger

Daily Special

Fruit Choices



- MONDAY** No School Today
- TUESDAY** Banana/ Orange Smiles
- WEDNESDAY** Fresh Apple/ Watermelon
- THURSDAY** Banana/ Orange Smiles
- FRIDAY** Fresh Apple/ Mixed Fruit Salad

Daily Special



Sandwiches, Wraps, & Salads

All Salads served w/ Whole Grain Roll

- MONDAY** No School Today
- TUESDAY** American Sub/ Spinach Salad
- WEDNESDAY** Turkey Wrap/ Chicken Dipper Salad
- THURSDAY** Sunny Apple Sandwich/ Chef Salad
- FRIDAY** Turkey Sandwich/ Tuna Salad

This institution is an equal opportunity provider.

Sodexo

Oct 11, 2016 thru Oct 14, 2016

Base Menu Spreadsheet

K5 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 11:04:13 AM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Tue - 10/11/2016	567	997	6.34	10.06%	0.00	0.00%
Wed - 10/12/2016	602	1187	8.16	12.19%	0.00	0.00%
Thu - 10/13/2016	724	826	5.53	6.88%	0.00	0.00%
Fri - 10/14/2016	666	1238	4.82	6.51%	0.00	0.00%
Weighted Average	640	1062	6.21	8.74%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	640		550 - 650	100%				
Sodium (mg)	1062		1230					
Saturated Fat (g)	6.21	8.74%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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DCPS Elementary Menu

October 17-21

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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



- MONDAY** Super Veggie Macaroni & Cheese
- TUESDAY** Turkey Sausage Pizza
- WEDNESDAY** Chipotle BBQ Meatloaf
- THURSDAY** Southwest Black Bean Nachos
- FRIDAY** Bagel Sandwich w/ Turkey Ham, Egg, & Cheese

Daily Special

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



- MONDAY** Green Beans
- TUESDAY** Jicama & Cucumber Salad
- WEDNESDAY** Mashed Potatoes
- THURSDAY** Aztec Corn
- FRIDAY** Citrus Glazed Carrots

Daily Special



- MONDAY** Honey BBQ Chicken Sandwich
- TUESDAY** Classic Cheese Pizza
- WEDNESDAY** Bistro Burger
- THURSDAY** Caprese Turkey Burger
- FRIDAY** Double Bean Enchilada

Daily Special

Fruit Choices



- MONDAY** Fresh Apple/ Chilled Peaches
- TUESDAY** Banana/ Orange Smiles
- WEDNESDAY** Fresh Apple/ Dried Cranberries
- THURSDAY** Banana/ Orange Smiles
- FRIDAY** Fresh Apple/ Orange Juice

Daily Special



Sandwiches, Wraps, & Salads

All Salads served w/ Whole Grain Roll

- MONDAY** Turkey Ham Sub/ Chicken Dipper Salad
- TUESDAY** Southern BBQ Wrap/ Chicken Salad Sandwich
- WEDNESDAY** Garden Sub/ Asian Chicken Salad
- THURSDAY** American Sub/ Chicken Caesar Salad
- FRIDAY** Chicken Wrap/ Southwest Chicken Salad

This institution is an equal opportunity provider.

Sodexo

Oct 17, 2016 thru Oct 21, 2016

Base Menu Spreadsheet

K5 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 11:05:13 AM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 10/17/2016	545	964	6.00	9.91%	0.00	0.00%
Tue - 10/18/2016	564	790	6.19	9.88%	0.00	0.00%
Wed - 10/19/2016	604	1070	5.95	8.86%	0.00	0.00%
Thu - 10/20/2016	585	992	6.40	9.85%	0.00	0.00%
Fri - 10/21/2016	548	960	5.16	8.47%	0.00	0.00%
Weighted Average	569	955	5.94	9.39%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	569		550 - 650	100%				
Sodium (mg)	955		1230					
Saturated Fat (g)	5.94	9.39%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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DCPS Elementary Menu

October 24-28

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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



- MONDAY** Roasted Turkey & Gravy
- TUESDAY** Jamaican Jerk Chicken Bowl
- WEDNESDAY** Grilled Chicken & Waffles
- THURSDAY** Hawaiian Style Pizza
- FRIDAY** No School Today

Daily Special

*Garden Bar: Salad Greens, Cucumber Slices,
Indian Style Garbanzo Beans, Carrots*



- MONDAY** Mashed Potatoes
- TUESDAY** Roasted Corn
- WEDNESDAY** Collard Greens
- THURSDAY** Roasted Butternut Squash
- FRIDAY** No School Today

Daily Special



- MONDAY** Traditional Hamburger
- TUESDAY** Hot Turkey Ham & Cheese Sandwich
- WEDNESDAY** Sudanese Meat Sauce w/ Rice
- THURSDAY** Classic Cheese Pizza
- FRIDAY** No School Today

Daily Special

Fruit Choices



- MONDAY** Fresh Apple/ Chilled Pears
- TUESDAY** Banana/ Orange Smiles
- WEDNESDAY** Fresh Apple/ Honeydew
- THURSDAY** Banana/ Orange Smiles
- FRIDAY** No School Today

Daily Special



Sandwiches, Wraps, & Salads

All Salads served w/ Whole Grain Roll

- MONDAY** Italian Sub/ Hoppin' John Salad
- TUESDAY** American Sub/ Spinach Salad
- WEDNESDAY** Sunny Apple Sandwich/ Chef Salad
- THURSDAY** Turkey Wrap/ Bruchetta Bean Dip w/ Tortilla Chips
- FRIDAY** No School Today

This institution is an equal opportunity provider.

Sodexo

Oct 24, 2016 thru Oct 27, 2016

Base Menu Spreadsheet

K5 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 11:05:55 AM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 10/24/2016	529	755	3.79	6.45%	0.00	0.00%
Tue - 10/25/2016	570	935	4.50	7.10%	0.00	0.00%
Wed - 10/26/2016	648	851	5.41	7.51%	0.00	0.00%
Thu - 10/27/2016	577	961	6.85	10.69%	0.00	0.00%
Weighted Average	581	876	5.14	7.96%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	581		550 - 650	100%				
Sodium (mg)	876		1230					
Saturated Fat (g)	5.14	7.96%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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