

INSPIRE CAFÉ

DCPS High School 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 Salad Greens 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 Noodle Soup
TUESDAY	Spaghetti w/ Meat Sauce or Marinara
WEDNESDAY	Mediterranean Omelet
THURSDAY	Chicken Alfredo Macaroni
FRIDAY	Grilled Chicken Dunks w/ Honey BBQ Dip

Daily Sides

Garden Bar: Salad Greens, Cherry Tomatoes, Curried Chickpeas, Cucumber Slices

From the Field

MONDAY	Citrus Glazed Carrots
TUESDAY	Roasted Corn
WEDNESDAY	Roasted Butternut Squash
THURSDAY	Broccoli & Cauliflower w/ Panko
FRIDAY	Sweet Potato Bites

Daily Specials

Specialty Grill Items: Mon, Tues, & Thurs

Creations

Pizza: Wednesday & Friday

MONDAY	Chicken Burger/ Mo'Burger/ Grilled Cheese
TUESDAY	Alaska Five-O/ Cheeseburger/ Garden Burger
WEDNESDAY	Buffalo/ Hawaiian/ Cheese
THURSDAY	Bagel Sandwich/ Hamburger/ Mushroom Burger
FRIDAY	Sausage/ Buffalo/ Cheese

Daily Sides

Fruit Choices

From the Field

MONDAY	Fresh Apple/ Pineapple
TUESDAY	Banana/ Orange Smiles
WEDNESDAY	Fresh Apple/ Orange Juice
THURSDAY	Banana/ Orange Smiles
FRIDAY	Fresh Apple/ Mixed Fruit Salad

Daily Specials

Turkey, Turkey Ham, & American Subs

Grab & Go

Available Everyday

MONDAY	Italian Sandwich/ Chef Salad
TUESDAY	Asian Chicken Wrap/ Spinach Salad
WEDNESDAY	Turkey Wrap/ Caesar Salad
THURSDAY	Sunbutter & Jelly Sandwich/ Chef Salad
FRIDAY	Tuna Salad Wrap/ Garden Salad

This institution is an equal opportunity provider.

Sodexo

Oct 3, 2016 thru Oct 7, 2016

Base Menu Spreadsheet

G9-12 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/27/2016 11:27:09 AM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 10/03/2016	763	1584	8.86	10.45%	0.00	0.00%
Tue - 10/04/2016	678	1131	5.73	7.61%	0.00	0.00%
Wed - 10/05/2016	730	1342	11.46	14.13%	0.00	0.00%
Thu - 10/06/2016	757	1318	8.40	9.98%	0.00	0.00%
Fri - 10/07/2016	825	1570	10.67	11.63%	0.00	0.00%
Weighted Average	751	1389	9.02	10.82%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	751		750 - 850	100%				
Sodium (mg)	1389		1420					
Saturated Fat (g)	9.02	10.82%	<10.00%					
Trans Fat ¹ (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

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 High School 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 Salad Greens 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	Sweet & Sour Chicken
WEDNESDAY	Glorious Macaroni & Cheese
THURSDAY	Teriyaki Chicken w/ Vegetables
FRIDAY	Thai Sweet Potato Bowl

Daily Sides

*Garden Bar: Salad Greens, Diced Tomatoes,
Mexican Black Beans, Roasted Corn*

*From
the Field*

MONDAY	No School Today
TUESDAY	Asian Veggie Blend
WEDNESDAY	Sauteed Kale
THURSDAY	Butternut Squash Salad
FRIDAY	Thai Ginger Cucumber Salad

Daily Specials

Specialty Grill Items: Tues, Wed, & Fri

Creations

Pizza: Thursday

MONDAY	No School Today
TUESDAY	Sloppy Joe/ Cheeseburger/ Black Bean Burger
WEDNESDAY	Cuban Sandwich/ Hamburger/ Veggie Torta
THURSDAY	Buffalo/ Hawaiian/ Cheese
FRIDAY	Chicken Burger/ Bistro Burger/ Grilled Cheese w/ Egg & Spinach

Daily Sides

Fruit Choices

*From
the Field*

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

Daily Specials

Turkey, Turkey Ham, & American Subs

Grab & Go

Available Everyday

MONDAY	No School Today
TUESDAY	Chef Salad Wrap/ Spinach Salad
WEDNESDAY	Egg Salad Sandwich/ Caesar Salad
THURSDAY	Sunny Apple Sandwich/ Chef Salad
FRIDAY	Spinach Salad Wrap/ Garden Salad

*This institution is an equal
opportunity provider.*

Sodexo

Oct 11, 2016 thru Oct 14, 2016

Base Menu Spreadsheet

G9-12 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/27/2016 11:33:22 AM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Tue - 10/11/2016	769	1433	6.24	7.30%	0.00	0.00%
Wed - 10/12/2016	752	1474	7.94	9.50%	0.00	0.00%
Thu - 10/13/2016	771	1610	7.67	8.95%	0.00	0.00%
Fri - 10/14/2016	761	1492	6.73	7.97%	0.00	0.00%
Weighted Average	763	1502	7.14	8.42%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	763		750 - 850	100%				
Sodium (mg)	1502		1420				82	Correction Required - Sodium too High
Saturated Fat (g)	7.14	8.42%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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INSPIRE CAFÉ

DCPS High School 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 Salad Greens 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	Chimichurri Alaskan Pollock
WEDNESDAY	Mexi-Chicken Tacos
THURSDAY	Italian Meatball Sandwich
FRIDAY	Turkey Carnitas Burrito

Daily Sides

*Garden Bar: Salad Greens, Cucumber Slices,
Mo' Rockin Slaw, Baby Carrots*

*From
the Field*

MONDAY	Sauteed Kale
TUESDAY	Roasted Corn
WEDNESDAY	Mexican Black Beans
THURSDAY	Tomato Basil Salad
FRIDAY	Southwest Pinto Beans

Daily Specials

Specialty Grill Items: Mon, Wed, & Thurs

Creations

Pizza: Tuesday & Friday

MONDAY	Honey BBQ Chicken Sandwich/ Cheeseburger/ Spicy Bahama Burger
TUESDAY	Buffalo/ Hawaiian/ Cheese
WEDNESDAY	Chicken Burger/ Bistro Burger/ Spicy Bean Burger
THURSDAY	Hot Turkey Ham & Cheese/ Cool Ranch Burger/ Cool Ranch Bean Burger
FRIDAY	Sausage/ Buffalo/ Cheese

Daily Sides

Fruit Choices

*From
the Field*

MONDAY	Fresh Apple/ Peaches
TUESDAY	Banana/ Orange Smiles
WEDNESDAY	Fresh Apple/ Dried Cranberries
THURSDAY	Banana/ Orange Smiles
FRIDAY	Fresh Apple/ Mixed Fruit Salad

Daily Specials

Turkey, Turkey Ham, & American Subs

Grab & Go

Available Everyday

MONDAY	Fiery Dragon Wrap/ Chef Salad
TUESDAY	Chicken Salad Sandwich/ Spinach Salad
WEDNESDAY	Greek Wrap/ Caesar Salad
THURSDAY	Greens & Gourds Wrap/ Caesar Salad
FRIDAY	Asian Chicken Wrap/ Garden Salad

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opportunity provider.*

Sodexo

Oct 17, 2016 thru Oct 21, 2016

Base Menu Spreadsheet

G9-12 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/27/2016 11:40:44 AM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 10/17/2016	751	1439	8.03	9.62%	0.00	0.00%
Tue - 10/18/2016	761	1226	9.34	11.05%	0.00	0.00%
Wed - 10/19/2016	760	1447	7.37	8.72%	0.00	0.00%
Thu - 10/20/2016	767	1430	7.31	8.58%	0.00	0.00%
Fri - 10/21/2016	754	1552	9.88	11.80%	0.00	0.00%
Weighted Average	759	1419	8.38	9.95%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	759		750 - 850	100%				
Sodium (mg)	1419		1420					
Saturated Fat (g)	8.38	9.95%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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DCPS High School Menu

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 Salad Greens 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 or Lentil Rice Bowl
- WEDNESDAY** Grilled Chicken & Waffles
- THURSDAY** Cheesy Lasagna Roll
- FRIDAY** No School Today

Daily Sides

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



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

Daily Specials

Specialty Grill Items: Tues & Wed

Pizza: Monday & Thursday



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

Daily Sides

Fruit Choices



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

Daily Specials

Turkey, Turkey Ham, & American Subs

Available Everyday



- MONDAY** Italian Sub/ Chef Salad
- TUESDAY** Chef Salad Wrap/ Spinach Salad
- WEDNESDAY** Chicken Caesar Wrap/ Tuna Salad
- THURSDAY** Egg Salad Sandwich/ Caesar Salad
- FRIDAY** No School Today

This institution is an equal opportunity provider.

Sodexo

Oct 24, 2016 thru Oct 27, 2016

Base Menu Spreadsheet

G9-12 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	758	1320	10.08	11.96%	0.00	0.00%
Tue - 10/25/2016	762	1495	6.59	7.78%	0.00	0.00%
Wed - 10/26/2016	793	1455	7.27	8.26%	0.00	0.00%
Thu - 10/27/2016	761	1312	10.12	11.97%	0.00	0.00%
Weighted Average	769	1395	8.51	9.97%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	769		750 - 850	100%				
Sodium (mg)	1395		1420					
Saturated Fat (g)	8.51	9.97%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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