DCPS Elementary School Lunch Menu

	MONDAY 10/1/2018	TUESDAY 10/2/2018	WEDNESDAY 10/3/2018	THURSDAY 10/4/2018	FRIDAY 10/5/2018
Favorites	Cheese Quesadilla[v]	Teriyaki Grilled Chicken w/ Vegetables	Korean BBQ Turkey Taco w/ Pineapple Slaw	Bean & Cheese Enchilada[v]	Rainbow Veggie Chili[v]
Side		Brown Rice			Tortilla Chips
Creations	Chicken Quesadilla	Teriyaki Veggie Burger w/ Pineapple slaw[v]	Honey BBQ Chicken Sandwich	Grilled Cheese Sandwich[v]	Turkey Sausage or Cheese Pizza[v]
Grab & Go	Chicken Taco Salad	Chicken Salad Sandwich	Hearty Garden Salad[v]	Chicken Dipper Salad	Cured Turkey Sub Sandwich
Side	Tortilla Chips		Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
From the Field	Southwest Pinto Beans	Lemon Roasted Broccoli	Steamed Carrots	Roasted Corn	Green Beans
	Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots				
FRUITS	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Apple	Cantaloupe Cubes
	Diced Pears	Mixed Fruit Salad	Applesauce Cup	Chilled Peaches	Applesauce Cup
Milk	**Nonfat & 1% White Milk**				
NOTES	*Menu Items highlighted in green include local produce.* *Entrée options followed by ˅ indicate vegetarian option.*				
Special Events					

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DCPS Elementary School Lunch Menu

	MONDAY 10/8/2018	TUESDAY 10/9/2018	WEDNESDAY 10/10/2018	THURSDAY 10/11/2018	FRIDAY 10/12/2018
Favorites	NO SCHOOL	**Breakfast for Lunch:** Boiled Egg, Turkey Sausage, & Maple Pancakes	**Turkey Chili**	**BBQ Chicken Drumstick w/ Rice Pilaf**	**Turkey Macaroni**
Side			Whole Grain Honey Corn Biscuit	Wheat Dinner Roll	Garlic Knot
Creations		**Hot Turkey & Cheese Sandwich**	**BBQ Burger w/ Coleslaw**	**Garden Burger**ᵛ	**Jamaican Jerk Chicken Pizza or Cheese Pizza**ᵛ
Grab & Go		**Sunbutter & Jelly Sandwich**ᵛ	**Hummus & Veggie Wrap**ᵛ	**Hearty Garden Salad**ᵛ	**Classic Chef Salad**
Side				Wheat Dinner Roll	Wheat Dinner Roll
From the Field		Sweet Potato Wedges	Collard Greens	Mashed Potatoes	BBQ Baked Beans
	Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots				
FRUITS		Fresh Apple Slices	Cantaloupe Cubes	Fresh Banana	Fresh Apple
		Diced Peaches	Mixed Fruit Salad	Applesauce Cup	Diced Pears
Milk	**Nonfat & 1% White Milk**				
NOTES	*Menu Items highlighted in green include local produce.* *Entrée options followed by ᵛ indicate vegetarian option.*				
Special Events					

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DCPS Elementary School Lunch Menu

	MONDAY 10/15/2018	TUESDAY 10/16/2018	WEDNESDAY 10/17/2018	THURSDAY 10/18/2018	FRIDAY 10/19/2018
Favorites	**Oven Baked Lasagna Roll**ᵛ	**Spaghetti w/ Turkey Meatballs**	**Chicken Nachos**	**Buffalo Chicken Drumstick**	**Breakfast for Lunch:** Cheesy Omelet & Pancakesᵛ
Side	Breadstick	Breadstick		Whole Grain Honey Corn Biscuit	
Creations	**Grilled Chicken Sandwich**	**Turkey Pepperoni or Cheese Pizza**ᵛ	**Traditional Cheeseburger**	**Alaskan Pollock Banh Mi Sandwich**	**Meatball Sub Sandwich**
Grab & Go	**Chicken Caesar Salad**	**Chicken Salad Sandwich**	**Hearty Garden Salad**ᵛ	**Sunbutter & Jelly Sandwich**ᵛ	**Chicken Dipper Salad**
Side	Wheat Dinner Roll		Wheat Dinner Roll		Wheat Dinner Roll
From the Field	Roasted Ginger Kale	Citrus Glazed Carrots	Mexican Black Beans	Roasted Kale & Sweet Potatoes	Roasted Potatoes
	Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots				
FRUITS	Fresh Apple	Orange Smiles	Fresh Banana	Cantaloupe Cubes	Orange Smiles
	Chilled Peaches	Applesauce Cup	Chilled Pears	Chilled Peaches	Applesauce Cup
Milk	**Nonfat & 1% White Milk**				
NOTES	*Menu Items highlighted in green include local produce.* *Entrée options followed by ᵛ indicate vegetarian option.*				
Special Events					

DCPS Elementary School Lunch Menu

	MONDAY 10/22/2018	TUESDAY 10/23/2018	WEDNESDAY 10/24/2018	THURSDAY 10/25/2018	FRIDAY 10/26/2018
Favorites	Southwest Blackbean Nachos[v]	Thai Lemongrass Chicken	Turkey Tacos	NO SCHOOL	NO SCHOOL
Side		Brown Rice			
Creations	Turkey Burger	Veggie Fried Rice[v]	Cheese Quesadilla[v]		
Grab & Go	Lift-Off! Spinach Salad[v]	Egg Salad Sandwich[v]	Tuna Salad Sandwich		
Side	Wheat Dinner Roll				
From the Field	Seasoned Potato Wedges	Sesame Carrots	Roasted Corn		
	Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas				
FRUITS	Orange Smiles	Fresh Apple Slices	Fresh Banana		
	Applesauce Cup	Chilled Pineapple	Mixed Fruit Salad		
Milk	**Nonfat & 1% White Milk**				
NOTES	*Menu Items highlighted in green include local produce.* *Entrée options followed by ˅ indicate vegetarian option.*				
Special Events					

DCPS Elementary School Lunch Menu

	MONDAY 10/29/2018	TUESDAY 10/30/2018	WEDNESDAY 10/31/2018	THURSDAY 11/1/2018	FRIDAY 11/2/2018
Favorites	Glorious Macaroni & Cheese[v]	Jamaican Jerk Chicken Bowl	BBQ Turkey Nachos	Sweet & Sour Chicken w/ Vegetables	Chicken Parm Pasta
Side	Garlic Knot	Brown Rice		Brown Rice	Breadstick
Creations	Turkey Sloppy Joe	BBQ Chicken Drumstick w/ Spanish Rice	Chipotle Chicken Sandwich	Traditional Hamburger	Turkey Sausage or Cheese Pizza[v]
Grab & Go	Lift-Off! Spinach Salad[v]	Hummus & Veggie Wrap[v]	Hearty Garden Salad[v]	Sunbutter & Jelly Sandwich[v]	Chicken Dipper Salad
Side	Wheat Dinner Roll		Wheat Dinner Roll		Wheat Dinner Roll
From the Field	Roasted Kale & Sweet Potatoes	Jerk Lentils	Sweet Potato Wedges	Asian Veggie Blend	Parmesan Roasted Broccoli
	Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots & Corn				
FRUITS	Fresh Apple	Orange Smiles	Fresh Banana	Cantaloupe Cubes	Orange Smiles
	Mixed Fruit Salad	Chilled Peaches	Applesauce Cup	Diced Pears	Chilled Peaches
Milk	**Nonfat & 1% White Milk**				
NOTES	*Menu Items highlighted in green include local produce.* *Entrée options followed by ˅ indicate vegetarian option.*				
Special Events					

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Weekly Nutrient Summary

Menu Names: Elementary W1
Site Group: Inspire
Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2014
Calculation Method: Weighted Analysis
Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	649.75	704.47	552.24	719.19	607.77	[550.00 - 650.00]	646.68(M)	
Fat (g)	22.66 (31.39%)	23.39 (29.88%)	10.68 (17.40%)	17.40 (21.78%)	20.87 (30.90%)		19.00(M)	26.44%
Sfat (g)	7.05 (9.76%)	4.96 (6.34%)	2.51 (4.08%)	6.37 (7.97%)	7.43 (11.00%)	< 10.00 % of Calories	5.66(M)	7.88%
TFat (g)	0.00	0.04	0.00	0.00	0.01		0.01(M)	
Sodium Target 1 (mg)	913.38	1024.96	1436.03	1459.21	919.94	< 1,230.00	1,150.70(M)	
Sodium Target 2 (mg)	913.38	1024.96	1436.03	1459.21	919.94	< 935.00	1,150.70(M)	
Carb (g)	78.91 (48.58%)	74.02 (42.03%)	87.56 (63.42%)	107.43 (59.75%)	76.08 (50.07%)		84.80(M)	52.45%
Pro (g)	40.67 (25.04%)	54.42 (30.90%)	31.24 (22.63%)	39.57 (22.01%)	30.02 (19.76%)		39.18(M)	24.24%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: Elementary W2
Site Group: Inspire
Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2014
Calculation Method: Weighted Analysis
Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	690.94	612.62	628.65	598.60	[550.00 - 650.00]	632.70(M)	
Fat (g)	27.30 (35.56%)	18.54 (27.23%)	14.30 (20.47%)	13.45 (20.22%)		18.40(M)	26.17%
Sfat (g)	5.87 (7.65%)	8.36 (12.28%)	4.01 (5.73%)	5.07 (7.62%)	< 10.00 % of Calories	5.83(M)	8.29%
TFat (g)	3.15	0.00	0.00	0.01		0.79(M)	
Sodium Target 1 (mg)	784.28	1155.99	1685.53	934.13	< 1,230.00	1,139.98(M)	
Sodium Target 2 (mg)	784.28	1155.99	1685.53	934.13	< 935.00	1,139.98(M)	
Carb (g)	84.30 (48.80%)	84.65 (55.27%)	97.50 (62.04%)	89.96 (60.11%)		89.10(M)	56.33%
Pro (g)	26.26 (15.20%)	30.27 (19.77%)	30.45 (19.38%)	34.92 (23.34%)		30.48(M)	19.27%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: Elementary W3
Site Group: Inspire
Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2014
Calculation Method: Weighted Analysis
Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	554.40	554.86	698.06	631.60	571.75	[550.00 - 650.00]	602.13(M)	
Fat (g)	10.49 (17.02%)	14.37 (23.31%)	14.17 (18.27%)	28.85 (41.11%)	15.56 (24.49%)		16.69(M)	24.94%
Sfat (g)	4.08 (6.62%)	5.76 (9.34%)	5.14 (6.63%)	6.85 (9.77%)	4.49 (7.06%)	< 10.00 % of Calories	5.26(M)	7.87%
TFat (g)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	1016.84	841.32	712.20	925.50	737.79	< 1,230.00	846.73(M)	
Sodium Target 2 (mg)	1016.84	841.32	712.20	925.50	737.79	< 935.00	846.73(M)	
Carb (g)	86.19 (62.19%)	74.70 (53.85%)	117.66 (67.42%)	78.97 (50.02%)	81.71 (57.16%)		87.85(M)	58.36%
Pro (g)	31.97 (23.07%)	32.16 (23.18%)	32.83 (18.81%)	32.51 (20.59%)	27.06 (18.93%)		31.30(M)	20.80%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: Elementary W4
Site Group: Inspire
Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2014
Calculation Method: Weighted Analysis
Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	616.45	668.99	592.16	[550.00 - 650.00]	625.87	
Fat (g)	17.18 (25.09%)	16.82 (22.63%)	12.55 (19.08%)		15.52	22.32%
Sfat (g)	6.95 (10.15%)	3.92 (5.27%)	4.05 (6.16%)	< 10.00 % of Calories	4.97	7.15%
TFat (g)	0.00	0.00	0.00		0.00	
Sodium Target 1 (mg)	826.31	897.16	747.60	< 1,230.00	823.69	
Sodium Target 2 (mg)	826.31	897.16	747.60	< 935.00	823.69	
Carb (g)	89.22 (57.90%)	92.35 (55.21%)	94.16 (63.60%)		91.91	58.74%
Pro (g)	23.15 (15.02%)	36.77 (21.99%)	31.23 (21.09%)		30.38	19.42%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: Elementary W5
Site Group: Inspire
Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2014
Calculation Method: Weighted Analysis
Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	605.91	583.66	724.16	600.11	622.84	[550.00 - 650.00]	627.34(M)	
Fat (g)	19.86 (29.50%)	18.39 (28.36%)	16.49 (20.49%)	23.99 (35.98%)	21.64 (31.27%)		20.07(M)	28.80%
Sfat (g)	7.96 (11.82%)	4.19 (6.46%)	1.45 (1.80%)	4.16 (6.25%)	7.45 (10.76%)	< 10.00 % of Calories	5.04(M)	7.23%
TFat (g)	0.02	0.01	0.00	0.01	0.02		0.01(M)	
Sodium Target 1 (mg)	1201.33	1564.28	1320.76	739.84	1065.41	< 1,230.00	1,178.32(M)	
Sodium Target 2 (mg)	1201.33	1564.28	1320.76	739.84	1065.41	< 935.00	1,178.32(M)	
Carb (g)	80.54 (53.17%)	78.90 (54.07%)	87.96 (48.59%)	63.16 (42.10%)	72.76 (46.73%)		76.67(M)	48.88%
Pro (g)	32.83 (21.67%)	31.63 (21.68%)	31.09 (17.17%)	36.74 (24.49%)	39.43 (25.32%)		34.34(M)	21.90%

Legend

(M) Indicates missing nutrient values.