



# Early Childhood Lunch - September 2019

SodexoMAGIC - DC Public Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2-6, 2019	HOLIDAY NO SCHOOL	<ul style="list-style-type: none"> <li>Turkey Sausage &amp; Maple Pancakes</li> <li>Sweet Potato Wedges</li> <li>Orange Smiles</li> </ul>	<ul style="list-style-type: none"> <li>Hot Turkey and Cheese Sandwich</li> <li>Mashed Potatoes</li> <li>Mixed Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Garden Burger V</li> <li>Collard Greens</li> <li>Fresh Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Baked Penne Pasta w/ Tomato Sauce V</li> <li>Parmesan Roasted Broccoli</li> <li>Fresh Diced Strawberries</li> </ul>
September 9-13, 2019	<ul style="list-style-type: none"> <li>Oven Baked Lasagna V</li> <li>Roasted Ginger Kale</li> <li>Fresh Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Classic Cheese Pizza V</li> <li>Citrus Glazed Carrots</li> <li>Orange Smiles</li> </ul>	<ul style="list-style-type: none"> <li>Traditional Cheeseburger</li> <li>Cucumber Coins w/ Dressing</li> <li>Chilled Pears</li> </ul>	<ul style="list-style-type: none"> <li>Sunbutter &amp; Jelly Sandwich VE</li> <li>Roasted Kale &amp; Sweet Potatoes</li> <li>Chilled Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Cheesy Omelet w/ Pancakes V</li> <li>Roasted Potatoes</li> <li>Fresh Diced Strawberries</li> </ul>
September 16-20, 2019	<ul style="list-style-type: none"> <li>Turkey Burger</li> <li>Seasoned Potato Wedges</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Thai Lemongrass Chicken w/ Brown Rice</li> <li>Orange Broccoli</li> <li>Fresh Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Burger w/ Coleslaw</li> <li>Cucumber Coins w/ Dressing</li> <li>Orange Smiles</li> </ul>	<ul style="list-style-type: none"> <li>Veggie Pizza V</li> <li>Mixed Garden Vegetables</li> <li>Chilled Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Burger w/ Coleslaw</li> <li>Seasoned Carrots</li> <li>Fresh Apple Slices</li> </ul>
September 23-27, 2019	<ul style="list-style-type: none"> <li>Glorious Macaroni &amp; Cheese V</li> <li>Citrus Glazed Carrots</li> <li>Fresh Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Classic Cheese Pizza V</li> <li>Cucumber Coins w/ Dressing</li> <li>Orange Smiles</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Quesadilla V</li> <li>Sweet Potato Wedges</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Sweet &amp; Sour Chicken w/ Brown Rice</li> <li>Asian Veggie Blend</li> <li>Banana Half</li> </ul>	<ul style="list-style-type: none"> <li>Stuffed Shells w/ Marinara V</li> <li>Parmesan Roasted Broccoli</li> <li>Chilled Peaches</li> </ul>
September 30-October 4, 2019	<ul style="list-style-type: none"> <li>Honey BBQ Chicken Sandwich</li> <li>Lemon Roasted Broccoli</li> <li>Fresh Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Teriyaki Grilled Chicken w/ Vegetables and Brown Rice</li> <li>Steamed Carrots</li> <li>Orange Smiles</li> </ul>	<ul style="list-style-type: none"> <li>Korean BBQ Turkey Taco w/ Pineapple Slaw</li> <li>Buffalo Cauliflower</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Quesadilla V</li> <li>Cucumber Coins w/ Dressing</li> <li>Banana Half</li> </ul>	<ul style="list-style-type: none"> <li>Classic Cheese Pizza V</li> <li>Roasted Corn</li> <li>Applesauce</li> </ul>

Choose a Milk

Nonfat or 1% White Milk

V – Indicates Vegetarian  
VE – Indicates Vegan



– Indicates substitutions for Early Childhood Students

This Institution is An Equal Opportunity Provider



# Weekly - Nutrient Summary

Menu Names: ECE W1  
 Site Group: Inspire  
 Serving Group: Pre-K

Meal Pattern: CACFP Meal Pattern  
 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)(1)	684.65	549.42	642.33	569.03		611.36(M)	
Total Fat (g)	23.30 (30.62%)	16.01 (26.22%)	21.75 (30.47%)	22.46 (35.52%)		20.88(M)	30.73 %
Sat Fat (g)(1)	4.93 (6.47%)	6.28 (10.28%)	7.48 (10.47%)	8.37 (13.24%)		6.76(M)	9.95 %
Trans Fat (g)(2)	2.25	0.00	0.00	0.05		0.57(M)	
Sodium Target 1 (mg)(13)	716.65	1,631.11	1,182.08	855.05		1,096.22(M)	
Sodium Target 2 (mg)(13)	716.65	1,631.11	1,182.08	855.05		1,096.22(M)	
Carb (g)	95.80 (55.97%)	73.97 (53.85%)	83.23 (51.83%)	59.93 (42.13%)		78.23(M)	51.19 %
Protein (g)	27.04 (15.80%)	29.18 (21.24%)	33.79 (21.04%)	34.22 (24.05%)		31.06(M)	20.32 %

## Legend

(M) Indicates missing nutrient values.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

# Weekly - Nutrient Summary

Menu Names: ECE W2

Site Group: Inspire  
 Serving Group: Pre-K

Meal Pattern: CACFP Meal Pattern  
 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)(1)	506.94	793.54	536.57	581.96	520.03		587.81(M)	
Total Fat (g)	12.30 (21.84%)	31.76 (36.02%)	16.87 (28.30%)	29.74 (46.00%)	13.99 (24.21%)		20.93(M)	32.05 %
Sat Fat (g)(1)	5.11 (9.06%)	7.95 (9.02%)	5.87 (9.84%)	8.11 (12.55%)	4.19 (7.25%)		6.25(M)	9.56 %
Trans Fat (g)(2)	0.00	0.09	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	904.21	1,013.43	793.27	885.54	617.24		842.74(M)	
Sodium Target 2 (mg)(13)	904.21	1,013.43	793.27	885.54	617.24		842.74(M)	
Carb (g)	70.91 (55.95%)	91.49 (46.12%)	70.51 (52.56%)	70.68 (48.58%)	77.82 (59.86%)		76.28(M)	51.91 %
Protein (g)	31.02 (24.48%)	41.65 (21.00%)	29.96 (22.33%)	29.80 (20.48%)	23.53 (18.10%)		31.19(M)	21.23 %

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# Weekly - Nutrient Summary

Menu Names: ECE W3

Site Group: Inspire  
 Serving Group: Pre-K

Meal Pattern: CACFP Meal Pattern  
 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)(1)	701.76	548.36	755.30	647.40	519.96		634.55(M)	
Total Fat (g)	18.99 (24.36%)	17.50 (28.72%)	18.57 (22.13%)	24.99 (34.74%)	15.45 (26.74%)		19.10(M)	27.09 %
Sat Fat (g)(1)	6.73 (8.63%)	3.86 (6.34%)	7.42 (8.84%)	11.86 (16.49%)	3.96 (6.86%)		6.77(M)	9.60 %
Trans Fat (g)(2)	0.00	0.04	0.00	0.01	0.03		0.01(M)	
Sodium Target 1 (mg)(13)	902.49	817.90	1,636.71	1,096.86	891.91		1,069.17(M)	
Sodium Target 2 (mg)(13)	902.49	817.90	1,636.71	1,096.86	891.91		1,069.17(M)	
Carb (g)	104.05 (59.31%)	66.55 (48.55%)	119.40 (63.23%)	67.06 (41.43%)	68.96 (53.05%)		85.20(M)	53.71 %
Protein (g)	29.94 (17.07%)	31.88 (23.25%)	33.82 (17.91%)	39.31 (24.29%)	28.23 (21.71%)		32.63(M)	20.57 %

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# Weekly - Nutrient Summary

Menu Names: ECE W4

Site Group: Inspire Serving  
Group: Pre-K

Meal Pattern: CACFP Meal Pattern  
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)(1)	578.25	590.73	696.43	600.28	640.78		621.29(M)	
Total Fat (g)	16.85 (26.22%)	15.66 (23.86%)	17.22 (22.26%)	17.89 (26.82%)	17.73 (24.90%)		17.07(M)	24.73 %
Sat Fat (g)(1)	6.31 (9.82%)	6.45 (9.83%)	3.71 (4.80%)	4.26 (6.39%)	4.66 (6.55%)		5.08(M)	7.36 %
Trans Fat (g)(2)	0.01	0.00	0.00	0.01	0.04		0.01(M)	
Sodium Target 1 (mg)(13)	1,158.15	1,139.64	1,064.81	573.89	1,072.89		1,001.88(M)	
Sodium Target 2 (mg)(13)	1,158.15	1,139.64	1,064.81	573.89	1,072.89		1,001.88(M)	
Carb (g)	80.66 (55.80%)	84.84 (57.45%)	94.49 (54.27%)	82.98 (55.29%)	89.01 (55.57%)		86.40(M)	55.62 %
Protein (g)	31.75 (21.96%)	34.98 (23.69%)	28.82 (16.55%)	32.59 (21.71%)	35.20 (21.97%)		32.67(M)	21.03 %

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# Weekly - Nutrient Summary

Menu Names: ECE W5

Site Group: Inspire  
 Serving Group: Pre-K

Meal Pattern: CACFP Meal Pattern  
 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)(1)	533.09	724.07	608.08	771.90	585.47		644.52(M)	
Total Fat (g)	15.96 (26.95%)	19.69 (24.47%)	15.67 (23.20%)	18.60 (21.69%)	16.02 (24.62%)		17.19(M)	24.00 %
Sat Fat (g)(1)	3.58 (6.04%)	3.43 (4.26%)	5.32 (7.88%)	6.32 (7.37%)	6.72 (10.32%)		5.07(M)	7.08 %
Trans Fat (g)(2)	0.05	0.03	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	834.46	1,091.23	1,685.22	999.44	727.74		1,067.62(M)	
Sodium Target 2 (mg)(13)	834.46	1,091.23	1,685.22	999.44	727.74		1,067.62(M)	
Carb (g)	68.82 (51.64%)	104.84 (57.92%)	88.13 (57.97%)	112.90 (58.51%)	81.57 (55.73%)		91.25(M)	56.63 %
Protein (g)	34.11 (25.60%)	41.57 (22.96%)	33.22 (21.85%)	44.21 (22.91%)	31.76 (21.70%)		36.98(M)	22.95 %

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