



Education Campus Lunch - September 2019

SodexoMAGIC - DC Public Schools

MONDAY September 2, 2019	TUESDAY September 3, 2019	WEDNESDAY September 4, 2019	THURSDAY September 5, 2019	FRIDAY September 6, 2019
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Choose One Entree

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Favorites		Breakfast for Lunch: Boiled Egg, Turkey Sausage & Maple Pancakes	BBQ Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Turkey Chili w/ Tortilla Chips	Baked Penne w/ Tomato Sauce w/ Garlic Knot V
Creations	HOLIDAY NO SCHOOL	Turkey Dog	Hot Turkey & Cheese Sandwich	Garden Burger V	Jamaican Jerk Chicken Pizza Cheese Pizza V
Grab & Go		Sunbutter & Jelly Sandwich VE	Cured Turkey Sandwich	Turkey Wrap	Turkey & Cheese Sub Sandwich
		Asian Chicken Wrap w/ Wheat Dinner Roll	Mediterranean Hummus Wrap VE	Chicken Caesar Salad w/ Wheat Dinner Roll	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sweet Potato Wedges	Mashed Potatoes	Collard Greens	Parmesan Roasted Broccoli
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots					

Available Fruit

Fruits	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<ul style="list-style-type: none"> Fresh Orange Smiles Diced Peaches 	<ul style="list-style-type: none"> Fresh Apple All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Cantaloupe Applesauce 	<ul style="list-style-type: none"> Fresh Strawberries Diced Pears

Milk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nonfat or 1% White Milk				

V – Indicates Vegetarian
VE – Indicates Vegan

Green Color Font – Indicates Local Produce





Education Campus - September 2019

SodexoMAGIC - DC Public Schools

MONDAY September 9, 2019	TUESDAY September 10, 2019	WEDNESDAY September 11, 2019	THURSDAY September 12, 2019	FRIDAY September 13, 2019
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Choose One Entree

Favorites	Oven Baked Lasagna Roll w/ Breadstick V	Spaghetti w/ Turkey Meatballs w/ Breadstick	Chicken Nachos	Buffalo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Breakfast for Lunch: Cheesy Omelet & Pancakes V
Creations	Traditional Cheese Burger	Turkey Pepperoni Pizza Margherita Pizza V	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
Grab & Go	Cured Turkey Sub Sandwich	Chicken Salad Sandwich	Turkey & Cheese Sub Sandwich	Sunbutter and Jelly Sandwich VE	Chef Salad Wrap
	Chicken Caesar Salad w/ Wheat Dinner Roll	Greek Salad w/ Wheat Dinner Roll V	Hearty Garden Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Roasted Ginger Kale	Citrus Glazed Carrots	Mexican Black Beans	Roasted Kale & Sweet Potatoes	Roasted Potatoes
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Cucumber Slices, & Baby Carrots					

Available Fruit

Fruits	<ul style="list-style-type: none"> Fresh Cantaloupe Chilled Peaches 	<ul style="list-style-type: none"> Orange Smiles Applesauce 	<ul style="list-style-type: none"> Fresh Apple Chilled Peaches 	<ul style="list-style-type: none"> Fresh Peaches Chilled Pears 	<ul style="list-style-type: none"> Fresh Strawberries Applesauce
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Education Campus - September 2019

SodexoMAGIC - DC Public Schools

MONDAY September 16, 2019	TUESDAY September 17, 2019	WEDNESDAY September 18, 2019	THURSDAY September 19, 2019	FRIDAY September 20, 2019
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Choose One Entree

Favorites	Southwest Blackbean Nachos V	Thai Lemongrass Chicken w/ Brown Rice	Chicken Drumstick w/ Mumbo Sauce w/ Honey Corn Biscuit	Chicken Alfredo Macaroni w/ Garlic Knot	Turkey Tacos
Creations	Turkey Burger	Veggie Fried Rice V	BBQ Burger w/ Coleslaw	Turkey Sausage Pizza Veggie Pizza V	Cheese Quesadilla V
Grab & Go	Italian Wrap	Egg Salad Sandwich V	Turkey Wrap	Chicken Caesar Wrap	Tuna Salad Sandwich
	Lift-Off! Spinach Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Mediterranean Humus Wrap VE	Greek Salad w/ Tortilla Chips V	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Seasoned Potato Wedges	Orange Broccoli	BBQ Baked Beans	Mixed Garden Vegetables	Seasoned Carrots
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas					

Available Fruit

Fruits	<ul style="list-style-type: none"> Fresh Peaches Applesauce 	<ul style="list-style-type: none"> Fresh Cantaloupe Chilled Pineapple 	<ul style="list-style-type: none"> Orange Smiles All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Banana Chilled Pineapple 	<ul style="list-style-type: none"> Fresh Apple Slices All-Mixed-Up Fruit Cup
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Education Campus - September 2019

SodexoMAGIC - DC Public Schools

MONDAY September 23, 2019	TUESDAY September 24, 2019	WEDNESDAY September 25, 2019	THURSDAY September 26, 2019	FRIDAY September 27, 2019
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Choose One Entree

Favorites	Glorious Macaroni & Cheese w/ Garlic Knot V	Jamaican Jerk Chicken Bowl w/ Brown Rice	BBQ Turkey Nachos	Sweet & Sour Grilled Chicken w/ Vegetables w/ Brown Rice	Stuffed Shells w/ Marinara w/ Breadstick V
Creations	Turkey Sloppy Joe	Jamaican Jerk Chicken Pizza Cheese Pizza V	Chicken & Cheese Quesadilla	Traditional Hamburger	BBQ Chicken Drumstick w/ Spanish Rice
Grab & Go	Buffalo Chicken Wrap	Mediterranean Hummus Wrap VE	Chicken Caesar Wrap	Sunbutter & Jelly Sandwich VE	Egg Salad Sandwich V
	Lift-Off! Spinach Salad w/ Wheat Dinner Roll V	Chicken Caesar Salad w/ Wheat Dinner Roll	Hearty Garden Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Citrus Glazed Carrots	Jerk Lentils	Sweet Potato Wedges	Sizzlin' Asian Veggie Stir-Fry	Parmesan Roasted Broccoli
Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots, & Corn					

Available Fruit

Fruits	<ul style="list-style-type: none"> Fresh Cantaloupe All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Orange Smiles Chilled Peaches 	<ul style="list-style-type: none"> Fresh Apple Applesauce 	<ul style="list-style-type: none"> Fresh Banana Chilled Peaches 	<ul style="list-style-type: none"> Fresh Peaches Diced Pears
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Education Campus - September 2019

SodexoMAGIC - DC Public Schools

MONDAY September 30, 2019	TUESDAY October 1, 2019	WEDNESDAY October 2, 2019	THURSDAY October 3, 2019	FRIDAY October 4, 2019
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Choose One Entree

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Favorites	Veggie Tortellini w/ Cheesy Breadstick V	Teriyaki Grilled Chicken w/ Vegetables and Brown Rice	Korean BBQ Turkey Taco w/ Pineapple Slaw	Kickn' Black Bean & Cheese Enchilada V	Rainbow Veggie Chili and Tortilla Chips VE
Creations	Honey BBQ Chicken Sandwich	Teriyaki Veggie Burger w/ Pineapple Slaw V	Grilled Cheese Sandwich V	Chicken & Cheese Quesadilla	Turkey Sausage Pizza Cheese Pizza V
Grab & Go	Turkey & Cheese Sub Sandwich	Chicken Salad Sandwich	Buffalo Chicken Wrap	Southwest Chicken Wrap	Cured Turkey Sub Sandwich
	Chicken Dipper Salad w/ Wheat Dinner Roll	Chicken Caesar Salad w/ Wheat Dinner Roll	Hearty Garden Salad w/ Wheat Dinner Roll V	Chicken Taco Salad w/ Tortilla Chips	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Lemon Roasted Broccoli	Steamed Carrots	Buffalo Cauliflower	Southwest Pinto Beans	Roasted Corn
Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots					

Available Fruit

Fruits	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> Fresh Cantaloupe Diced Pears 	<ul style="list-style-type: none"> Orange Smiles All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Apple Applesauce 	<ul style="list-style-type: none"> Fresh Banana Chilled Peaches 	<ul style="list-style-type: none"> Fresh Peaches Applesauce

Milk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nonfat or 1% White Milk				

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Weekly - Nutrient Summary

Menu Names: Education Campus W1

Site Group: Inspire
 Serving Group: K-8

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)(1)	722.29	635.24	632.19	576.13	[600.00 - 650.00]	641.46(M)	
Total Fat (g)	24.60 (30.65%)	18.02 (25.53%)	20.51 (29.20%)	22.62 (35.34%)		21.44(M)	30.08 %
Sat Fat (g)(1)	4.81 (6.00%)	7.50 (10.63%)	6.71 (9.55%)	7.25 (11.33%)	< 10.00 % of Calories	6.57(M)	9.22 %
Trans Fat (g)(2)	1.58	0.00	0.00	0.06		0.41(M)	
Sodium Target 1 (mg)(13)	763.19	1,315.50	1,070.85	950.60	< 1,230.00	1,025.03(M)	
Sodium Target 2 (mg)(13)	763.19	1,315.50	1,070.85	950.60	< 935.00	1,025.03(M)	
Carb (g)	99.45 (55.08%)	88.89 (55.97%)	83.60 (52.90%)	68.23 (47.37%)		85.04(M)	53.03 %
Protein (g)	28.81 (15.95%)	31.52 (19.85%)	35.62 (22.54%)	30.12 (20.91%)		31.52(M)	19.65 %

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: Education Campus W2

Site Group: Inspire
 Serving Group: K-8

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)(1)	524.41	908.88	598.26	638.92	578.09	[600.00 - 650.00]	649.71(M)	
Total Fat (g)	11.98 (20.56%)	40.71 (40.31%)	16.86 (25.36%)	27.53 (38.78%)	16.86 (26.25%)		22.79(M)	31.57 %
Sat Fat (g)(1)	4.72 (8.09%)	12.34 (12.22%)	5.99 (9.01%)	6.00 (8.45%)	5.28 (8.22%)	< 10.00 % of Calories	6.87(M)	9.51 %
Trans Fat (g)(2)	0.00	0.14	0.00	0.00	0.00		0.03(M)	
Sodium Target 1 (mg)(13)	958.85	1,196.95	839.91	834.33	894.73	< 1,230.00	944.95(M)	
Sodium Target 2 (mg)(13)	958.85	1,196.95	839.91	834.33	894.73	< 935.00	944.95(M)	
Carb (g)	74.54 (56.85%)	94.61 (41.64%)	85.18 (56.95%)	79.91 (50.03%)	81.33 (56.28%)		83.11(M)	51.17 %
Protein (g)	32.01 (24.42%)	45.58 (20.06%)	31.60 (21.13%)	32.19 (20.16%)	27.49 (19.02%)		33.77(M)	20.79 %

Legend

(M) Indicates missing nutrient values.

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Weekly - Nutrient Summary

Menu Names: Education Campus W3

Site Group: Inspire
 Serving Group: K-8

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)(1)	660.38	558.29	714.92	735.28	578.72	[600.00 - 650.00]	649.52(M)	
Total Fat (g)	17.40 (23.71%)	18.52 (29.85%)	16.21 (20.41%)	37.84 (46.32%)	17.55 (27.29%)		21.50(M)	29.80 %
Sat Fat (g)(1)	5.93 (8.09%)	4.17 (6.73%)	5.92 (7.45%)	9.43 (11.54%)	4.59 (7.14%)	< 10.00 % of Calories	6.01(M)	8.33 %
Trans Fat (g)(2)	0.00	0.05	0.00	0.15	0.03		0.05(M)	
Sodium Target 1 (mg)(13)	905.46	814.71	1,640.95	819.46	812.36	< 1,230.00	998.59(M)	
Sodium Target 2 (mg)(13)	905.46	814.71	1,640.95	819.46	812.36	< 935.00	998.59(M)	
Carb (g)	98.89 (59.90%)	65.80 (47.14%)	113.98 (63.77%)	68.14 (37.07%)	73.44 (50.76%)		84.05(M)	51.76 %
Protein (g)	28.08 (17.01%)	32.17 (23.05%)	35.03 (19.60%)	32.66 (17.77%)	33.27 (22.99%)		32.24(M)	19.86 %

Legend

(M) Indicates missing nutrient values.

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- 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: Education Campus W4

Site Group: Inspire
 Serving Group: K-8

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)(1)	550.15	597.29	610.49	693.89	639.37	[600.00 - 650.00]	618.24(M)	
Total Fat (g)	17.39 (28.45%)	14.99 (22.59%)	15.32 (22.58%)	26.31 (34.12%)	18.63 (26.22%)		18.53(M)	26.97 %
Sat Fat (g)(1)	6.16 (10.07%)	5.95 (8.96%)	2.08 (3.07%)	4.69 (6.08%)	4.67 (6.57%)	< 10.00 % of Calories	4.71(M)	6.85 %
Trans Fat (g)(2)	0.01	0.00	0.00	0.01	0.05		0.01(M)	
Sodium Target 1 (mg)(13)	1,191.38	1,121.45	1,009.85	709.57	1,052.04	< 1,230.00	1,016.86(M)	
Sodium Target 2 (mg)(13)	1,191.38	1,121.45	1,009.85	709.57	1,052.04	< 935.00	1,016.86(M)	
Carb (g)	69.52 (50.54%)	88.96 (59.58%)	77.76 (50.95%)	86.75 (50.01%)	88.77 (55.54%)		82.35(M)	53.28 %
Protein (g)	32.92 (23.93%)	34.79 (23.30%)	27.53 (18.04%)	35.19 (20.29%)	33.13 (20.73%)		32.71(M)	21.16 %

Legend

(M) Indicates missing nutrient values.

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Weekly - Nutrient Summary

Menu Names: Education Campus W5

Site Group: Inspire
 Serving Group: K-8

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)(1)	529.58	721.52	693.15	715.36	590.29	[600.00 - 650.00]	649.98(M)	
Total Fat (g)	17.80 (30.25%)	22.31 (27.83%)	17.32 (22.49%)	15.87 (19.97%)	16.25 (24.78%)		17.91(M)	24.80 %
Sat Fat (g)(1)	4.47 (7.60%)	4.02 (5.02%)	4.82 (6.26%)	5.74 (7.22%)	6.54 (9.98%)	< 10.00 % of Calories	5.12(M)	7.09 %
Trans Fat (g)(2)	0.05	0.04	0.01	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	808.87	1,033.46	1,879.44	1,043.71	753.66	< 1,230.00	1,103.83(M)	
Sodium Target 2 (mg)(13)	808.87	1,033.46	1,879.44	1,043.71	753.66	< 935.00	1,103.83(M)	
Carb (g)	60.46 (45.67%)	94.89 (52.61%)	103.55 (59.76%)	104.16 (58.24%)	81.52 (55.24%)		88.92(M)	54.72 %
Protein (g)	35.82 (27.05%)	42.99 (23.83%)	34.99 (20.19%)	42.37 (23.69%)	32.83 (22.25%)		37.80(M)	23.26 %

Legend

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