



# Elementary 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
-----------------------------	------------------------------	--------------------------------	-------------------------------	-----------------------------

## Choose One Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Favorites</b>		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 <b>V</b>
<b>Creations</b>	HOLIDAY NO SCHOOL	Turkey Dog	Hot Turkey & Cheese Sandwich	Garden Burger <b>V</b>	Jamaican Jerk Chicken Pizza Cheese Pizza <b>V</b>
<b>Grab &amp; Go</b>		Sunbutter & Jelly Sandwich <b>VE</b>	Mediterranean Hummus Wrap <b>VE</b>	Turkey Wrap	Classic Chef Salad w/ Wheat Dinner Roll

## Available Vegetables

Category	Monday	Tuesday	Wednesday	Thursday	Friday
<b>From the Field</b>		Sweet Potato Wedges	Mashed Potatoes	Collard Greens	Parmesan Roasted Broccoli
<b>Garden Bar:</b> Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots					

## Available Fruit

Category	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fruits</b>		<ul style="list-style-type: none"> <li>Fresh Orange Smiles</li> <li>Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>All-Mixed-Up Fruit cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Cantaloupe</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Strawberries</li> <li>Diced Pears</li> </ul>

Milk	Monday	Tuesday	Wednesday	Thursday	Friday
	Nonfat or 1% White Milk				

**V** – Indicates Vegetarian  
**VE** – Indicates Vegan

**Green Color Font** – Indicates Local Produce

\*If your school is participating in the FoodPrints program, please refer to your individual school's website for *Class to Café* menu selections on FoodPrints Cafeteria days.

This Institution is An Equal Opportunity Provider





# Elementary Lunch - September 2019

SodexoMAGIC - DC Public Schools

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

## Choose One Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Favorites</b>	Oven Baked Lasagna Roll w/ Breadstick <b>V</b>	Spaghetti w/ Turkey Meatballs w/ Breadstick	Chicken Nachos	Buffalo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Breakfast for Lunch: Cheesy Omelet & Pancakes <b>V</b>
<b>Creations</b>	Traditional Cheeseburger	Turkey Pepperoni Pizza Margherita Pizza <b>V</b>	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
<b>Grab &amp; Go</b>	Chicken Caesar Salad w/ Wheat Dinner Roll	Chicken Salad Sandwich	Hearty Garden Salad w/ Wheat Dinner Roll <b>V</b>	Sunbutter & Jelly Sandwich <b>VE</b>	Chicken Dipper Salad w/ Wheat Dinner Roll

## Available Vegetables

From the Field	Monday	Tuesday	Wednesday	Thursday	Friday
	Roasted Ginger Kale	Citrus Glazed Carrots	Mexican Black Beans	Roasted Kale & Sweet Potatoes	Roasted Potatoes
<b>Garden Bar:</b> Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots					

## Available Fruit

Fruits	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>Fresh Cantaloupe</li> <li>Chilled Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Chilled Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Peaches</li> <li>Chilled Pears</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Strawberries</li> <li>Applesauce</li> </ul>

Milk	Monday - Friday
	Nonfat or 1% White Milk

**V** – Indicates Vegetarian  
**VE** – Indicates Vegan

**Green Color Font** – Indicates Local Produce

\*If your school is participating in the FoodPrints program, please refer to your individual school's website for *Class to Café* menu selections on FoodPrints Cafeteria days.

This Institution is An Equal Opportunity Provider





# Elementary Lunch - September 2019

SodexoMAGIC - DC Public Schools

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

## Choose One Entrée

Category	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Favorites</b>	Southwest Blackbean Nachos <b>V</b>	Thai Lemongrass Chicken w/ Brown Rice	Chicken Drumstick w/ Mumbo Sauce w/ Honey Corn Biscuit	Chicken Alfredo Macaroni w/ Garlic Knot	Turkey Tacos
<b>Creations</b>	Turkey Burger	Veggie Fried Rice <b>V</b>	BBQ Burger w/ Coleslaw	Turkey Sausage Pizza Cheese Pizza <b>V</b>	Cheese Quesadilla <b>V</b>
<b>Grab &amp; Go</b>	Lift-Off! Spinach Salad w/ Wheat Dinner Roll <b>V</b>	Egg Salad Sandwich <b>V</b>	Mediterranean Hummus Wrap <b>VE</b>	Greek Salad w/ Tortilla Chips <b>V</b>	Tuna Salad Sandwich

## Available Vegetables

From the Field	Monday	Tuesday	Wednesday	Thursday	Friday
	Seasoned Potato Wedges	Orange Broccoli	BBQ Baked Beans	Mixed Garden Vegetables	Seasoned Carrots
	<b>Garden Bar:</b> Mixed Salad Greens, Cherry Tomatoes, Baby Carrots & Indian-Style Chickpeas				

## Available Fruit

Fruits	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>Fresh Peaches</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Cantaloupe</li> <li>Chilled Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>All-Mixed-Up Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Chilled Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple Slices</li> <li>All-Mixed-Up Fruit Cup</li> </ul>

Milk	Monday - Friday
	Nonfat or 1% White Milk

**V** – Indicates Vegetarian  
**VE** – Indicates Vegan

**Green Color Font** – Indicates Local Produce

\*If your school is participating in the FoodPrints program, please refer to your individual school's website for *Class to Café* menu selections on FoodPrints Cafeteria days.

This Institution is An Equal Opportunity Provider





# Elementary Lunch - September 2019

SodexoMAGIC - DC Public Schools

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

## Choose One Entree

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Favorites</b>	Glorious Macaroni & Cheese w/ Garlic Knot <b>V</b>	Jamaican Jerk Chicken Bowl and Brown Rice	BBQ Turkey Nachos	Sweet & Sour Grilled Chicken w/ Vegetables & Brown Rice	Stuffed Shells w/ Marinara & Breadstick <b>V</b>
<b>Creations</b>	Turkey Sloppy Joe	Jamaican Jerk Chicken Pizza Cheese Pizza <b>V</b>	Chicken Quesadilla	Traditional Hamburger	Barbeque Chicken Drumstick w/ Spanish Rice
<b>Grab &amp; Go</b>	Lift-Off! Spinach Salad w/ Wheat Dinner Roll <b>V</b>	Mediterranean Hummus Wrap <b>VE</b>	Hearty Garden Salad w/ Wheat Dinner Roll <b>V</b>	Sunbutter & Jelly Sandwich <b>VE</b>	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
<b>Garden Bar:</b> Kale Salad, Cherry Tomatoes, Baby Carrots & Corn					

## Available Fruit

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

Milk	Nonfat or 1% White Milk
------	-------------------------

**V** – Indicates Vegetarian  
**VE** – Indicates Vegan

Green Color Font – Indicates Local Produce

\*If your school is participating in the FoodPrints program, please refer to your individual school's website for *Class to Café* menu selections on FoodPrints Cafeteria days.

This Institution is An Equal Opportunity Provider





# Elementary Lunch - 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
------------------------------	----------------------------	------------------------------	-----------------------------	---------------------------

## Choose One Entree

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

## Available Vegetables

From the Field	Lemon Roasted Broccoli	Steamed Carrots	Buffalo Cauliflower	Southwest Pinto Beans	Roasted Corn
<b>Garden Bar:</b> <b>Kale Salad</b> , Cherry Tomatoes, Curried Chickpeas, & Baby Carrots					

## Available Fruit

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

Milk	Nonfat or 1% White Milk
------	-------------------------

**V** – Indicates Vegetarian  
**VE** – Indicates Vegan

**Green Color Font** – Indicates Local Produce

\*If your school is participating in the FoodPrints program, please refer to your individual school's website for *Class to Café* menu selections on FoodPrints Cafeteria days.

This Institution is An Equal Opportunity Provider



# 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	684.65	549.42	642.33	569.03	[550.00 - 650.00]	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%)	< 10.00 % of Calories	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	< 1,230.00	1,096.22(M)	
Sodium Target 2 (mg)(13)	716.65	1,631.11	1,182.08	855.05	< 935.00	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: 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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	506.94	793.54	536.57	581.96	520.03	[550.00 - 650.00]	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%)	< 10.00 % of Calories	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	< 1,230.00	842.74(M)	
Sodium Target 2 (mg)(13)	904.21	1,013.43	793.27	885.54	617.24	< 935.00	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 %

## 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: 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)(1)	701.76	548.36	755.30	647.40	519.96	[550.00 - 650.00]	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%)	< 10.00 % of Calories	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	< 1,230.00	1,069.17(M)	
Sodium Target 2 (mg)(13)	902.49	817.90	1,636.71	1,096.86	891.91	< 935.00	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 %

## 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: 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	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	578.25	590.73	696.43	600.28	640.78	[550.00 - 650.00]	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%)	< 10.00 % of Calories	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	< 1,230.00	1,001.88(M)	
Sodium Target 2 (mg)(13)	1,158.15	1,139.64	1,064.81	573.89	1,072.89	< 935.00	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 %

## 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: 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)(1)	533.09	724.07	608.08	771.90	585.47	[550.00 - 650.00]	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%)	< 10.00 % of Calories	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	< 1,230.00	1,067.62(M)	
Sodium Target 2 (mg)(13)	834.46	1,091.23	1,685.22	999.44	727.74	< 935.00	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 %

## 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.