

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
<i>Favorites</i>	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
<i>Creations</i>	Chicken Quesadilla	Teriyaki Veggie Burger w/ Pineapple slaw^v	Honey BBQ Chicken Sandwich	Grilled Cheese Sandwich^v	Turkey Sausage or Cheese Pizza^v
<i>Grab & Go</i>	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
<i>From the Field</i>	Southwest Pinto Beans	Lemon Roasted Broccoli	Steamed Carrots	Roasted Corn	Green Beans
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots</i>				
	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	<i>Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.</i>				
Special Events					

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
<i>Favorites</i>	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
<i>Creations</i>		Hot Turkey & Cheese Sandwich	BBQ Burger w/ Coleslaw	Garden Burger^v	Jamaican Jerk Chicken Pizza or Cheese Pizza^v
<i>Grab & Go</i>		Sunbutter & Jelly Sandwich^v	Hummus & Veggie Wrap^v	Hearty Garden Salad^v	Classic Chef Salad
Side				Wheat Dinner Roll	Wheat Dinner Roll
<i>From the Field</i>		Sweet Potato Wedges	Collard Greens	Mashed Potatoes	BBQ Baked Beans
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots</i>				
		Fresh Apple Slices	Cantaloupe Cubes	Fresh Banana	Fresh Apple
		Diced Peaches	Mixed Fruit Salad	Applesauce Cup	Diced Pears
Milk	Nonfat & 1% White Milk				
NOTES	<i>Menu Items highlighted in green include local produce.</i> <i>Entrée options followed by ^v indicate vegetarian option.</i>				
Special Events					

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 & Pancakes ^v
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
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots</i>				
	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	<i>Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.</i>				
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		
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas</i>				
	Orange Smiles	Fresh Apple Slices	Fresh Banana		
	Applesauce Cup	Chilled Pineapple	Mixed Fruit Salad		
Milk	Nonfat & 1% White Milk				
NOTES	<i>Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.</i>				
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
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots & Corn</i>				
	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	<i>Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.</i>				
Special Events					

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.