

DCPS Elementary School Lunch Menu



Week 1	MONDAY 11/5/2018	TUESDAY 11/6/2018	WEDNESDAY 11/7/2018	THURSDAY 11/8/2018	FRIDAY 11/9/2018
Favorites	Cheese Quesadilla ^v	NO SCHOOL	Korean BBQ Turkey Taco w/ Pineapple Slaw	Bean & Cheese Enchilada ^v	Rainbow Veggie Chili ^v
Side					Tortilla Chips
Creations	Chicken Quesadilla		Honey BBQ Chicken Sandwich	Grilled Cheese Sandwich ^v	Turkey Sausage or Cheese Pizza ^v
Grab & Go	Chicken Taco Salad		Hearty Garden Salad ^v	Chicken Dipper Salad	Cured Turkey Sub Sandwich
Side	Tortilla Chips		Wheat Dinner Roll	Wheat Dinner Roll	
From the Field	Southwest Pinto Beans		Steamed Carrots	Roasted Corn	Green Beans
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots</i>				
	Fresh Apple		Fresh Banana	Fresh Apple	Fresh Pear
	Diced Pears		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



Week 2	MONDAY 11/12/2018	TUESDAY 11/13/2018	WEDNESDAY 11/14/2018	THURSDAY 11/15/2018	FRIDAY 11/16/2018
<i>Favorites</i>	NO SCHOOL	Breakfast for Lunch: Boiled Egg, Turkey Sausage, & Maple Pancakes	Chicken Drumstick w/ Herbs de Provence Sauce	Oven Roasted Turkey w/ Gravy	Turkey Macaroni
Side			Garlic Knot	Honey Corn Biscuit	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	Tuna Salad Sandwich	Classic Chef Salad
Side					Wheat Dinner Roll
<i>From the Field</i>		Seasoned Potato Wedges	Ratatouille	Roasted Cinnamon Sweet Potatoes	BBQ Baked Beans
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots</i>				
		Fresh Pear	Orange Smiles	Fresh Banana	Fresh Apple
		Diced Peaches	Mixed Fruit Salad	Baked Apple Slices	Diced Pears
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	November 14th France Food Day; November 15th Thanksgiving Meal				

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Week 3	MONDAY 11/19/2018	TUESDAY 11/20/2018	WEDNESDAY 11/21/2018	THURSDAY 11/22/2018	FRIDAY 11/23/2018
Favorites	Oven Baked Lasagna Roll ^v	Spaghetti w/ Turkey Meatballs	NO SCHOOL	NO SCHOOL	NO SCHOOL
Side	Breadstick	Breadstick			
Creations	Grilled Chicken Sandwich	Turkey Pepperoni or Cheese Pizza ^v			
Grab & Go	Chicken Caesar Salad	Chicken Salad Sandwich			
Side	Wheat Dinner Roll				
From the Field	Roasted Ginger Kale	Citrus Glazed Carrots			
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots</i>				
	Fresh Apple	Orange Smiles			
	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



Week 4	MONDAY 11/26/2018	TUESDAY 11/27/2018	WEDNESDAY 11/28/2018	THURSDAY 11/29/2018	FRIDAY 11/30/2018
<i>Favorites</i>	Southwest Blackbean Nachos^v	Thai Lemongrass Chicken	Turkey Tacos	BBQ Chicken Drumstick w/ Rice Pilaf	Chicken Alfredo Macaroni
Side		Brown Rice			Wheat Dinner Roll
<i>Creations</i>	Turkey Burger	Veggie Fried Rice^v	Cheese Quesadilla^v	BBQ Burger w/ Coleslaw	Turkey Sausage or Veggie Pizza^v
<i>Grab & Go</i>	Egg Salad Sandwich^v	Cured Turkey Sub Sandwich	Tuna Salad Sandwich	Greek Salad^v	Chicken Dipper Salad
Side				Tortilla Chips	Wheat Dinner Roll
<i>From the Field</i>	Seasoned Potato Wedges	Sesame Carrots	Roasted Corn	BBQ Baked Beans	Mixed Garden Vegetables
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots</i>				
	Orange Smiles	Fresh Pear	Fresh Apple Slices	Orange Smiles	Fresh Apple
	Applesauce Cup	Chilled Pineapple	Mixed Fruit Salad	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					

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)	605.90	663.98	581.02	615.97	[550.00 - 650.00]	616.72	
Fat (g)	18.58 (27.59%)	12.35 (16.74%)	14.66 (22.71%)	19.28 (28.18%)		16.22	23.67%
Sfat (g)	6.66 (9.89%)	3.02 (4.10%)	6.46 (10.00%)	6.83 (9.97%)	< 10.00 % of Calories	5.74	8.38%
TFat (g)	0.00	0.00	0.00	0.01		0.00	
Sodium Target 1 (mg)	896.70	1987.14	980.45	846.56	< 1,230.00	1,177.71	
Sodium Target 2 (mg)	896.70	1987.14	980.45	846.56	< 935.00	1,177.71	
Carb (g)	79.55 (52.52%)	111.74 (67.31%)	84.67 (58.29%)	85.84 (55.75%)		90.45	58.67%
Pro (g)	35.49 (23.43%)	32.46 (19.56%)	33.75 (23.24%)	27.60 (17.92%)		32.33	20.97%

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)	568.96	628.58	498.88	696.99	[550.00 - 650.00]	598.35(M)	
Fat (g)	19.72 (31.19%)	21.90 (31.35%)	13.44 (24.24%)	17.02 (21.98%)		18.02(M)	27.10%
Sfat (g)	5.19 (8.21%)	5.54 (7.93%)	6.12 (11.04%)	6.19 (8.00%)	< 10.00 % of Calories	5.76(M)	8.66%
TFat (g)	3.83	0.06	0.00	0.02		0.98(M)	
Sodium Target 1 (mg)	597.83	981.87	786.88	1069.20	< 1,230.00	858.94(M)	
Sodium Target 2 (mg)	597.83	981.87	786.88	1069.20	< 935.00	858.94(M)	
Carb (g)	73.96 (52.00%)	83.09 (52.87%)	68.60 (55.00%)	102.05 (58.57%)		81.93(M)	54.77%
Pro (g)	25.01 (17.58%)	28.66 (18.24%)	29.71 (23.82%)	40.50 (23.24%)		30.97(M)	20.70%

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		Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	508.69	575.11		[550.00 - 650.00]	541.9	
Fat (g)	10.28 (18.18%)	13.18 (20.63%)			11.73	19.40%
Sfat (g)	4.28 (7.57%)	4.60 (7.20%)		< 10.00 % of Calories	5.26	4.44%
TFat (g)	0.01	0.00				
Sodium Target 1 (mg)	1006.26	967.70		< 1,230.00	986.98	
Sodium Target 2 (mg)	1006.26	967.70		< 935.00	986.98	
Carb (g)	75.96 (59.73%)	82.45 (57.34%)			79.20	58.53%
Pro (g)	29.96 (23.56%)	33.18 (23.08%)			31.57	23.32%

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	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	601.64	565.03	507.17	811.74	674.84	[550.00 - 650.00]	632.09	
Fat (g)	17.32 (25.90%)	12.84 (20.45%)	12.48 (22.15%)	17.98 (19.93%)	28.21 (37.62%)		17.76	25.29%
Sfat (g)	6.89 (10.31%)	3.54 (5.63%)	5.14 (9.11%)	5.26 (5.84%)	8.00 (10.67%)	< 10.00 % of Calories	5.77	8.21%
TFat (g)	0.00	0.00	0.00	0.00	0.10		0.02	
Sodium Target 1 (mg)	826.02	743.50	749.24	2402.74	821.07	< 1,230.00	1,108.51	
Sodium Target 2 (mg)	826.02	743.50	749.24	2402.74	821.07	< 935.00	1,108.51	
Carb (g)	85.23 (56.67%)	81.53 (57.71%)	70.31 (55.45%)	129.46 (63.79%)	72.86 (43.18%)		87.88	55.61%
Pro (g)	22.11 (14.70%)	31.72 (22.46%)	31.32 (24.70%)	40.72 (20.07%)	35.49 (21.04%)		32.27	20.42%

Legend

(M) Indicates missing nutrient values.