

DCPS Elementary School Lunch Menu



Week 5	MONDAY 12/3/2018	TUESDAY 12/4/2018	WEDNESDAY 12/5/2018	THURSDAY 12/6/2018	FRIDAY 12/7/2018
<i>Favorites</i>					
<i>Favorites</i>	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
<i>Creations</i>					
<i>Creations</i>	Turkey Sloppy Joe	BBQ Chicken Drumstick w/ Spanish Rice	Chipotle Chicken Sandwich	Traditional Hamburger	Turkey Sausage or Cheese Pizza ^v
<i>Grab & Go</i>					
<i>Grab & Go</i>	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
<i>From the Field</i>					
<i>From the Field</i>	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 Pear	Orange Smiles	Fresh Banana	Fresh Apple	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					

DCPS Elementary School Lunch Menu



Week 1	MONDAY 12/10/2018	TUESDAY 12/11/2018	WEDNESDAY 12/12/2018	THURSDAY 12/13/2018	FRIDAY 12/14/2018
<i>Favorites</i>	Cheese Quesadilla^v	Teriyaki Grilled Chicken w/ Vegetables	Korean BBQ Turkey Taco w/ Pineapple Slaw	Oven Roasted Turkey w/ Gravy	Rainbow Veggie Chili^v
Side		Brown Rice		Pumpkin Pie Spice Biscuit	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>	Southwest Chicken Sandwich	Chicken Salad Sandwich	Hearty Garden Salad^v	Chicken Dipper Salad	Cured Turkey Sub Sandwich
Side			Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
<i>From the Field</i>	Southwest Pinto Beans	Lemon Roasted Broccoli	Green Beans	Roasted Cinnamon Sweet Potatoes	Roasted Corn
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots</i>				
	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Apple	Fresh Pear
	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	Holiday Meal December 13th				

DCPS Elementary School Lunch Menu



Week 2	MONDAY 12/17/2018	TUESDAY 12/18/2018	WEDNESDAY 12/19/2018	THURSDAY 12/20/2018	FRIDAY 12/21/2018
<i>Favorites</i>	Baked Penne w/ Tomato Sauce^v	Breakfast for Lunch: Boiled Egg, Turkey Sausage, & Maple Pancakes	Turkey Chili	BBQ Chicken Drumstick w/ Rice Pilaf	Turkey Macaroni
Side	Breadstick		Whole Grain Honey Corn Biscuit	Wheat Dinner Roll	Garlic Knot
<i>Creations</i>	Turkey Dog	Hot Turkey & Cheese Sandwich	BBQ Burger w/ Coleslaw	Garden Burger^v	Jamaican Jerk Chicken Pizza or Cheese Pizza^v
<i>Grab & Go</i>	Tuna Salad Sandwich	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>	Parmesan Roasted Broccoli	Sweet Potato Wedges	Collard Greens	Mashed Potatoes	BBQ Baked Beans
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots</i>				
	Orange Smiles	Fresh Pear	Fresh Apple Slices	Fresh Banana	Fresh Apple
	Mixed Fruit Salad	Diced Peaches	Mixed Fruit Salad	Applesauce Cup	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					

DCPS Elementary School Lunch Menu



Week 3	MONDAY 12/24/2018	TUESDAY 12/25/2018	WEDNESDAY 12/26/2018	THURSDAY 12/27/2018	FRIDAY 12/28/2018
Favorites	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Side					
Creations					
Grab & Go					
Side					
From the Field					
FRUITS					
Milk	Nonfat & 1% White Milk				
NOTES	<i>Menu Items highlighted in green include local produce. Entrée options followed by ♣ indicate vegetarian option.</i>				
Special Events					

DCPS Elementary School Lunch Menu



Week 4	MONDAY 12/31/2019	TUESDAY 1/1/2019	WEDNESDAY 1/2/2019	THURSDAY 1/3/2019	FRIDAY 1/4/2019
Favorites	NO SCHOOL	NO SCHOOL	Turkey Tacos	BBQ Chicken Drumstick w/ Rice Pilaf	Chicken Alfredo Macaroni
Side					Wheat Dinner Roll
Creations			Cheese Quesadilla ^v	Grilled Cheese Sandwich ^v	Turkey Sausage or Veggie Pizza ^v
Grab & Go			Tuna Salad Sandwich	Turkey Wrap	Chicken Dipper Salad
Side					Wheat Dinner Roll
From the Field			Roasted Corn	BBQ Baked Beans	Mixed Garden Vegetables
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas</i>				
			Orange Smiles	Fresh Apple	Fresh Pear
			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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	643.47	647.82	623.13	588.27	686.56	[550.00 - 650.00]	637.85(M)	
Fat (g)	19.66 (27.50%)	16.19 (22.50%)	14.49 (20.93%)	22.57 (34.53%)	25.65 (33.62%)		19.71(M)	27.81 %
Sfat (g)(1)	7.88 (11.03%)	3.87 (5.37%)	1.45 (2.10%)	4.16 (6.37%)	8.41 (11.02%)	< 10.00 % of Calories	5.15(M)	7.27 %
TFat (g)(2)	0.02	0.01	0.00	0.01	0.06		0.02(M)	
Sodium Target 1 (mg)(13)	1,251.47	1,936.37	1,093.52	655.96	1,017.90	< 1,230.00	1,191.04(M)	
Sodium Target 2 (mg)(13)	1,251.47	1,936.37	1,093.52	655.96	1,017.90	< 935.00	1,191.04(M)	
Carb (g)	91.08 (56.62%)	99.74 (61.59%)	78.76 (50.56%)	64.09 (43.58%)	75.62 (44.06%)		81.86(M)	51.33 %
Pro (g)	33.18 (20.63%)	35.04 (21.63%)	26.48 (17.00%)	35.00 (23.80%)	43.59 (25.39%)		34.66(M)	21.73 %

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, 2020 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)	585.38	765.52	697.98	484.91	648.11	[550.00 - 650.00]	636.38(M)	
Fat (g)	17.52 (26.94%)	23.63 (27.78%)	13.63 (17.58%)	14.45 (26.81%)	18.61 (25.85%)		17.57(M)	24.85 %
Sfat (g)(1)	6.48 (9.96%)	4.15 (4.88%)	3.15 (4.07%)	6.68 (12.40%)	6.78 (9.42%)	< 10.00 % of Calories	5.45(M)	7.71 %
TFat (g)(2)	0.00	0.05	0.01	0.01	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	910.04	1,093.90	2,009.08	733.59	817.09	< 1,230.00	1,112.74(M)	
Sodium Target 2 (mg)(13)	910.04	1,093.90	2,009.08	733.59	817.09	< 935.00	1,112.74(M)	
Carb (g)	76.68 (52.40%)	99.61 (52.05%)	115.16 (66.00%)	61.69 (50.88%)	95.86 (59.16%)		89.80(M)	56.44 %
Pro (g)	33.73 (23.05%)	49.02 (25.61%)	33.39 (19.13%)	30.69 (25.32%)	28.57 (17.63%)		35.08(M)	22.05 %

Legend

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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)	534.57	568.96	683.77	597.68	696.99	[550.00 - 650.00]	616.39	
Fat (g)	20.58 (34.65%)	19.72 (31.19%)	20.20 (26.58%)	14.55 (21.90%)	17.02 (21.98%)		18.41	26.88 %
Sfat (g)(1)	5.11 (8.60%)	5.19 (8.21%)	8.55 (11.25%)	3.85 (5.80%)	6.19 (8.00%)	< 10.00 % of Calories	5.78	8.44 %
TFat (g)(2)	0.06	3.83	0.00	0.00	0.02		0.78	
Sodium Target 1 (mg)(13)	850.96	597.83	1,263.84	1,694.63	1,069.20	< 1,230.00	1,095.29	
Sodium Target 2 (mg)(13)	850.96	597.83	1,263.84	1,694.63	1,069.20	< 935.00	1,095.29	
Carb (g)	63.37 (47.41%)	73.96 (52.00%)	98.95 (57.89%)	89.02 (59.58%)	102.05 (58.57%)		85.47	55.47 %
Pro (g)	30.80 (23.05%)	25.01 (17.58%)	31.42 (18.38%)	29.97 (20.05%)	40.50 (23.24%)		31.54	20.47 %

Legend

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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)(1)	519.68	542.45	685.58	[550.00 - 650.00]	582.57	
Fat (g)	12.50 (21.64%)	13.59 (22.55%)	28.23 (37.06%)		18.11	27.97 %
Sfat (g)(1)	5.13 (8.89%)	5.62 (9.32%)	8.01 (10.51%)	< 10.00 % of Calories	6.25	9.66 %
TFat (g)(2)	0.00	0.00	0.10		0.03	
Sodium Target 1 (mg)(13)	748.79	1,302.53	821.24	< 1,230.00	957.52	
Sodium Target 2 (mg)(13)	748.79	1,302.53	821.24	< 935.00	957.52	
Carb (g)	73.07 (56.24%)	77.73 (57.32%)	75.74 (44.19%)		75.51	51.85 %
Pro (g)	31.92 (24.57%)	32.24 (23.77%)	35.57 (20.75%)		33.25	22.83 %

Legend

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