# Elementary Lunch – February 2020

SodexoMAGIC - DC Public Schools

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 3</td>
<td>February 4</td>
<td>February 5</td>
<td>February 6</td>
<td>February 7</td>
</tr>
</tbody>
</table>

### Choose One Entree

**Favorites**
- Veggie Tortellini w/ Cheesy Breadstick \(V\)
- Teriyaki Grilled Chicken w/ Vegetables and Brown Rice
- Black Bean & Sweet Potato Taco Surprise \(V\) by 2019 Future Chef Winner Kimberly Lee
- Kickin’ Black Bean & Cheese Enchilada \(V\)
- Rainbow Veggie Chili and Tortilla Chips \(VE\)

**Creations**
- Honey BBQ Chicken Sandwich
- Teriyaki Veggie Burger w/ Pineapple Slaw \(V\)
- Chicken Quesadilla
- Hot Turkey & Cheese Sandwich
- Turkey Sausage Pizza Cheese Pizza \(V\)

**Grab & Go**
- Chicken Dipper Salad w/ Wheat Dinner Roll
- Chicken Salad Sandwich
- Buffalo Chicken Wrap
- Chicken Taco Salad w/ Tortilla Chips
- Cured Turkey Sub Sandwich

### Available Vegetables

- Lemon Roasted Broccoli \(VE\)
- Seasoned Carrots \(VE\)
- Buffalo Cauliflower \(VE\)
- Southwest Pinto Beans \(VE\)
- Roasted Corn \(VE\)

### Garden Bar
- Kale Salad
- Cherry Tomatoes
- Curried Chickpeas
- Baby Carrots \(VE\)

### Available Fruit

**Fruits**
- Fresh Apple
- Diced Pears
- Orange Smiles
- All-Mixed-Up Fruit Cup
- Fresh Banana
- Applesauce Cup
- Fresh Apple
- Diced Peaches
- Fresh Pear
- Applesauce Cup

**Milk**

- Nonfat or 1% White Milk

\(V\) – Indicates Vegetarian

\(VE\) – Indicates Vegan

Green Color Font – Indicates Local Produce

This Institution is An Equal Opportunity Provider
### Elementary Lunch – February 2020

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</tr>
</thead>
<tbody>
<tr>
<td>February 10</td>
<td>February 11</td>
<td>February 12</td>
<td>February 13</td>
<td>February 14</td>
</tr>
</tbody>
</table>

#### Choose One Entree

<table>
<thead>
<tr>
<th>Favorites</th>
<th>Turkey Macaroni w/ Breadstick</th>
<th>Breakfast for Lunch: Boiled Egg, Turkey Sausage &amp; Maple Pancakes</th>
<th>BBQ Chicken Drumstick w/ Whole Grain Honey Corn Biscuit</th>
<th>Turkey Chili w/ Tortilla Chips</th>
<th>Baked Penne w/ Tomato Sauce w/ Garlic Knot V</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creations</td>
<td>BBQ Burger w/ Coleslaw</td>
<td>Turkey Dog</td>
<td>Garden Burger V</td>
<td>Grilled Cheese Sandwich V</td>
<td>Jamaican Jerk Chicken Pizza Cheese Pizza V</td>
</tr>
<tr>
<td>Grab &amp; Go</td>
<td>Hearty Garden Salad w/ Wheat Dinner Roll V</td>
<td>Sunbutter &amp; Jelly Sandwich VE</td>
<td>Turkey &amp; Cheese Wrap</td>
<td>Mediterranean Wrap VE</td>
<td>Classic Chef Salad w/ Wheat Dinner Roll</td>
</tr>
</tbody>
</table>

#### Available Vegetables

<table>
<thead>
<tr>
<th>From the Field</th>
<th>BBQ Baked Beans VE</th>
<th>Sweet Potato Wedges VE</th>
<th>ABC Salad VE</th>
<th>Collard Greens V</th>
<th>Parmesan Roasted Broccoli V</th>
</tr>
</thead>
</table>

**Garden Bar:** Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots VE

#### Available Fruit

- **Fruits**
  - Orange Smiles
  - All-Mixed-Up Fruit Cup
  - Diced Peaches
  - Fresh Pear
  - Apple Slices
  - All-Mixed-Up Fruit cup
  - Fresh Banana
  - Applesauce Cup
  - Fresh Apple
  - Diced Pears

- **Milk**
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<tbody>
<tr>
<td>February 17</td>
<td>February 18</td>
<td>February 19</td>
<td>February 20</td>
<td>February 21</td>
</tr>
</tbody>
</table>

### Choose One Entree

<table>
<thead>
<tr>
<th></th>
<th>Favorites</th>
<th>Creations</th>
<th>Grab &amp; Go</th>
<th>Creations</th>
<th>Creations</th>
<th>Creations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>NO SCHOOL</td>
<td></td>
<td>NO SCHOOL</td>
<td>NO SCHOOL</td>
<td>NO SCHOOL</td>
</tr>
</tbody>
</table>

### Available Vegetables

<table>
<thead>
<tr>
<th></th>
<th>From the Field</th>
<th>From the Field</th>
<th>From the Field</th>
<th>From the Field</th>
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</thead>
<tbody>
<tr>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### Available Fruit

<table>
<thead>
<tr>
<th></th>
<th>Fruits</th>
<th>Fruits</th>
<th>Fruits</th>
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</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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</tr>
</thead>
<tbody>
<tr>
<td>February 24</td>
<td>February 25</td>
<td>February 26</td>
<td>February 27</td>
<td>February 28</td>
</tr>
</tbody>
</table>

## Choose One Entree

### Favorites
- Oven Baked Lasagna Roll w/ Breadstick
- Spaghetti w/ Turkey Meatballs w/ Breadstick
- Chicken Nachos
- Buffalo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit
- Breakfast for Lunch: Cheesy Omelet & Pancakes

### Creations
- Traditional Cheeseburger
- Turkey Pepperoni Pizza
- Chipotle Chicken Sandwich
- Alaskan Pollock Banh Mi Sandwich
- Meatball Sub Sandwich

### Grab & Go
- Chicken Caesar Salad w/ Wheat Dinner Roll
- Chicken Salad Sandwich
- Hearty Garden Salad w/ Wheat Dinner Roll
- Sunbutter & Jelly Sandwich
- 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, Cucumber Slices, Cherry Tomatoes, & Baby Carrots

## Available Fruit

- Fresh Apple
- Diced Peaches
- Orange Smiles
- Applesauce Cup
- Fresh Banana
- Diced Pears
- Fresh Pear
- Diced Peaches
- Orange Smiles
- Applesauce Cup

**Milk**

Nonfat or 1% White Milk

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## 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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Week Standard Value</th>
<th>Actual Value</th>
<th>% of Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (Kcal)(1)</td>
<td>510.47</td>
<td>760.89</td>
<td>558.58</td>
<td>779.64</td>
<td>567.42</td>
<td>[550.00 - 650.00]</td>
<td>635.40(M)</td>
<td>25.45 %</td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>14.66 (25.85%)</td>
<td>24.09 (28.49%)</td>
<td>17.16 (27.65%)</td>
<td>17.78 (20.53%)</td>
<td>16.15 (25.62%)</td>
<td>17.97(M)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat Fat (g)(1)</td>
<td>3.39 (5.97%)</td>
<td>4.97 (5.88%)</td>
<td>6.34 (10.22%)</td>
<td>5.77 (6.66%)</td>
<td>6.73 (10.68%)</td>
<td>&lt; 10.00 % of Calories</td>
<td>5.44(M)</td>
<td>7.71 %</td>
</tr>
<tr>
<td>Trans Fat (g)(2)</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00(M)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium Target 1 (mg)(13)</td>
<td>821.77</td>
<td>1,118.07</td>
<td>1,064.43</td>
<td>1,122.81</td>
<td>728.84</td>
<td>&lt; 1,230.00</td>
<td>971.18(M)</td>
<td></td>
</tr>
<tr>
<td>Sodium Target 2 (mg)(13)</td>
<td>821.77</td>
<td>1,118.07</td>
<td>1,064.43</td>
<td>1,122.81</td>
<td>728.84</td>
<td>&lt; 935.00</td>
<td>971.18(M)</td>
<td></td>
</tr>
<tr>
<td>Carb (g)</td>
<td>67.06 (52.55%)</td>
<td>87.62 (52.46%)</td>
<td>70.44 (50.44%)</td>
<td>114.24 (58.61%)</td>
<td>78.50 (55.34%)</td>
<td>83.57(M)</td>
<td>52.61 %</td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>33.30 (26.09%)</td>
<td>54.20 (28.49%)</td>
<td>32.66 (23.39%)</td>
<td>44.95 (23.06%)</td>
<td>30.10 (21.22%)</td>
<td>39.04(M)</td>
<td>24.58 %</td>
<td></td>
</tr>
</tbody>
</table>

**Legend**

1. Standard Value is the daily average requirement for a school week.
2. Trans Fat is provided for informational purposes, not for monitoring purposes.
3. 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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Week Standard Value</th>
<th>Actual Value</th>
<th>% of Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (Kcal)(1)</td>
<td>619.28</td>
<td>741.28</td>
<td>571.27</td>
<td>641.27</td>
<td>628.25</td>
<td>[550.00 - 650.00]</td>
<td>640.27</td>
<td></td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>8.34 (12.11%)</td>
<td>25.57 (31.05%)</td>
<td>25.65 (40.40%)</td>
<td>21.08 (29.58%)</td>
<td>23.24 (33.30%)</td>
<td></td>
<td>20.77</td>
<td>29.20 %</td>
</tr>
<tr>
<td>Sat Fat (g)(1)</td>
<td>2.97 (4.31%)</td>
<td>5.24 (6.37%)</td>
<td>6.25 (9.84%)</td>
<td>8.05 (11.30%)</td>
<td>8.47 (12.13%)</td>
<td>&lt; 10.00 % of Calories</td>
<td>6.19</td>
<td>8.71 %</td>
</tr>
<tr>
<td>Trans Fat (g)(2)</td>
<td>0.00</td>
<td>3.15</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td></td>
<td>0.63</td>
<td></td>
</tr>
<tr>
<td>Sodium Target 1</td>
<td>1,163.39</td>
<td>670.07</td>
<td>1,409.22</td>
<td>876.39</td>
<td>1,046.23</td>
<td>&lt; 1,230.00</td>
<td>1,033.06</td>
<td></td>
</tr>
<tr>
<td>Sodium Target 2</td>
<td>1,163.39</td>
<td>670.07</td>
<td>1,409.22</td>
<td>876.39</td>
<td>1,046.23</td>
<td>&lt; 935.00</td>
<td>1,033.06</td>
<td></td>
</tr>
<tr>
<td>Carb (g)</td>
<td>112.11 (72.42%)</td>
<td>105.13 (56.73%)</td>
<td>63.98 (44.80%)</td>
<td>85.95 (53.61%)</td>
<td>75.93 (48.34%)</td>
<td></td>
<td>88.62</td>
<td>55.37 %</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>32.16 (20.77%)</td>
<td>27.48 (14.83%)</td>
<td>26.65 (18.66%)</td>
<td>31.79 (19.83%)</td>
<td>33.65 (21.42%)</td>
<td></td>
<td>30.35</td>
<td>18.96 %</td>
</tr>
</tbody>
</table>

**Legend**

(M) Indicates missing nutrient values.

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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

<table>
<thead>
<tr>
<th>Nutrient</th>
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<th>Day 4</th>
<th>Day 5</th>
<th>Week Standard Value</th>
<th>Actual Value</th>
<th>% of Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (Kcal)(1)</td>
<td>464.86</td>
<td>689.87</td>
<td>558.45</td>
<td>616.42</td>
<td>472.88</td>
<td>[550.00 - 650.00]</td>
<td>560.50(M)</td>
<td>28.45%</td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>11.13</td>
<td>20.52</td>
<td>16.91</td>
<td>27.66</td>
<td>12.36</td>
<td>17.72(M)</td>
<td>17.72(M)</td>
<td>28.45%</td>
</tr>
<tr>
<td>Sat Fat (g)(1)</td>
<td>4.65</td>
<td>9.10</td>
<td>5.97</td>
<td>7.35</td>
<td>3.76</td>
<td>&lt; 10.00% of Calories</td>
<td>6.17(M)</td>
<td>9.90%</td>
</tr>
<tr>
<td>Trans Fat (g)(2)</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00(M)</td>
<td>0.00(M)</td>
<td>0.00%</td>
</tr>
<tr>
<td>Sodium Target 1 (mg)(13)</td>
<td>827.52</td>
<td>1,055.05</td>
<td>783.54</td>
<td>867.39</td>
<td>582.03</td>
<td>&lt; 1,230.00</td>
<td>823.11(M)</td>
<td>54.98%</td>
</tr>
<tr>
<td>Sodium Target 2 (mg)(13)</td>
<td>827.52</td>
<td>1,055.05</td>
<td>783.54</td>
<td>867.39</td>
<td>582.03</td>
<td>&lt; 935.00</td>
<td>823.11(M)</td>
<td>54.98%</td>
</tr>
<tr>
<td>Carb (g)</td>
<td>65.70</td>
<td>88.60</td>
<td>75.78</td>
<td>84.19</td>
<td>70.90</td>
<td>77.04(M)</td>
<td>77.04(M)</td>
<td>54.98%</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>28.11</td>
<td>39.96</td>
<td>30.15</td>
<td>29.39</td>
<td>23.67</td>
<td>30.26(M)</td>
<td>30.26(M)</td>
<td>21.59%</td>
</tr>
</tbody>
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