



Elementary Lunch – February 2020

SodexoMAGIC - DC Public Schools

MONDAY February 3	TUESDAY February 4	WEDNESDAY February 5	THURSDAY February 6	FRIDAY February 7
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Choose One Entree

	MONDAY February 3	TUESDAY February 4	WEDNESDAY February 5	THURSDAY February 6	FRIDAY February 7
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

	MONDAY February 3	TUESDAY February 4	WEDNESDAY February 5	THURSDAY February 6	FRIDAY February 7
From the Field	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

	MONDAY February 3	TUESDAY February 4	WEDNESDAY February 5	THURSDAY February 6	FRIDAY February 7
Fruits	<ul style="list-style-type: none"> Fresh Apple Diced Pears 	<ul style="list-style-type: none"> Orange Smiles All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Diced Peaches 	<ul style="list-style-type: none"> Fresh Pear Applesauce Cup

Milk
Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan

Green Color Font – Indicates Local Produce





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MONDAY February 10	TUESDAY February 11	WEDNESDAY February 12	THURSDAY February 13	FRIDAY February 14
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Choose One Entree

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Favorites	Turkey Macaroni w/ Breadstick	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 V
Creations	BBQ Burger w/ Coleslaw	Turkey Dog	Garden Burger V	Grilled Cheese Sandwich V	Jamaican Jerk Chicken Pizza Cheese Pizza V
Grab & Go	Hearty Garden Salad w/ Wheat Dinner Roll V	Sunbutter & Jelly Sandwich VE	Turkey & Cheese Wrap	Mediterranean Wrap VE	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
From the Field	BBQ Baked Beans VE	Sweet Potato Wedges VE	ABC Salad VE	Collard Greens V	Parmesan Roasted Broccoli V
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots VE					

Available Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruits	<ul style="list-style-type: none"> Orange Smiles All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Diced Peaches Fresh Pear 	<ul style="list-style-type: none"> Apple Slices All-Mixed-Up Fruit cup 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Diced Pears

Milk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nonfat or 1% White Milk				

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MONDAY February 17	TUESDAY February 18	WEDNESDAY February 19	THURSDAY February 20	FRIDAY February 21
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Choose One Entree

Favorites					
Creations	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Grab & Go					

Available Vegetables

From the Field					
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Available Fruit

Fruits					
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Milk					
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Elementary Lunch – February 2020

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MONDAY February 24	TUESDAY February 25	WEDNESDAY February 26	THURSDAY February 27	FRIDAY February 28
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Choose One Entree

Favorites	Oven Baked Lasagna Roll w/ Breadstick V	Spaghetti w/ Turkey Meatballs w/ Breadstick	Chicken Nachos	Buffalo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Breakfast for Lunch: Cheesy Omelet & Pancakes V
Creations	Traditional Cheeseburger	Turkey Pepperoni Pizza Margherita Pizza V	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 V	Sunbutter & Jelly Sandwich VE	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Roasted Ginger Kale VE	Citrus Glazed Carrots VE	Mexican Black Beans VE	Roasted Kale & Sweet Potatoes V	Roasted Potatoes VE
Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots VE					

Available Fruit

Fruits	<ul style="list-style-type: none"> Fresh Apple Diced Peaches 	<ul style="list-style-type: none"> Orange Smiles Applesauce Cup 	<ul style="list-style-type: none"> Fresh Banana Diced Pears 	<ul style="list-style-type: none"> Fresh Pear Diced Peaches 	<ul style="list-style-type: none"> Orange Smiles Applesauce Cup
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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

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	510.47	760.89	558.58	779.64	567.42	[550.00 - 650.00]	635.40(M)	
Total Fat (g)	14.66 (25.85%)	24.09 (28.49%)	17.16 (27.65%)	17.78 (20.53%)	16.15 (25.62%)		17.97(M)	25.45 %
Sat Fat (g)(1)	3.39 (5.97%)	4.97 (5.88%)	6.34 (10.22%)	5.77 (6.66%)	6.73 (10.68%)	< 10.00 % of Calories	5.44(M)	7.71 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	821.77	1,118.07	1,064.43	1,122.81	728.84	< 1,230.00	971.18(M)	
Sodium Target 2 (mg)(13)	821.77	1,118.07	1,064.43	1,122.81	728.84	< 935.00	971.18(M)	
Carb (g)	67.06 (52.55%)	87.62 (46.06%)	70.44 (50.44%)	114.24 (58.61%)	78.50 (55.34%)		83.57(M)	52.61 %
Protein (g)	33.30 (26.09%)	54.20 (28.49%)	32.66 (23.39%)	44.95 (23.06%)	30.10 (21.22%)		39.04(M)	24.58 %

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)	619.28	741.28	571.27	641.27	628.25	[550.00 - 650.00]	640.27	
Total Fat (g)	8.34 (12.11%)	25.57 (31.05%)	25.65 (40.40%)	21.08 (29.58%)	23.24 (33.30%)		20.77	29.20 %
Sat Fat (g)(1)	2.97 (4.31%)	5.24 (6.37%)	6.25 (9.84%)	8.05 (11.30%)	8.47 (12.13%)	< 10.00 % of Calories	6.19	8.71 %
Trans Fat (g)(2)	0.00	3.15	0.00	0.00	0.00		0.63	
Sodium Target 1 (mg)(13)	1,163.39	670.07	1,409.22	876.39	1,046.23	< 1,230.00	1,033.06	
Sodium Target 2 (mg)(13)	1,163.39	670.07	1,409.22	876.39	1,046.23	< 935.00	1,033.06	
Carb (g)	112.11 (72.42%)	105.13 (56.73%)	63.98 (44.80%)	85.95 (53.61%)	75.93 (48.34%)		88.62	55.37 %
Protein (g)	32.16 (20.77%)	27.48 (14.83%)	26.65 (18.66%)	31.79 (19.83%)	33.65 (21.42%)		30.35	18.96 %

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)	464.86	689.87	558.45	616.42	472.88	[550.00 - 650.00]	560.50(M)	
Total Fat (g)	11.13 (21.55%)	20.52 (26.77%)	16.91 (27.26%)	27.66 (40.39%)	12.36 (23.53%)		17.72(M)	28.45 %
Sat Fat (g)(1)	4.65 (9.00%)	9.10 (11.88%)	5.97 (9.62%)	7.35 (10.73%)	3.76 (7.16%)	< 10.00 % of Calories	6.17(M)	9.90 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	827.52	1,055.05	783.54	867.39	582.03	< 1,230.00	823.11(M)	
Sodium Target 2 (mg)(13)	827.52	1,055.05	783.54	867.39	582.03	< 935.00	823.11(M)	
Carb (g)	65.70 (56.54%)	88.60 (51.37%)	75.78 (54.28%)	84.19 (54.63%)	70.90 (59.98%)		77.04(M)	54.98 %
Protein (g)	28.11 (24.18%)	39.96 (23.17%)	30.15 (21.60%)	29.39 (19.07%)	23.67 (20.02%)		30.26(M)	21.59 %

Legend

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