



# Elementary Lunch - October 2019

SodexoMAGIC - DC Public Schools

MONDAY September 30, 2019	TUESDAY October 1, 2019	WEDNESDAY October 2, 2019	THURSDAY October 3, 2019	FRIDAY October 4, 2019
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## Choose One Entree

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Favorites</b>	Veggie Tortellini w/ Cheesy Breadstick <b>V</b>	Teriyaki Grilled Chicken w/ Vegetables and Brown Rice	Korean BBQ Turkey Taco w/ Pineapple Slaw	Kickn' Black Bean & Cheese Enchilada <b>V</b>	Rainbow Veggie Chili and Tortilla Chips <b>VE</b>
<b>Creations</b>	Honey BBQ Chicken Sandwich	Teriyaki Veggie Burger w/ Pineapple Slaw <b>V</b>	Grilled Cheese Sandwich <b>V</b>	Chicken Quesadilla	Turkey Sausage Pizza Cheese Pizza <b>V</b>
<b>Grab &amp; Go</b>	Chicken Dipper Salad w/ Wheat Dinner Roll	Chicken Salad Sandwich	Buffalo Chicken Wrap	Chicken Taco Salad w/ Tortilla Chips	Cured Turkey Sub Sandwich w/ Wheat Dinner Roll

## Available Vegetables

From the Field	Lemon Roasted Broccoli	Steamed Carrots	Buffalo Cauliflower	Southwest Pinto Beans	Roasted Corn
<b>Garden Bar:</b> <b>Kale Salad</b> , Cherry Tomatoes, Curried Chickpeas, & Baby Carrots					

## Available Fruit

Fruits	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>All-Mixed-Up Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Applesauce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Chilled Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Pear</li> <li>Applesauce Cup</li> </ul>
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Milk	Nonfat or 1% White Milk
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**V** – Indicates Vegetarian  
**VE** – Indicates Vegan

**Green Color Font** – Indicates Local Produce





# Elementary Lunch - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 7, 2019	TUESDAY October 8, 2019	WEDNESDAY October 9, 2019	THURSDAY October 10, 2019	FRIDAY October 11, 2019
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## Choose One Entrée

<b>Favorites</b>	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	
<b>Creations</b>	BBQ Burger w/ Coleslaw	Turkey Dog	Hot Turkey & Cheese Sandwich	Garden Burger	PTC NO SCHOOL
<b>Grab &amp; Go</b>	Hearty Garden Salad w/ Wheat Dinner Roll <b>V</b>	Sunbutter & Jelly Sandwich <b>VE</b>	Mediterranean Hummus Wrap <b>VE</b>	Turkey Wrap	

## Available Vegetables

<b>From the Field</b>	BBQ Baked Beans	Sweet Potato Wedges	Mashed Potatoes	Collard Greens	
<b>Garden Bar:</b> Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots					

## Available Fruit

<b>Fruits</b>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>All-Mixed-Up Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>Diced Peaches</li> <li>Fresh Pear</li> </ul>	<ul style="list-style-type: none"> <li>Apple Slices</li> <li>All-Mixed-Up Fruit cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Applesauce Cup</li> </ul>	
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<b>Milk</b>	Nonfat or 1% White Milk
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# Elementary Lunch - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 14, 2019	TUESDAY October 15, 2019	WEDNESDAY October 16, 2019	THURSDAY October 17, 2019	FRIDAY October 18, 2019
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## Choose One Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Favorites</b>		Spaghetti w/ Turkey Meatballs w/ Breadstick	Chicken Nachos	Buffalo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Breakfast for Lunch: Cheesy Omelet & Pancakes <b>V</b>
<b>Creations</b>	HOLIDAY NO SCHOOL	Turkey Pepperoni Pizza Margherita Pizza <b>V</b>	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
<b>Grab &amp; Go</b>		Chicken Salad Sandwich	Hearty Garden Salad w/ Wheat Dinner Roll <b>V</b>	Sunbutter & Jelly Sandwich <b>VE</b>	Chicken Dipper Salad w/ Wheat Dinner Roll

## Available Vegetables

From the Field	Monday	Tuesday	Wednesday	Thursday	Friday
		Citrus Glazed Carrots	Mexican Black Beans	Roasted Kale & Sweet Potatoes	Roasted Potatoes
	<b>Garden Bar:</b> Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots				

## Available Fruit

Fruits	Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>Applesauce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Chilled Pears</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Pear</li> <li>Chilled Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>Applesauce Cup</li> </ul>

Milk	Monday	Tuesday	Wednesday	Thursday	Friday
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# Elementary Lunch - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 21, 2019	TUESDAY October 22, 2019	WEDNESDAY October 23, 2019	THURSDAY October 24, 2019	FRIDAY October 25, 2019
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## Choose One Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Favorites</b>	Southwest Blackbean Nachos <b>V</b>	Thai Lemongrass Chicken w/ Brown Rice	Chicken Drumstick w/ Mumbo Sauce w/ Honey Corn Biscuit	Chicken Alfredo Macaroni w/ Garlic Knot	Turkey Tacos
<b>Creations</b>	Turkey Burger	Veggie Fried Rice <b>V</b>	BBQ Burger w/ Coleslaw	Turkey Sausage Pizza Cheese Pizza <b>V</b>	Cheese Quesadilla <b>V</b>
<b>Grab &amp; Go</b>	Lift-Off! Spinach Salad w/ Wheat Dinner Roll <b>V</b>	Egg Salad Sandwich <b>V</b>	Mediterranean Hummus Wrap <b>VE</b>	Greek Salad w/ Tortilla Chips <b>V</b>	Tuna Salad Sandwich

## Available Vegetables

From the Field	Monday	Tuesday	Wednesday	Thursday	Friday
	Seasoned Potato Wedges	Orange Broccoli	BBQ Baked Beans	Mixed Garden Vegetables	Seasoned Carrots
	<b>Garden Bar:</b> Mixed Salad Greens, Cherry Tomatoes, Baby Carrots & Indian-Style Chickpeas				

## Available Fruit

Fruits	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>Applesauce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Pear</li> <li>Chilled Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>Apple Slices</li> <li>All-Mixed-Up Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>Chilled Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>All-Mixed-Up Fruit Cup</li> </ul>

Milk	Monday - Friday
	Nonfat or 1% White Milk

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# Elementary Lunch - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 28, 2019	TUESDAY October 29, 2019	WEDNESDAY October 30, 2019	THURSDAY October 31, 2019	FRIDAY November 1, 2019
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## Choose One Entree

Choose One Entree	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Favorites</b>	Glorious Macaroni & Cheese w/ Garlic Knot <b>V</b>	Jamaican Jerk Chicken Bowl and Brown Rice	BBQ Turkey Nachos	Sweet & Sour Grilled Chicken w/ Vegetables & Brown Rice	Stuffed Shells w/ Marinara & Breadstick <b>V</b>
<b>Creations</b>	Turkey Sloppy Joe	Jamaican Jerk Chicken Pizza Cheese Pizza <b>V</b>	Chicken Quesadilla	Traditional Hamburger	BBQ Chicken Drumstick w/ Spanish Rice
<b>Grab &amp; Go</b>	Lift-Off! Spinach Salad w/ Wheat Dinner Roll <b>V</b>	Mediterranean Hummus Wrap <b>VE</b>	Hearty Garden Salad w/ Wheat Dinner Roll <b>V</b>	Veggie Lo Mein <b>VE</b>	Chicken Dipper Salad w/ Wheat Dinner Roll

## Available Vegetables

Available Vegetables	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>From the Field</b>	Citrus Glazed Carrots	Jerk Lentils	Sweet Potato Wedges	Sizzlin' Asian Veggie Stir-Fry	Parmesan Roasted Broccoli
<b>Garden Bar:</b> Kale Salad, Cherry Tomatoes, Baby Carrots & Corn					

## Available Fruit

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

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

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# 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)(1)	533.09	724.07	608.08	771.90	585.47	[550.00 - 650.00]	644.52(M)	
Total Fat (g)	15.96 (26.95%)	19.69 (24.47%)	15.67 (23.20%)	18.60 (21.69%)	16.02 (24.62%)		17.19(M)	24.00 %
Sat Fat (g)(1)	3.58 (6.04%)	3.43 (4.26%)	5.32 (7.88%)	6.32 (7.37%)	6.72 (10.32%)	< 10.00 % of Calories	5.07(M)	7.08 %
Trans Fat (g)(2)	0.05	0.03	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	834.46	1,091.23	1,685.22	999.44	727.74	< 1,230.00	1,067.62(M)	
Sodium Target 2 (mg)(13)	834.46	1,091.23	1,685.22	999.44	727.74	< 935.00	1,067.62(M)	
Carb (g)	68.82 (51.64%)	104.84 (57.92%)	88.13 (57.97%)	112.90 (58.51%)	81.57 (55.73%)		91.25(M)	56.63 %
Protein (g)	34.11 (25.60%)	41.57 (22.96%)	33.22 (21.85%)	44.21 (22.91%)	31.76 (21.70%)		36.98(M)	22.95 %

## 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 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)(1)	620.92	741.50	615.29	611.59	[550.00 - 650.00]	647.33	
Total Fat (g)	8.35 (12.11%)	25.64 (31.12%)	20.74 (30.33%)	20.55 (30.24%)		18.82	26.17 %
Sat Fat (g)(1)	2.97 (4.30%)	5.25 (6.37%)	8.93 (13.06%)	7.25 (10.67%)	< 10.00 % of Calories	6.10	8.48 %
Trans Fat (g)(2)	0.00	3.15	0.00	0.00		0.79	
Sodium Target 1 (mg)(13)	1,168.53	672.53	1,715.23	1,115.17	< 1,230.00	1,167.86	
Sodium Target 2 (mg)(13)	1,168.53	672.53	1,715.23	1,115.17	< 935.00	1,167.86	
Carb (g)	112.03 (72.17%)	105.07 (56.68%)	78.72 (51.17%)	79.98 (52.31%)		93.95	58.05 %
Protein (g)	32.19 (20.74%)	27.53 (14.85%)	30.14 (19.59%)	32.18 (21.05%)		30.51	18.85 %

## Legend

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# 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)(1)	680.14	562.94	618.34	477.87	[550.00 - 650.00]	584.82(M)	
Total Fat (g)	20.77 (27.48%)	17.13 (27.38%)	27.71 (40.33%)	12.74 (24.00%)		19.59(M)	30.14 %
Sat Fat (g)(1)	8.48 (11.22%)	5.97 (9.54%)	7.35 (10.70%)	3.91 (7.37%)	< 10.00 % of Calories	6.43(M)	9.89 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,034.82	789.56	868.85	589.32	< 1,230.00	820.63(M)	
Sodium Target 2 (mg)(13)	1,034.82	789.56	868.85	589.32	< 935.00	820.63(M)	
Carb (g)	86.81 (51.06%)	76.84 (54.60%)	84.10 (54.41%)	70.17 (58.74%)		79.48(M)	54.36 %
Protein (g)	41.39 (24.34%)	30.18 (21.44%)	29.42 (19.03%)	24.37 (20.40%)		31.34(M)	21.43 %

## 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)	581.76	555.43	745.76	577.30	468.59	[550.00 - 650.00]	585.77	
Total Fat (g)	15.34 (23.73%)	14.81 (23.99%)	19.63 (23.69%)	19.22 (29.96%)	12.63 (24.26%)		16.32	25.08 %
Sat Fat (g)(1)	6.35 (9.82%)	3.34 (5.42%)	8.23 (9.93%)	8.82 (13.75%)	3.92 (7.54%)	< 10.00 % of Calories	6.13	9.42 %
Trans Fat (g)(2)	0.00	0.04	0.00	0.01	0.03		0.01	
Sodium Target 1 (mg)(13)	758.49	667.88	1,775.07	940.09	983.80	< 1,230.00	1,025.07	
Sodium Target 2 (mg)(13)	758.49	667.88	1,775.07	940.09	983.80	< 935.00	1,025.07	
Carb (g)	85.54 (58.82%)	79.11 (56.97%)	114.82 (61.58%)	69.46 (48.13%)	61.44 (52.44%)		82.07	56.05 %
Protein (g)	24.18 (16.63%)	29.24 (21.06%)	34.27 (18.38%)	34.00 (23.56%)	30.67 (26.18%)		30.47	20.81 %

## 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	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	699.31	579.13	719.70	525.35	644.96	[550.00 - 650.00]	633.69(M)	
Total Fat (g)	18.68 (24.04%)	15.66 (24.33%)	16.24 (20.31%)	15.05 (25.78%)	17.83 (24.88%)		16.69(M)	23.71 %
Sat Fat (g)(1)	7.20 (9.26%)	6.45 (10.03%)	3.19 (3.99%)	3.88 (6.64%)	4.67 (6.52%)	< 10.00 % of Calories	5.08(M)	7.21 %
Trans Fat (g)(2)	0.02	0.00	0.00	0.01	0.04		0.01(M)	
Sodium Target 1 (mg)(13)	1,195.06	1,053.24	1,107.45	611.19	1,072.40	< 1,230.00	1,007.87(M)	
Sodium Target 2 (mg)(13)	1,195.06	1,053.24	1,107.45	611.19	1,072.40	< 935.00	1,007.87(M)	
Carb (g)	108.95 (62.32%)	81.84 (56.53%)	101.59 (56.46%)	73.82 (56.21%)	91.28 (56.61%)		91.50(M)	57.76 %
Protein (g)	32.46 (18.57%)	33.98 (23.47%)	31.24 (17.37%)	29.57 (22.51%)	34.88 (21.63%)		32.43(M)	20.47 %

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