

Classic Breakfast Menu
SodexoMAGIC - DC Public Schools

	Monday 10/1/2018	Tuesday 10/2/2018	Wednesday 10/3/2018	Thursday 10/4/2018	Friday 10/5/2018
1. Choose Your Entree	French Toast Sticks Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Oatmeal w/ Assorted Toppings Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Turkey Sausage Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Cheese Omelet & Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Mini Bagel w/ Strawberry Cream Cheese Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers
2. Choose Your Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit
3. Choose a Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk



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	Monday 10/8/2018	Tuesday 10/9/2018	Wednesday 10/10/2018	Thursday 10/11/2018	Friday 10/12/2018
1. Choose Your Entree	NO SCHOOL	Cheesy Grits w/ Hardboiled Egg & Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Egg & Cheese Bagel Sandwich Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Turkey Sausage Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Mini Bagel w/ Cinnamon Cream Cheese Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers
2. Choose Your Fruit		Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit
3. Choose a Milk		1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk



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	Monday 10/15/2018	Tuesday 10/16/2018	Wednesday 10/17/2018	Thursday 10/18/2018	Friday 10/19/2018
1. Choose Your Entree	Egg & Cheese Bagel Sandwich Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Turkey Sausage Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Cheese Omelet & Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Breakfast Burrito Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Mini Bagel w/ Strawberry Cream Cheese Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers
2. Choose Your Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit
3. Choose a Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk



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M. J. #32



Classic Breakfast Menu
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	Monday 10/22/2018	Tuesday 10/23/2018	Wednesday 10/24/2018	Thursday 10/25/2018	Friday 10/26/2018
1. Choose Your Entree	Mini Cinnamon Rolls Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Oatmeal w/ Assorted Toppings Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Spinach Egg Fritata w/ Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	NO SCHOOL	NO SCHOOL
2. Choose Your Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit		
3. Choose a Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk		



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	Monday 10/29/2018	Tuesday 10/30/2018	Wednesday 10/31/2018	Thursday 11/1/2018	Friday 11/2/2018
1. Choose Your Entree	Oatmeal w/ Assorted Toppings Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Cheesy Grits w/ Hardboiled Egg & Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Egg & Cheese Bagel Sandwich Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Cheese Omelet & Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Mini Bagel w/ Strawberry Cream Cheese Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers
2. Choose Your Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit
3. Choose a Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk



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Weekly Nutrient Summary

Menu Names: Classic Breakfast W5

Site Group: Inspire
Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014
Calculation Method: Weighted Analysis
Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	443.06	591.86	395.80	457.95	570.67	[450.00 - 500.00]	491.87(M)	
Fat (g)	4.64 (9.43%)	11.85 (18.02%)	8.25 (18.75%)	8.76 (17.22%)	8.60 (13.56%)		8.42(M)	15.41%
Sfat (g)	1.41 (2.87%)	3.99 (6.06%)	3.12 (7.09%)	2.76 (5.43%)	1.85 (2.91%)	< 10.00 % of Calories	2.63(M)	4.81%
TFat (g)	0.01	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	198.73	426.99	484.00	398.80	342.49	< 540.00	370.20(M)	
Sodium Target 2 (mg)	198.73	426.99	484.00	398.80	342.49	< 485.00	370.20(M)	
Carb (g)	90.67 (81.85%)	102.06 (68.98%)	62.31 (62.97%)	79.94 (69.82%)	108.41 (75.99%)		88.68(M)	72.11%
Pro (g)	16.82 (15.19%)	24.16 (16.33%)	19.98 (20.19%)	19.30 (16.86%)	21.85 (15.32%)		20.42(M)	16.61%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: Classic Breakfast W4
 Site Group: Inspire
 Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	515.47	476.76	394.39	[450.00 - 500.00]	462.21(M)	
Fat (g)	7.37 (12.87%)	7.07 (13.34%)	9.30 (21.22%)		7.91(M)	15.41%
Sfat (g)	2.09 (3.66%)	1.44 (2.72%)	5.08 (11.60%)	< 10.00 % of Calories	2.87(M)	5.60%
TFat (g)	0.01	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	369.95	276.84	422.98	< 540.00	356.59(M)	
Sodium Target 2 (mg)	369.95	276.84	422.98	< 485.00	356.59(M)	
Carb (g)	101.77 (78.97%)	88.47 (74.23%)	63.90 (64.81%)		84.72(M)	73.31%
Pro (g)	16.71 (12.97%)	19.74 (16.56%)	16.83 (17.07%)		17.76(M)	15.37%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: Classic Breakfast W3

Site Group: Inspire
Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014
Calculation Method: Weighted Analysis
Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	498.71	445.85	429.30	516.72	451.24	[450.00 - 500.00]	468.37(M)	
Fat (g)	9.89 (17.84%)	10.34 (20.87%)	8.00 (16.77%)	9.57 (16.66%)	7.07 (14.10%)		8.97(M)	17.24%
Sfat (g)	3.94 (7.11%)	5.30 (10.70%)	2.74 (5.74%)	2.01 (3.51%)	2.42 (4.82%)	< 10.00 % of Calories	3.28(M)	6.30%
TFat (g)	0.01	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	628.77	453.67	345.73	347.21	291.11	< 540.00	413.30(M)	
Sodium Target 2 (mg)	628.77	453.67	345.73	347.21	291.11	< 485.00	413.30(M)	
Carb (g)	83.88 (67.28%)	75.76 (67.97%)	73.55 (68.53%)	89.55 (69.32%)	85.06 (75.41%)		81.56(M)	69.66%
Pro (g)	22.67 (18.18%)	17.73 (15.91%)	19.28 (17.96%)	23.10 (17.88%)	16.50 (14.62%)		19.86(M)	16.96%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: Classic Breakfast W2
 Site Group: Inspire
 Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	473.29	438.12	515.38	508.35	[450.00 - 500.00]	483.79(M)	
Fat (g)	8.77 (16.67%)	7.52 (15.44%)	10.15 (17.72%)	7.45 (13.19%)		8.47(M)	15.76%
Sfat (g)	3.60 (6.84%)	2.30 (4.73%)	3.15 (5.51%)	2.06 (3.65%)	< 10.00 % of Calories	2.78(M)	5.17%
TFat (g)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	379.59	430.09	394.20	322.29	< 540.00	381.54(M)	
Sodium Target 2 (mg)	379.59	430.09	394.20	322.29	< 485.00	381.54(M)	
Carb (g)	86.51 (73.11%)	75.95 (69.34%)	87.45 (67.87%)	98.95 (77.86%)		87.21(M)	72.11%
Pro (g)	17.40 (14.70%)	19.82 (18.10%)	23.38 (18.14%)	18.02 (14.18%)		19.65(M)	16.25%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: Classic Breakfast W1

Site Group: Inspire
Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014
Calculation Method: Weighted Analysis
Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	365.51	555.57	539.64	340.77	526.27	[450.00 - 500.00]	465.55(M)	
Fat (g)	6.45 (15.89%)	7.75 (12.56%)	9.32 (15.54%)	5.55 (14.65%)	7.77 (13.29%)		7.37(M)	14.25%
Sfat (g)	1.73 (4.26%)	1.50 (2.43%)	4.50 (7.50%)	2.41 (6.36%)	2.00 (3.42%)	< 10.00 % of Calories	2.43(M)	4.69%
TFat (g)	0.01	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	323.73	300.30	402.51	315.76	293.12	< 540.00	327.08(M)	
Sodium Target 2 (mg)	323.73	300.30	402.51	315.76	293.12	< 485.00	327.08(M)	
Carb (g)	66.36 (72.62%)	106.39 (76.59%)	105.36 (78.09%)	62.99 (73.94%)	100.02 (76.02%)		88.22(M)	75.80%
Pro (g)	14.46 (15.83%)	22.02 (15.85%)	17.40 (12.90%)	13.97 (16.40%)	20.24 (15.39%)		17.62(M)	15.14%

Legend

(M) Indicates missing nutrient values.