

**Classic Breakfast Menu**  
SodexoMAGIC - DC Public Schools

	<b>Monday</b> 11/5/2018	<b>Tuesday</b> 11/6/2018	<b>Wednesday</b> 11/7/2018	<b>Thursday</b> 11/8/2018	<b>Friday</b> 11/9/2018
1. Choose Your <b>Entree</b>	French Toast Sticks Bagel & Cream Cheese Assorted Cereal & Graham Crackers	NO SCHOOL	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 <b>Fruit</b>	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 <b>Milk</b>	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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	<b>Monday</b> 11/12/2018	<b>Tuesday</b> 11/13/2018	<b>Wednesday</b> 11/14/2018	<b>Thursday</b> 11/15/2018	<b>Friday</b> 11/16/2018
1. Choose Your <b>Entree</b>	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 <b>Fruit</b>		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 <b>Milk</b>		1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk



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**Classic Breakfast Menu**  
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	<b>Monday</b> 11/19/2018	<b>Tuesday</b> 11/20/2018	<b>Wednesday</b> 11/21/2018	<b>Thursday</b> 11/22/2018	<b>Friday</b> 11/23/2018
<b>1. Choose Your Entree</b>	Egg & Cheese Bagel Sandwich Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Turkey Sausage Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	NO SCHOOL	NO SCHOOL	NO SCHOOL
<b>2. Choose Your Fruit</b>	Assorted Fresh Fruit Assorted Cupped Fruit	Assorted Fresh Fruit Assorted Cupped Fruit			
<b>3. Choose a Milk</b>	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk			



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**Classic Breakfast Menu**  
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	<b>Monday</b> 11/26/2018	<b>Tuesday</b> 11/27/2018	<b>Wednesday</b> 11/28/2018	<b>Thursday</b> 11/29/2018	<b>Friday</b> 11/30/2018
<b>1. Choose Your Entree</b>	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	Turkey Sausage Biscuit Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers	Mini Bagel w/ Cinnamon Cream Cheese Fruit & Yogurt Parfait Assorted Cereal & Graham Crackers
<b>2. Choose Your Fruit</b>	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
<b>3. Choose a Milk</b>	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 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	418.28	544.16	487.17	523.41	[450.00 - 500.00]	493.25(M)	
Fat (g)	7.87 (16.94%)	6.57 (10.86%)	6.31 (11.65%)	6.76 (11.62%)		6.88(M)	12.55%
Sfat (g)	2.22 (4.77%)	2.10 (3.47%)	2.48 (4.59%)	1.87 (3.21%)	< 10.00 % of Calories	2.17(M)	3.95%
TFat (g)	0.03	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)	387.82	281.87	340.22	295.51	< 540.00	326.35(M)	
Sodium Target 2 (mg)	387.82	281.87	340.22	295.51	< 485.00	326.35(M)	
Carb (g)	74.66 (71.39%)	112.57 (82.75%)	98.05 (80.51%)	105.39 (80.54%)		97.67(M)	79.20%
Pro (g)	16.19 (15.48%)	17.30 (12.72%)	16.97 (13.93%)	17.73 (13.55%)		17.05(M)	13.82%

## 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)	481.66	389.34	541.94	523.41	[450.00 - 500.00]	484.09(M)	
Fat (g)	9.38 (17.53%)	6.57 (15.19%)	9.14 (15.18%)	6.76 (11.62%)		7.96(M)	14.80%
Sfat (g)	3.66 (6.84%)	1.84 (4.24%)	3.68 (6.11%)	1.87 (3.21%)	< 10.00 % of Calories	2.76(M)	5.13%
TFat (g)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	395.11	356.29	422.74	295.51	< 540.00	367.41(M)	
Sodium Target 2 (mg)	395.11	356.29	422.74	295.51	< 485.00	367.41(M)	
Carb (g)	85.74 (71.20%)	68.95 (70.84%)	102.72 (75.82%)	105.39 (80.54%)		90.70(M)	74.94%
Pro (g)	18.52 (15.38%)	16.76 (17.22%)	20.43 (15.08%)	17.73 (13.55%)		18.36(M)	15.17%

## 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		Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	498.71	495.69		[450.00 - 500.00]	497.22(M)	
Fat (g)	9.89 (17.84%)	7.31 (13.28%)			8.58(M)	14.14%
Sfat (g)	3.94 (7.11%)	2.81 (5.11%)		< 10.00 % of Calories	3.38(M)	5.19%
TFat (g)	0.01	0.00			0.01(M)	
Sodium Target 1 (mg)	628.77	349.05		< 540.00	488.91M)	
Sodium Target 2 (mg)	628.77	349.05		< 485.00	488.91M)	
Carb (g)	83.88 (67.28%)	99.43 (80.24%)			91.65M)	73.76%
Pro (g)	22.67 (18.18%)	16.13 (13.02%)			17.15M)	15.65%

## 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	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	491.93	575.57	383.99	484.67	523.41	[450.00 - 500.00]	491.91(M)	
Fat (g)	6.15 (11.26%)	5.50 (8.59%)	6.91 (16.18%)	7.75 (14.39%)	6.76 (11.62%)		6.61(M)	12.10%
Sfat (g)	1.82 (3.33%)	1.26 (1.97%)	2.71 (6.35%)	2.84 (5.26%)	1.87 (3.21%)	< 10.00 % of Calories	2.10(M)	3.84%
TFat (g)	0.03	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)	354.24	249.88	340.28	371.88	295.51	< 540.00	322.36(M)	
Sodium Target 2 (mg)	354.24	249.88	340.28	371.88	295.51	< 485.00	322.36(M)	
Carb (g)	99.34 (80.78%)	125.76 (87.39%)	67.98 (70.81%)	93.12 (76.85%)	105.39 (80.54%)		98.32(M)	79.95%
Pro (g)	16.72 (13.59%)	16.24 (11.28%)	16.29 (16.97%)	17.92 (14.79%)	17.73 (13.55%)		16.98(M)	13.81%

## Legend

(M) Indicates missing nutrient values.