

Classic Breakfast Menu
SodexoMAGIC - DC Public Schools

	Monday 12/3/2018	Tuesday 12/4/2018	Wednesday 12/5/2018	Thursday 12/6/2018	Friday 12/7/2018
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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	Monday 12/10/2018	Tuesday 12/11/2018	Wednesday 12/12/2018	Thursday 12/13/2018	Friday 12/14/2018
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 12/17/2018	Tuesday 12/18/2018	Wednesday 12/19/2018	Thursday 12/20/2018	Friday 12/21/2018
1. Choose Your Entree	Fluffy Pancakes 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	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	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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Classic Breakfast Menu

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	Monday 12/24/2018	Tuesday 12/25/2018	Wednesday 12/26/2018	Thursday 12/27/2018	Friday 12/28/2018
1. Choose Your Entree	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
2. Choose Your Fruit					
3. Choose a Milk					



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Classic Breakfast Menu
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	Monday 12/31/2018	Tuesday 1/1/2019	Wednesday 1/2/2019	Thursday 1/3/2019	Friday 1/4/2019
1. Choose Your Entree	NO SCHOOL	NO SCHOOL	Mini Cinnamon Rolls Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Turkey Sausage Biscuit Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Oatmeal w/ Assorted Toppings 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
3. Choose a Milk			1% Milk Non-Fat Milk	1% Milk Non-Fat Milk	1% Milk Non-Fat Milk



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M. J. #32



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)(1)	467.79	586.55	406.18	462.89	523.41	[450.00 - 500.00]	489.36(M)	
Fat (g)	4.97 (9.57%)	6.98 (10.71%)	6.76 (14.98%)	6.72 (13.06%)	6.76 (11.62%)		6.44(M)	11.84 %
Sfat (g)(1)	1.67 (3.21%)	2.40 (3.69%)	2.11 (4.68%)	2.54 (4.93%)	1.87 (3.21%)	< 10.00 % of Calories	2.12(M)	3.89 %
TFat (g)(2)	0.04	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	302.35	315.36	386.97	365.35	295.51	< 540.00	333.11(M)	
Sodium Target 2 (mg)(13)	302.35	315.36	386.97	365.35	295.51	< 485.00	333.11(M)	
Carb (g)	96.50 (82.52%)	124.80 (85.11%)	72.58 (71.48%)	92.55 (79.98%)	105.89 (80.92%)		98.47(M)	80.48 %
Pro (g)	17.01 (14.54%)	16.63 (11.34%)	18.21 (17.93%)	15.96 (13.79%)	17.73 (13.55%)		17.11(M)	13.98 %

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, 2020 and does not impact pass/fail compliance prior to that date.

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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	418.28	485.71	544.16	487.17	523.41	[450.00 - 500.00]	491.75(M)	
Fat (g)	7.87 (16.94%)	6.16 (11.41%)	6.57 (10.86%)	6.31 (11.65%)	6.76 (11.62%)		6.73(M)	12.32 %
Sfat (g)(1)	2.22 (4.77%)	1.35 (2.49%)	2.10 (3.47%)	2.48 (4.59%)	1.87 (3.21%)	< 10.00 % of Calories	2.00(M)	3.66 %
TFat (g)(2)	0.03	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	387.82	251.52	281.87	340.22	295.51	< 540.00	311.39(M)	
Sodium Target 2 (mg)(13)	387.82	251.52	281.87	340.22	295.51	< 485.00	311.39(M)	
Carb (g)	75.16 (71.87%)	95.83 (78.92%)	112.82 (82.94%)	98.55 (80.92%)	105.89 (80.92%)		97.65(M)	79.43 %
Pro (g)	16.19 (15.48%)	18.80 (15.48%)	17.30 (12.72%)	16.97 (13.93%)	17.73 (13.55%)		17.40(M)	14.15 %

Legend

(M) Indicates missing nutrient values.

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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)(1)	453.11	481.66	389.34	541.94	523.41	[450.00 - 500.00]	477.89(M)	
Fat (g)	5.67 (11.26%)	9.38 (17.53%)	6.57 (15.19%)	9.14 (15.18%)	6.76 (11.62%)		7.50(M)	14.13 %
Sfat (g)(1)	1.80 (3.57%)	3.66 (6.84%)	1.84 (4.24%)	3.68 (6.11%)	1.87 (3.21%)	< 10.00 % of Calories	2.57(M)	4.84 %
TFat (g)(2)	0.04	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	366.41	395.11	356.29	422.74	295.51	< 540.00	367.21(M)	
Sodium Target 2 (mg)(13)	366.41	395.11	356.29	422.74	295.51	< 485.00	367.21(M)	
Carb (g)	91.91 (81.14%)	86.24 (71.62%)	69.45 (71.35%)	103.22 (76.19%)	105.89 (80.92%)		91.34(M)	76.45 %
Pro (g)	15.36 (13.56%)	18.52 (15.38%)	16.76 (17.22%)	20.43 (15.08%)	17.73 (13.55%)		17.76(M)	14.87 %

Legend

(M) Indicates missing nutrient values.

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- 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, 2020 and does not impact pass/fail compliance prior to that date.

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)(1)	455.41	477.27	476.57	[450.00 - 500.00]	469.75(M)	
Fat (g)	7.19 (14.22%)	6.83 (12.89%)	7.92 (14.96%)		7.32(M)	14.02 %
Sfat (g)(1)	2.57 (5.07%)	3.09 (5.83%)	1.41 (2.66%)	< 10.00 % of Calories	2.36(M)	4.52 %
TFat (g)(2)	0.08	0.03	0.00		0.03(M)	
Sodium Target 1 (mg)(13)	429.80	379.08	363.00	< 540.00	390.63(M)	
Sodium Target 2 (mg)(13)	429.80	379.08	363.00	< 485.00	390.63(M)	
Carb (g)	83.25 (73.12%)	96.37 (80.76%)	89.12 (74.80%)		89.58(M)	76.28 %
Pro (g)	17.98 (15.80%)	15.89 (13.32%)	18.85 (15.82%)		17.58(M)	14.97 %

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, 2020 and does not impact pass/fail compliance prior to that date.