DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

JANUARY BREAKFAST MENU

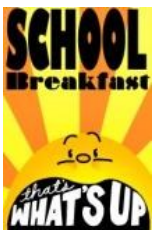
Did you know—If you see a menu item in green, it's local and if you see it in blue, the meal has international influence!

d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
				1 **New Year's Day** **No School**
4 Multi-Grain Cinnamon Flakes Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk	**5** Low Fat Yogurt Graham Crackers Fresh Local Apple Skim or 1% Milk	**6** Turkey Ham & Egg Bake Whole Grain English Muffin Fresh Banana 100% Grape Juice Skim or 1% Milk	**7** Apple Spice Oatmeal Whole Wheat Toast Fresh Local Pear Skim or 1% Milk Jelly	**8** Whole Wheat French Toast Turkey Sausage Chilled Peaches Skim or 1% Milk All Natural Syrup
11 Whole Grain Blueberry Banana Muffin Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk	**12** Whole Grain Waffle Sticks Turkey Sausage Fresh Local Apple Skim or 1% Milk All Natural Syrup	**13** Turkey Sausage Patty on a Whole Grain Biscuit Fresh Banana 100% Grape Juice Skim or 1% Milk Jelly	**14** Brown Sugar Oatmeal Whole Wheat Toast Fresh Local Pear Skim or 1% Milk Jelly	**15** Cheerios Cereal Graham Crackers Chilled Peaches Skim or 1% Milk
18 **Martin Luther King Jr Day** **No School**	**19** Whole Wheat Bagel Low Fat Cream Cheese Fresh Local Apple Skim or 1% Milk	**20** Egg & Cheese on a Whole Grain English Muffin Fresh Banana 100% Grape Juice Skim or 1% Milk	**21** Cinnamon Oatmeal Turkey Sausage Fresh Local Pear Skim or 1% Milk	**22 Early Dismissal** Rice Chex Cereal Graham Crackers Chilled Peaches Skim or 1% Milk
25 Whole Wheat English Muffin Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk Jelly	**26** Whole Grain Pumpkin Spiced Pancake Turkey Sausage Fresh Local Apple Skim or 1% Milk All Natural Syrup	**27 Australian Food Day** Fruit Porridge Turkey Sausage Snags Fresh Banana 100% Grape Juice Skim or 1% Milk	**28** Turkey Sausage Patty on a Whole Grain Biscuit Fresh Local Pear Skim or 1% Milk Jelly	**29** Berry Blossoms Cereal Graham Crackers Chilled Peaches Skim or 1% Milk

For more information on the DC Central Kitchen, please visit our website: www.dccentralkitchen.org

For more information on your school's meal program, go to: www.dcps.dc.gov



Breakfast is the most important meal of the day. It contains the necessary nutrients students need to have a great school day. And don't forget, all DCPS students eat for free!
Enjoy a complete breakfast today in your local cafeteria!

DC Central Kitchen

Breakfast Analysis

Grades K-8

Monday, 1/4/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Multi-Grain Cinnamon Flakes	1 bowl	100	0	170	3	8.1	0	750	21	2	24	0	0	0
Cheese Stick	1 oz	82	16	170	0	0.08	208.7	183	0	8.09	0.71	5.26	3.18	*N/A*
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	1.73	21.62	0.22	0.03	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		371	28	448	7.42	8.43	587.3	1825	118.89	20.04	58.51	7.85	4.75	0

Tuesday, 1/5/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Yogurt	4 oz	173	7	99	0	0.12	258.4	61	1.19	7.43	32.39	1.84	1.17	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	2	17	2.5	0	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	0.58	30.8	0.38	0.06	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		482	19	303	6.35	1.18	676.8	1160	11.45	18.23	92.36	7.08	2.78	0

Wednesday, 1/6/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Ham & Egg Bake	2 oz	84	153	457	0.02	1.03	21.3	203	0	9.1	1.32	4.92	1.51	0
Whole Wheat English Muffin	2 oz	126	0	200	2.6	1.62	100.4	1	0	4.89	25.32	1.09	0.16	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		483	165	765	5.24	2.99	431.7	747	8.79	23.32	82.89	8.71	3.33	0

Thursday, 1/7/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Apple Spice Oatmeal	.5 CUP	198	13	107	2.54	1.13	106.8	254	3.27	4.96	32.91	5.9	3.02	0
Wheat Toast	1 slice	100	0	180	3	1.44	200	0	2.4	5	18	1.5	0	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	0.64	27.11	0.25	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	0.02	9.79	0	0	0
Totals		539	25	400	11.2	2.99	628.8	777	13.45	18.84	99.98	10.01	4.6	0

Friday, 1/8/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat French Toast	1 oz	141	145	267	2.37	1.47	95.1	222	0.07	8.08	17.2	4.79	1.27	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	5	0	4	1	0
Chilled Peaches	1 C	191	0	17	5.78	1.22	10.2	1854	8.16	1.84	49.12	0.14	0	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	0	8	0	0	0
Totals		519	177	567	8.15	3.12	410.3	2654	8.24	23.14	86.5	11.29	3.81	0
Weekly Averages		**479**	**83**	**497**	**8**	**4**	**547**	**1433**	**32**	**21**	**84**	**9**	**4**	**0**
										17%	**70%**	**17%**	**7%**	**0%**

Monday, 1/11/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Bluenanaberry Muffin	2 oz	150	120	70	3	0.36	20	50	1.2	*N/A*	29	4	0.5	0
Cheese Stick	1 oz	82	16	170	0	0.08	208.7	183	0	8.09	0.71	5.26	3.18	*N/A*
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	1.73	21.62	0.22	0.03	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		421	148	348	7.42	0.69	607.3	1125	99.09	18.04	63.51	11.85	5.25	0

Tuesday, 1/12/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Grain Waffle	2 each	140	0	250	2	1.08	20	25	0	4	27	2	0	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	5	0	4	1	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	0.58	30.8	0.38	0.06	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	0	8	0	0	0
Totals		443	32	535	7.35	1.78	338.4	724	10.26	17.8	77.97	8.75	2.61	0

Wednesday, 1/13/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Sausage on a Biscuit	1 sandwich	275	42	710	2	1.26	80	100	1.2	11.5	22.5	16	6.5	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	0.02	9.79	0	0	0
Totals		585	55	823	4.77	1.62	391	644	10.11	20.84	88.54	18.7	8.16	0

Thursday, 1/14/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Brown Sugar Oatmeal	.5 C	190	13	106	2.04	1.04	99.9	247	0	4.91	30.68	5.87	3.02	0
Wheat Toast	1 slice	100	0	180	3	1.44	200	0	2.4	5	18	1.5	0	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	0.64	27.11	0.25	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	0.02	9.79	0	0	0
Totals		531	25	400	10.7	2.9	621.9	771	10.18	18.79	97.75	9.99	4.6	0

Friday, 1/15/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Cheerios Cereal	1 bowl	100	0	140	3	8.1	100	500	6	3	20	2	0.5	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	2	17	2.5	0	0
Chilled Peaches	1 C	191	0	17	5.78	1.22	10.2	1854	8.16	1.84	49.12	0.14	0	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		483	12	359	9.78	10.12	515.2	3332	14.16	15.06	98.3	7	2.04	0
Weekly Averages		**493**	**54**	**493**	**8**	**3**	**495**	**1319**	**29**	**18**	**85**	**11**	**5**	**0**
										15%	**69%**	**21%**	**8%**	**0%**

Monday, 1/18/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0

Tuesday, 1/19/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat Bagel	2 oz	170	0	190	3	1.8	0	0	0	7	37	0.5	0	0
Cream Cheese	1 oz	30	3	199	0	0.05	99.5	15	0	4.45	2.17	0.28	0.18	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	0.58	30.8	0.38	0.06	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		418	16	499	8.35	2.19	417.9	614	10.26	20.25	82.14	3.53	1.79	0

Wednesday, 1/20/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Egg & Cheese on WW Eng Muffin	1 sandwich	247	201	447	3.02	2.68	209.6	422	0	14.83	23.91	10.31	4.1	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		520	213	555	5.64	3.02	519.6	965	8.79	24.15	80.15	13.01	5.75	0

Thursday, 1/21/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Cinnamon Oatmeal	.5 C	192	13	106	2.37	1.09	106.2	249	0.02	4.93	31.18	5.88	3.02	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	5	0	4	1	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	0.64	27.11	0.25	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		445	45	385	7.89	1.84	427.2	872	7.68	18.8	70.47	12.5	5.6	0

Friday, 1/22/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Rice Chex Cereal	1 bowl	100	0	250	1	9	100	500	6	2	24	0.5	0	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	2	17	2.5	0	0
Chilled Peaches	1 C	191	0	17	5.78	1.22	10.2	1854	8.16	1.84	49.12	0.14	0	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		483	12	469	7.78	11.02	515.2	3332	14.16	14.06	102.3	5.5	1.54	0
Weekly Averages		**467**	**72**	**477**	**7**	**5**	**470**	**1446**	**10**	**19**	**84**	**9**	**4**	**0**
										17%	**72%**	**17%**	**7%**	**0%**

Monday, 1/25/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat English Muffin	2 oz	126	0	200	2.6	1.62	100.4	1	0	4.89	25.32	1.09	0.16	0
Cheese Stick	1 oz	82	16	170	0	0.08	208.7	183	0	8.09	0.71	5.26	3.18	*N/A*
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	1.73	21.62	0.22	0.03	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	0.02	9.79	0	0	0
Totals		435	28	482	7.16	1.98	688.6	1077	98.01	22.95	69.62	8.94	4.91	0

Tuesday, 1/26/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Pumpkin Spiced Pancakes	1 oz	115	4	363	1.78	0.67	61.1	821	0.24	3.56	20.24	2.1	0.98	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	5	0	4	1	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	0.58	30.8	0.38	0.06	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	0	8	0	0	0
Totals		419	36	647	7.13	1.37	379.5	1520	10.5	17.37	71.21	8.85	3.59	0

Wednesday, 1/27/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Fruit Porridge	.5 C	116	0	37	2.92	1.08	23.3	11	0.95	3.84	21.03	1.49	0.26	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	5	0	4	1	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		439	32	315	5.55	1.77	333.4	653	9.74	18.17	77.28	8.2	2.92	0

Thursday, 1/28/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Sausage on a Biscuit	1 sandwich	275	42	710	2	1.26	80	100	1.2	11.5	22.5	16	6.5	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	0.64	27.11	0.25	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	0.02	9.79	0	0	0
Totals		516	55	823	7.66	1.68	402	623	8.98	20.38	71.58	18.62	8.08	0

Friday, 1/29/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Kashi Berry Blossoms Cereal	1 each	92	0	118	5.26	0.95	11.5	24	1.68	2.1	23.77	0.84	0.11	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	2	17	2.5	0	0
Chilled Peaches	1 C	191	0	17	5.78	1.22	10.2	1854	8.16	1.84	49.12	0.14	0	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		475	12	338	12.05	2.97	426.7	2856	9.84	14.16	102.07	5.84	1.66	0
Weekly Averages		**457**	**33**	**521**	**8**	**2**	**446**	**1346**	**27**	**19**	**78**	**10**	**4**	**0**
										16%	**69%**	**20%**	**8%**	**0%**