



Classic Breakfast - August 2019

SodexoMAGIC - DC Public Schools

MONDAY August 26, 2019	TUESDAY August 27, 2019	WEDNESDAY August 28, 2019	THURSDAY August 29, 2019	FRIDAY August 30, 2019
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Choose One Entree

<ul style="list-style-type: none"> Whole Grain Apple Muffin V French Toast Sticks VE Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Oatmeal w/ Assorted Fruit Toppings V Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Egg and Cheese Biscuit Sandwich V Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Cheese Omelet & Biscuit V Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Oatmeal Raisin Round V Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE
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Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

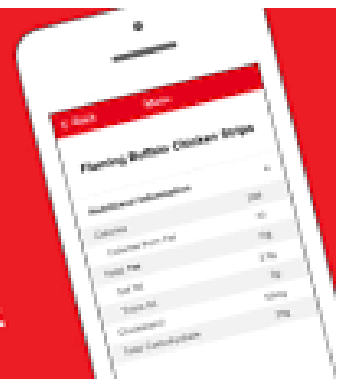
Choose a Milk

Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan



So Happy... the new app that tells you what's on the menu today in your school's cafeteria. Check out the menu items—including calories, nutritional information and allergens. There's also a step counter and the option to offer feedback.



So Happy

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY. Search "So Happy"

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)	430.34	481.25	488.21	478.07	490.38	[450.00 - 500.00]	473.65(M)	
Total Fat (g)	6.48 (13.55%)	5.96 (11.15%)	8.38 (15.45%)	8.20 (15.44%)	6.23 (11.43%)		7.05(M)	13.39 %
Sat Fat (g)(1)	2.93 (6.12%)	1.33 (2.48%)	3.26 (6.01%)	3.17 (5.96%)	2.21 (4.05%)	< 10.00 % of Calories	2.58(M)	4.90 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	315.87	251.04	397.11	381.68	291.04	< 540.00	327.35(M)	
Sodium Target 2 (mg)(13)	315.87	251.04	397.11	381.68	291.04	< 485.00	327.35(M)	
Carb (g)	77.56 (72.10%)	95.33 (79.23%)	91.96 (75.34%)	88.51 (74.06%)	95.54 (77.93%)		89.78(M)	75.82 %
Protein (g)	15.31 (14.23%)	18.60 (15.46%)	18.67 (15.30%)	17.41 (14.56%)	17.29 (14.10%)		17.45(M)	14.74 %

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.