

Classic Breakfast Menu ESY
SodexoMAGIC - DC Public Schools

	Monday 8/13/2018	Tuesday 8/14/2018	Wednesday 8/15/2018	Thursday 8/16/2018	Friday 8/17/2018
1. Choose Your Entree	Egg and Cheese Bagel Sandwich Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Oatmeal w/ Assorted Toppings Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Turkey Sausage Biscuit Fruit and Yogurt Parfait Assorted Cereal & Graham Crackers	Cheese Omelet & Biscuit Fruit and Yogurt Parfait Assorted Cereal & Graham Crackers	Mini Bagel w/ Strawberry Cream Cheese Fruit and 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 8/20/2018	Tuesday 8/21/2018	Wednesday 8/22/2018	Thursday 8/23/2018	Friday 8/24/2018
1. Choose Your Entree	Oatmeal w/ Assorted Toppings Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Cheesy Grits w/ Hardboiled Egg & Biscuit Fruit and Yogurt Parfait Assorted Cereal & Graham Crackers	Egg & Cheese Bagel Sandwich Fruit and Yogurt Parfait Assorted Cereal & Graham Crackers	Cheese Omelet & Biscuit Fruit and Yogurt Parfait Assorted Cereal & Graham Crackers	Mini Bagel w/ Strawberry Cream Cheese Fruit and 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 ESY
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	Monday 8/27/2018	Tuesday 8/28/2018	Wednesday 8/29/2018	Thursday 8/30/2018	Friday 8/31/2018
1. Choose Your Entree	French Toast Sticks Bagel & Cream Cheese Assorted Cereal & Graham Crackers	Oatmeal w/ Assorted Toppings Fruit and Yogurt Parfait Assorted Cereal & Graham Crackers	Turkey Sausage Biscuit Fruit and Yogurt Parfait Assorted Cereal & Graham Crackers	Cheese Omelet & Biscuit Fruit and Yogurt Parfait Assorted Cereal & Graham Crackers	Mini Bagel w/ Strawberry Cream Cheese Fruit and 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 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)	423.39	440.03	618.59	487.40	508.69	[450.00 - 500.00]	495.62(M)	
Fat (g)	7.94 (16.88%)	4.97 (10.16%)	7.35 (10.70%)	8.01 (14.80%)	6.38 (11.29%)		6.93(M)	12.59%
Sfat (g)	3.39 (7.21%)	1.93 (3.94%)	2.19 (3.18%)	3.35 (6.18%)	1.61 (2.85%)	< 10.00 % of Calories	2.49(M)	4.53%
TFat (g)	0.01	0.05	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)	503.36	281.57	299.53	371.30	250.82	< 540.00	341.32(M)	
Sodium Target 2 (mg)	503.36	281.57	299.53	371.30	250.82	< 485.00	341.32(M)	
Carb (g)	71.05 (67.12%)	88.74 (80.67%)	129.33 (83.63%)	88.91 (72.97%)	101.24 (79.61%)		95.85(M)	77.36%
Pro (g)	19.93 (18.82%)	16.15 (14.68%)	19.04 (12.31%)	18.26 (14.99%)	18.55 (14.59%)		18.39(M)	14.84%

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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	426.33	451.84	605.59	501.21	508.69	[450.00 - 500.00]	498.73(M)	
Fat (g)	9.07 (19.15%)	5.33 (10.61%)	6.68 (9.92%)	7.59 (13.63%)	6.38 (11.29%)		7.01(M)	12.65%
Sfat (g)	2.52 (5.32%)	1.28 (2.55%)	1.76 (2.62%)	2.39 (4.28%)	1.61 (2.85%)	< 10.00 % of Calories	1.91(M)	3.45%
TFat (g)	0.03	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)	389.13	219.54	273.53	328.59	250.82	< 540.00	292.32(M)	
Sodium Target 2 (mg)	389.13	219.54	273.53	328.59	250.82	< 485.00	292.32(M)	
Carb (g)	73.64 (69.09%)	90.72 (80.31%)	127.98 (84.53%)	92.02 (73.44%)	101.24 (79.61%)		97.12(M)	77.89%
Pro (g)	16.18 (15.18%)	17.11 (15.15%)	18.54 (12.25%)	19.59 (15.63%)	18.55 (14.59%)		17.99(M)	14.43%

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)	423.39	440.03	618.59	487.40	508.69	[450.00 - 500.00]	495.62(M)	
Fat (g)	7.94 (16.88%)	4.97 (10.16%)	7.35 (10.70%)	8.01 (14.80%)	6.38 (11.29%)		6.93(M)	12.59%
Sfat (g)	3.39 (7.21%)	1.93 (3.94%)	2.19 (3.18%)	3.35 (6.18%)	1.61 (2.85%)	< 10.00 % of Calories	2.49(M)	4.53%
TFat (g)	0.01	0.05	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)	503.36	281.57	299.53	371.30	250.82	< 540.00	341.32(M)	
Sodium Target 2 (mg)	503.36	281.57	299.53	371.30	250.82	< 485.00	341.32(M)	
Carb (g)	71.05 (67.12%)	88.74 (80.67%)	129.33 (83.63%)	88.91 (72.97%)	101.24 (79.61%)		95.85(M)	77.36%
Pro (g)	19.93 (18.82%)	16.15 (14.68%)	19.04 (12.31%)	18.26 (14.99%)	18.55 (14.59%)		18.39(M)	14.84%

Legend

(M) Indicates missing nutrient values.