



# Grab & Go 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"> <li>• Bagel w/ Cream Cheese <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Mini Pancakes <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Sausage Biscuit</li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Egg and Cheese Biscuit <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal Raisin Round <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>
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## Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

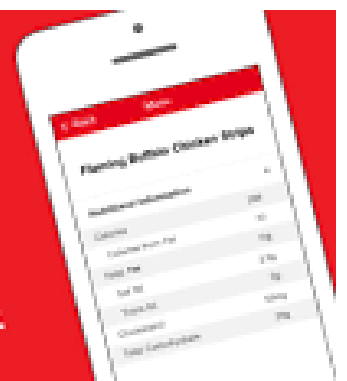
## Choose a Milk

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: GNG 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)	488.14	407.95	535.18	484.14	501.27	[400.00 - 500.00]	483.33(M)	
Total Fat (g)	6.96 (12.83%)	4.38 (9.66%)	11.29 (18.99%)	12.65 (23.52%)	6.40 (11.50%)		8.34(M)	15.52 %
Sat Fat (g)(1)	1.67 (3.09%)	1.14 (2.50%)	6.19 (10.41%)	6.18 (11.49%)	1.35 (2.42%)	< 10.00 % of Calories	3.31(M)	6.15 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	324.66	220.47	564.51	561.63	298.08	< 540.00	393.87(M)	
Sodium Target 2 (mg)(13)	324.66	220.47	564.51	561.63	298.08	< 485.00	393.87(M)	
Carb (g)	98.53 (80.74%)	85.51 (83.84%)	98.58 (73.68%)	80.08 (66.16%)	99.41 (79.33%)		92.42(M)	76.49 %
Protein (g)	15.42 (12.64%)	14.12 (13.84%)	17.97 (13.43%)	18.05 (14.91%)	18.39 (14.68%)		16.79(M)	13.89 %

## 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.