



Breakfast in the Classroom - October 2019

SodexoMAGIC - DC Public Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 30 - October 1, 2019	<ul style="list-style-type: none"> French Toast Sticks VE Fresh Orange Smiles 	<ul style="list-style-type: none"> Oatmeal w/ Assorted Fruit Topping V Fresh Apple Slices 	<ul style="list-style-type: none"> Egg and Cheese Biscuit Sandwich V Diced Pears 	<ul style="list-style-type: none"> Cheese Omelet w/ Biscuit V 100% Apple Juice and Fresh Orange Smiles 	<ul style="list-style-type: none"> Fruit & Yogurt Parfait w/ Granola V Fresh Banana
October 7 - 11, 2019	<ul style="list-style-type: none"> Whole Grain Blueberry Muffin V Fresh Apple Slices 	<ul style="list-style-type: none"> Fruit & Yogurt Parfait w/ Granola V Diced Pears 	<ul style="list-style-type: none"> Cranberry Orange Round V 100% Orange Juice & Fresh Orange Smiles 	<ul style="list-style-type: none"> Turkey Sausage Biscuit Fresh Orange Smiles 	PTC NO SCHOOL
October 14 - 18, 2019	HOLIDAY NO SCHOOL	<ul style="list-style-type: none"> Egg and Cheese Biscuit Sandwich V Diced Pears 	<ul style="list-style-type: none"> Cheese Omelet w/ Biscuit V 100% Apple Juice & Fresh Orange Smiles 	<ul style="list-style-type: none"> Whole Grain Apple Muffin V Fresh Apple Slices 	<ul style="list-style-type: none"> Fruit & Yogurt Parfait w/ Granola V Fresh Banana
October 21 - 25, 2019	<ul style="list-style-type: none"> Whole Grain Blueberry Muffin V Fresh Orange Smiles 	<ul style="list-style-type: none"> Oatmeal w/ Assorted Fruit Topping V Diced Pears 	<ul style="list-style-type: none"> Spinach Egg Frittata w/ Biscuit V 100% Apple Juice & Fresh Orange Smiles 	<ul style="list-style-type: none"> Turkey Sausage Biscuit Fresh Apple Slices 	<ul style="list-style-type: none"> Fruit & Yogurt Parfait w/ Granola V Fresh Banana
October 28 - November 1, 2019	<ul style="list-style-type: none"> Whole Grain Bagel w/ Cream Cheese V Fresh Orange Smiles 	<ul style="list-style-type: none"> Fruit & Yogurt Parfait w/ Granola V Diced Pears 	<ul style="list-style-type: none"> Egg & Cheese Biscuit Sandwich V 100% Apple Juice & Fresh Orange Smiles 	<ul style="list-style-type: none"> Cheese Omelet w/ Biscuit V Fresh Apple Slices 	<ul style="list-style-type: none"> Whole Grain Apple Muffin V Fresh Banana

Choose a Milk

Nonfat or 1% White Milk

All meals include a choice of non-fat or 1% white milk
Assorted Cereals & Assorted cupped fruit available daily.
Banana half served to Early Childhood Students.

V – Indicates Vegetarian
VE – Indicates Vegan

– Indicates substitutions for Early Childhood Students

This Institution is An Equal Opportunity Provider



Weekly - Nutrient Summary

Menu Names: BIC W5
 Site Group: Inspire
 Serving Group: K-8

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	371.95	418.94	557.06	459.26	[400.00 - 500.00]	459.07(M)	
Total Fat (g)	6.96 (12.83%)	3.38 (8.17%)	10.85 (23.32%)	14.56 (23.53%)	6.25 (12.24%)		8.40(M)	16.47 %
Sat Fat (g)(1)	1.67 (3.09%)	1.14 (2.75%)	6.14 (13.19%)	3.81 (6.15%)	1.30 (2.54%)	< 10.00 % of Calories	2.81(M)	5.51 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.02	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	324.66	180.47	566.27	467.35	297.60	< 540.00	367.27(M)	
Sodium Target 2 (mg)(13)	324.66	180.47	566.27	467.35	297.60	< 485.00	367.27(M)	
Carb (g)	98.53 (80.74%)	78.71 (84.64%)	69.25 (66.12%)	87.12 (62.56%)	88.63 (77.20%)		84.45(M)	73.58 %
Protein (g)	15.42 (12.64%)	13.32 (14.32%)	15.79 (15.08%)	23.14 (16.61%)	17.88 (15.57%)		17.11(M)	14.91 %

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.

Weekly - Nutrient Summary

Menu Names: BIC W1
 Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	424.83	498.92	452.42	433.99	[400.00 - 500.00]	452.54(M)	
Total Fat (g)	6.13 (12.99%)	7.15 (12.89%)	6.26 (12.46%)	9.92 (20.56%)		7.36(M)	14.65 %
Sat Fat (g)(1)	3.30 (6.99%)	1.44 (2.59%)	4.10 (8.15%)	5.18 (10.75%)	< 10.00 % of Calories	3.50(M)	6.97 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	311.42	287.20	352.13	452.42	< 540.00	350.79(M)	
Sodium Target 2 (mg)(13)	311.42	287.20	352.13	452.42	< 485.00	350.79(M)	
Carb (g)	73.51 (69.21%)	92.54 (74.19%)	84.60 (74.79%)	75.13 (69.24%)		81.44(M)	71.99 %
Protein (g)	13.74 (12.94%)	21.01 (16.85%)	15.09 (13.34%)	17.61 (16.23%)		16.86(M)	14.91 %

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Weekly - Nutrient Summary

Menu Names: BIC W2
 Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	403.25	501.64	413.43	602.41	[400.00 - 500.00]	480.18(M)	
Total Fat (g)	11.63 (25.96%)	15.83 (28.39%)	6.12 (13.33%)	7.73 (11.55%)		10.33(M)	19.36 %
Sat Fat (g)(1)	7.16 (15.99%)	8.26 (14.81%)	3.29 (7.16%)	1.68 (2.51%)	< 10.00 % of Calories	5.10(M)	9.55 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	572.06	670.38	317.26	284.05	< 540.00	460.94(M)	
Sodium Target 2 (mg)(13)	572.06	670.38	317.26	284.05	< 485.00	460.94(M)	
Carb (g)	63.41 (62.90%)	75.73 (60.38%)	73.59 (71.20%)	119.19 (79.14%)		82.98(M)	69.12 %
Protein (g)	15.51 (15.39%)	19.55 (15.59%)	13.52 (13.08%)	22.37 (14.85%)		17.74(M)	14.77 %

Legend

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Weekly - Nutrient Summary

Menu Names: BIC W3
 Site Group: Inspire
 Serving Group: K-8

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)	477.62	447.70	449.67	420.07	592.55	[400.00 - 500.00]	477.52(M)	
Total Fat (g)	6.20 (11.68%)	4.36 (8.76%)	7.40 (14.80%)	12.90 (27.65%)	7.72 (11.72%)		7.71(M)	14.54 %
Sat Fat (g)(1)	3.29 (6.20%)	1.24 (2.49%)	3.38 (6.76%)	7.69 (16.48%)	1.68 (2.55%)	< 10.00 % of Calories	3.46(M)	6.51 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	306.29	155.53	378.86	538.82	283.26	< 540.00	332.55(M)	
Sodium Target 2 (mg)(13)	306.29	155.53	378.86	538.82	283.26	< 485.00	332.55(M)	
Carb (g)	85.78 (71.84%)	93.36 (83.42%)	84.78 (75.41%)	63.54 (60.51%)	116.64 (78.74%)		88.82(M)	74.40 %
Protein (g)	15.73 (13.17%)	15.47 (13.82%)	15.59 (13.87%)	17.45 (16.62%)	22.30 (15.05%)		17.31(M)	14.50 %

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Weekly - Nutrient Summary

Menu Names: BIC W4
 Site Group: Inspire
 Serving Group: K-8

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)	449.25	484.49	534.44	455.87	534.94	[400.00 - 500.00]	491.80(M)	
Total Fat (g)	5.84 (11.70%)	7.06 (13.11%)	14.98 (25.23%)	17.28 (34.12%)	6.67 (11.22%)		10.37(M)	18.97 %
Sat Fat (g)(1)	2.69 (5.39%)	1.42 (2.63%)	9.29 (15.65%)	9.28 (18.33%)	3.52 (5.92%)	< 10.00 % of Calories	5.24(M)	9.59 %
Trans Fat (g)(2)	0.10	0.00	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	370.58	284.25	704.18	714.89	316.12	< 540.00	478.01(M)	
Sodium Target 2 (mg)(13)	370.58	284.25	704.18	714.89	316.12	< 485.00	478.01(M)	
Carb (g)	84.75 (75.46%)	89.08 (73.54%)	85.69 (64.13%)	61.13 (53.64%)	104.18 (77.90%)		84.96(M)	69.11 %
Protein (g)	18.58 (16.54%)	20.70 (17.09%)	19.00 (14.22%)	18.12 (15.90%)	15.60 (11.66%)		18.40(M)	14.96 %

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