



Classic Breakfast - October 2019

SodexoMAGIC - DC Public Schools

MONDAY September 30, 2019	TUESDAY October 1, 2019	WEDNESDAY October 2, 2019	THURSDAY October 3, 2019	FRIDAY October 4, 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



Classic Breakfast - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 7, 2019	TUESDAY October 8, 2019	WEDNESDAY October 9, 2019	THURSDAY October 10, 2019	FRIDAY October 11, 2019
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Choose One Entree

<ul style="list-style-type: none"> • Whole Grain Blueberry Muffin V • Fluffy Pancakes V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Cheesy Grits w/ Hardboiled Egg & Biscuit V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Cranberry Orange Round V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Turkey Sausage Biscuit • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE 	<p>PTC NO SCHOOL</p>
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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



Classic Breakfast - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 14, 2019	TUESDAY October 15, 2019	WEDNESDAY October 16, 2019	THURSDAY October 17, 2019	FRIDAY October 18, 2019
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Choose One Entree

HOLIDAY NO SCHOOL	<ul style="list-style-type: none"> Egg and Cheese Biscuit Sandwich V 	<ul style="list-style-type: none"> Cheese Omelet & Biscuit V 	<ul style="list-style-type: none"> Whole Grain Apple Muffin V 	<ul style="list-style-type: none"> Oatmeal Raisin Round V
	<ul style="list-style-type: none"> Cranberry Orange Round V 	<ul style="list-style-type: none"> Fruit and Yogurt Parfait V 	<ul style="list-style-type: none"> Fruit and Yogurt Parfait V 	<ul style="list-style-type: none"> Fruit and Yogurt Parfait V
	<ul style="list-style-type: none"> Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Assorted Cereal & Graham Crackers VE

Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

Choose a Milk

Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan





Classic Breakfast - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 21, 2019	TUESDAY October 22, 2019	WEDNESDAY October 23, 2019	THURSDAY October 24, 2019	FRIDAY October 25, 2019
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Choose One Entree

<ul style="list-style-type: none"> Oatmeal Raisin Round V Whole Grain Blueberry Muffin V 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"> Spinach Egg Frittata w/ Biscuit V Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Turkey Sausage Biscuit Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Cranberry Orange 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





Classic Breakfast - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 28, 2019	TUESDAY October 29, 2019	WEDNESDAY October 30, 2019	THURSDAY October 31, 2019	FRIDAY November 1, 2019
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Choose One Entree

<ul style="list-style-type: none"> • Bagel w/ Cream Cheese V • Oatmeal w/ Assorted Toppings V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Cheesy Grits w/ Hardboiled Egg & Biscuit V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Egg & 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"> • Whole Grain Apple Muffin 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



Weekly - Nutrient Summary

Menu Names: Classic Breakfast W5

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)	470.90	487.67	451.22	501.20	455.33	[450.00 - 500.00]	473.27(M)	
Total Fat (g)	6.43 (12.29%)	6.09 (11.23%)	8.35 (16.65%)	9.59 (17.22%)	5.90 (11.66%)		7.27(M)	13.83 %
Sat Fat (g)(1)	1.97 (3.77%)	1.35 (2.49%)	3.27 (6.52%)	2.29 (4.11%)	2.06 (4.07%)	< 10.00 % of Calories	2.19(M)	4.16 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.01	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	322.60	251.25	398.81	360.49	296.56	< 540.00	325.94(M)	
Sodium Target 2 (mg)(13)	322.60	251.25	398.81	360.49	296.56	< 485.00	325.94(M)	
Carb (g)	93.49 (79.41%)	96.49 (79.14%)	84.08 (74.54%)	87.84 (70.11%)	87.00 (76.43%)		89.78(M)	75.88 %
Protein (g)	15.04 (12.77%)	18.81 (15.43%)	16.61 (14.72%)	20.77 (16.58%)	16.42 (14.42%)		17.53(M)	14.81 %

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: 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	490.75	608.28	421.75	445.62	[450.00 - 500.00]	491.60(M)	
Total Fat (g)	6.33 (11.61%)	7.68 (11.37%)	5.80 (12.37%)	8.46 (17.08%)		7.07(M)	12.94 %
Sat Fat (g)(1)	2.52 (4.63%)	3.13 (4.63%)	2.03 (4.33%)	3.66 (7.40%)	< 10.00 % of Calories	2.84(M)	5.19 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	300.05	348.54	291.34	364.76	< 540.00	326.17(M)	
Sodium Target 2 (mg)(13)	300.05	348.54	291.34	364.76	< 485.00	326.17(M)	
Carb (g)	94.85 (77.31%)	126.54 (83.21%)	79.78 (75.66%)	79.37 (71.25%)		95.14(M)	77.41 %
Protein (g)	14.59 (11.90%)	18.00 (11.84%)	15.52 (14.72%)	19.05 (17.10%)		16.79(M)	13.66 %

Legend

(M) Indicates missing nutrient values.

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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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	468.15	498.46	490.75	534.68	[450.00 - 500.00]	498.01(M)	
Total Fat (g)	7.68 (14.77%)	9.42 (17.01%)	8.03 (14.73%)	6.40 (10.77%)		7.88(M)	14.25 %
Sat Fat (g)(1)	3.19 (6.13%)	3.35 (6.05%)	1.47 (2.70%)	2.26 (3.81%)	< 10.00 % of Calories	2.57(M)	4.64 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	384.26	385.50	342.06	291.35	< 540.00	350.79(M)	
Sodium Target 2 (mg)(13)	384.26	385.50	342.06	291.35	< 485.00	350.79(M)	
Carb (g)	91.73 (78.37%)	87.91 (70.55%)	88.86 (72.42%)	107.17 (80.17%)		93.92(M)	75.43 %
Protein (g)	15.83 (13.52%)	20.60 (16.53%)	21.31 (17.37%)	17.87 (13.37%)		18.90(M)	15.18 %

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: 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)(1)	439.73	517.38	496.06	392.93	603.65	[450.00 - 500.00]	489.95(M)	
Total Fat (g)	5.56 (11.38%)	5.72 (9.95%)	7.57 (13.74%)	7.61 (17.44%)	6.49 (9.68%)		6.59(M)	12.11 %
Sat Fat (g)(1)	2.73 (5.59%)	1.26 (2.19%)	2.79 (5.05%)	2.83 (6.48%)	2.27 (3.38%)	< 10.00 % of Calories	2.37(M)	4.36 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	299.68	263.24	349.85	357.44	298.87	< 540.00	313.82(M)	
Sodium Target 2 (mg)(13)	299.68	263.24	349.85	357.44	298.87	< 485.00	313.82(M)	
Carb (g)	81.72 (74.34%)	109.11 (84.36%)	93.33 (75.26%)	69.67 (70.92%)	127.22 (84.30%)		96.21(M)	78.55 %
Protein (g)	15.41 (14.02%)	16.46 (12.73%)	18.37 (14.81%)	16.66 (16.96%)	18.34 (12.15%)		17.05(M)	13.92 %

Legend

(M) Indicates missing nutrient values.

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- 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: Classic Breakfast W4

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)	481.78	520.79	496.03	474.46	524.68	[450.00 - 500.00]	499.55(M)	
Total Fat (g)	5.18 (9.67%)	7.39 (12.77%)	8.20 (14.88%)	8.76 (16.62%)	6.50 (11.14%)		7.20(M)	12.98 %
Sat Fat (g)(1)	1.55 (2.90%)	2.43 (4.20%)	3.24 (5.87%)	3.23 (6.13%)	1.96 (3.37%)	< 10.00 % of Calories	2.48(M)	4.47 %
Trans Fat (g)(2)	0.03	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	272.06	324.71	383.70	407.76	301.35	< 540.00	337.92(M)	
Sodium Target 2 (mg)(13)	272.06	324.71	383.70	407.76	301.35	< 485.00	337.92(M)	
Carb (g)	97.58 (81.02%)	104.89 (80.56%)	92.23 (74.37%)	88.15 (74.32%)	105.77 (80.63%)		97.72(M)	78.25 %
Protein (g)	18.51 (15.37%)	17.20 (13.21%)	18.34 (14.79%)	17.85 (15.05%)	17.67 (13.47%)		17.91(M)	14.34 %

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.