



Breakfast in the Classroom – December 2019

SodexoMAGIC - DC Public Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 2 – 6, 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
December 9 - 13, 2019	<ul style="list-style-type: none"> French Toast Sticks VE Fresh Orange Smiles 	<ul style="list-style-type: none"> Oatmeal w/ Fruit Topping VE Fresh Apple Slices 	<ul style="list-style-type: none"> Egg and Cheese Biscuit Sandwich Diced Pears V 	<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
December 16 – 20, 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"> Cheesy Egg Sandwich w/Pesto V 100% Orange Juice & Fresh Orange Smiles 	<ul style="list-style-type: none"> Turkey Sausage Biscuit Fresh Orange Smiles 	<ul style="list-style-type: none"> Mango Pineapple Round V Fresh Banana
December 23 – 27, 2019	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
December 30, 2019 – January 3, 2020	NO SCHOOL	NO SCHOOL	NO SCHOOL	<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 Diced Pears

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

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	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 %

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 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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	458.47	340.43	467.35	520.14	582.85	[400.00 - 500.00]	473.85(M)	
Total Fat (g)	9.03 (17.73%)	5.07 (13.42%)	18.85 (36.30%)	15.83 (27.38%)	7.69 (11.88%)		11.30(M)	21.45 %
Sat Fat (g)(1)	2.11 (4.13%)	1.26 (3.34%)	11.39 (21.94%)	8.26 (14.29%)	1.68 (2.59%)	< 10.00 % of Calories	4.94(M)	9.38 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	383.92	212.02	907.69	664.13	282.55	< 540.00	490.06(M)	
Sodium Target 2 (mg)(13)	383.92	212.02	907.69	664.13	282.55	< 485.00	490.06(M)	
Carb (g)	84.45 (73.68%)	64.55 (75.84%)	59.03 (50.53%)	80.08 (61.58%)	114.12 (78.32%)		80.45(M)	67.91 %
Protein (g)	16.24 (14.17%)	13.80 (16.21%)	19.57 (16.75%)	19.60 (15.07%)	22.26 (15.28%)		18.29(M)	15.44 %

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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)	424.83	498.92	325.74	433.99	537.32	[400.00 - 500.00]	444.16(M)	
Total Fat (g)	6.13 (12.99%)	7.15 (12.89%)	8.76 (24.20%)	9.92 (20.56%)	5.47 (9.17%)		7.49(M)	15.17 %
Sat Fat (g)(1)	3.30 (6.99%)	1.44 (2.59%)	3.35 (9.26%)	5.18 (10.75%)	3.92 (6.56%)	< 10.00 % of Calories	3.44(M)	6.96 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	311.42	287.20	454.00	452.42	236.59	< 540.00	348.33(M)	
Sodium Target 2 (mg)(13)	311.42	287.20	454.00	452.42	236.59	< 485.00	348.33(M)	
Carb (g)	73.51 (69.21%)	92.54 (74.19%)	48.29 (59.29%)	75.13 (69.24%)	104.37 (77.70%)		78.77(M)	70.93 %
Protein (g)	13.74 (12.94%)	21.01 (16.85%)	15.02 (18.45%)	17.61 (16.23%)	16.13 (12.01%)		16.70(M)	15.04 %

Legend

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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				Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	477.62	447.70				[400.00 - 500.00]	462.52(M)	
Total Fat (g)	6.20 (11.68%)	4.36 (8.76%)					5.28(M)	10.22 %
Sat Fat (g)(1)	3.29 (6.20%)	1.24 (2.49%)				< 10.00 % of Calories	2.26(M)	4.34 %
Trans Fat (g)(2)	0.00	0.00					0.00(M)	
Sodium Target 1 (mg)(13)	306.29	155.53				< 540.00	230.91(M)	
Sodium Target 2 (mg)(13)	306.29	155.53				< 485.00	230.91(M)	
Carb (g)	85.78 (71.84%)	93.36 (83.42%)					242.71(M)	77.63 %
Protein (g)	15.73 (13.17%)	15.47 (13.82%)					15.60(M)	13.49%

Legend

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