Classic Breakfast – December 2019

SodexoMAGIC - DC Public Schools

INSPIRE COMMUNITY

MONDAY December 2	TUESDAY December 3	WEDNESDAY December 4	THURSDAY December 5	FRIDAY December 6

Choose One Entree

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
• Bagel w/ Cream Cheese V • Oatmeal w/ Assorted Toppings VE • Assorted Cereal & Graham Crackers VE	• Cheesy Grits w/ Hardboiled Egg & Biscuit V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE	• Egg & Cheese Biscuit Sandwich V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE	• Cheese Omelet & Biscuit V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE	• Whole Grain Apple Muffin V • Fruit and Yogurt Parfait V • 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

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Classic Breakfast – December 2019

INSPIRE COMMUNITY

MONDAY December 9	TUESDAY December 10	WEDNESDAY December 11	THURSDAY December 12	FRIDAY December 13

Choose One Entree

• Whole Grain Apple Muffin V • French Toast Sticks VE • Assorted Cereal & Graham Crackers VE	• Oatmeal w/ Assorted Toppings VE • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE	• Egg and Cheese Biscuit Sandwich V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE	• Cheese Omelet & Biscuit V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE	• Oatmeal Raisin Round V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE

Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

Choose a Milk

Nonfat or 1% White Milk

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VE – Indicates Vegan

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Classic Breakfast – December 2019

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INSPIRE COMMUNITY

MONDAY December 16	TUESDAY December 17	WEDNESDAY December 18	THURSDAY December 19	FRIDAY December 20

Choose One Entree

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
• Whole Grain Blueberry V Muffin	• Cheesy Grits w/ Hardboiled Egg & Biscuit V	• Cheesy Egg Sandwich w/Pesto V	• Turkey Sausage Biscuit	• Mango Pineapple Round V
• Fluffy Pancakes V	• Fruit and Yogurt Parfait V	• Fruit and Yogurt Parfait V	• Fruit and Yogurt Parfait V	• Fruit and Yogurt Parfait V
• Assorted Cereal & Graham Crackers VE	• Assorted Cereal & Graham Crackers VE	• Assorted Cereal & Graham Crackers VE	• Assorted Cereal & Graham Crackers VE	• 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

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Classic Breakfast – December 2019

MONDAY December 23	TUESDAY December 24	WEDNESDAY December 25	THURSDAY December 26	FRIDAY December 27
Choose One Entree				
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Choose Your Fruits				
Choose a Milk				

V – Indicates Vegetarian
VE – Indicates Vegan

Classic Breakfast – December 2019

SodexoMAGIC - DC Public Schools

INSPIRE COMMUNITY

MONDAY December 30	**TUESDAY** December 31	**WEDNESDAY** January 1	**THURSDAY** January 2	**FRIDAY** January 3
Choose One Entree				
NO SCHOOL	NO SCHOOL	NO SCHOOL	• Cranberry Orange Round V • Bagel w/ Cream Cheese V • Assorted Cereal & Graham Crackers VE	• Turkey Sausage Biscuit • Bagel w/ Cream Cheese V • 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

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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)(1)	481.78	520.74	496.03	474.46	524.68	[450.00 - 500.00]	499.54(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 (80.57%)	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 (13.22%)	18.34 (14.79%)	17.85 (15.05%)	17.67 (13.47%)		17.91(M)	14.34 %

Legend

(M) Indicates missing nutrient values.

1   Standard Value is the daily average requirement for a school week.

2   Trans Fat is provided for informational purposes, not for monitoring purposes.

3   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 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)(1)	461.87	487.67	476.87	515.89	534.68	[450.00 - 500.00]	495.40(M)	
Total Fat (g)	7.39 (14.40%)	6.09 (11.23%)	8.73 (16.48%)	8.65 (15.09%)	6.40 (10.77%)		7.45(M)	13.54 %
Sat Fat (g)(1)	1.97 (3.84%)	1.35 (2.49%)	3.34 (6.30%)	2.44 (4.25%)	2.26 (3.81%)	< 10.00 % of Calories	2.27(M)	4.13 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	341.72	251.25	395.30	342.55	291.35	< 540.00	324.43(M)	
Sodium Target 2 (mg)(13)	341.72	251.25	395.30	342.55	291.35	< 485.00	324.43(M)	
Carb (g)	89.18 (77.23%)	96.49 (79.14%)	87.94 (73.76%)	92.70 (71.87%)	107.17 (80.17%)		94.69(M)	76.46 %
Protein (g)	15.58 (13.50%)	18.81 (15.43%)	18.13 (15.21%)	22.06 (17.10%)	17.87 (13.37%)		18.49(M)	14.93 %

Legend

(M) Indicates missing nutrient values.

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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)	490.75	608.23	385.56	445.62	526.71	[450.00 - 500.00]	491.37(M)	
Total Fat (g)	6.33 (11.61%)	7.68 (11.37%)	6.51 (15.20%)	8.46 (17.08%)	6.07 (10.38%)		7.01(M)	12.84 %
Sat Fat (g)(1)	2.52 (4.63%)	3.13 (4.63%)	1.82 (4.24%)	3.66 (7.40%)	2.34 (4.00%)	< 10.00 % of Calories	2.70(M)	4.94 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	300.05	348.54	320.44	364.76	281.83	< 540.00	323.12(M)	
Sodium Target 2 (mg)(13)	300.05	348.54	320.44	364.76	281.83	< 485.00	323.12(M)	
Carb (g)	94.85 (77.31%)	126.54 (83.22%)	69.40 (72.00%)	79.37 (71.25%)	106.05 (80.54%)		95.24(M)	77.53 %
Protein (g)	14.59 (11.90%)	18.00 (11.84%)	15.51 (16.09%)	19.05 (17.10%)	17.14 (13.02%)		16.86(M)	13.72 %

Legend

(M)   Indicates missing nutrient values.

1   Standard Value is the daily average requirement for a school week.

2   Trans Fat is provided for informational purposes, not for monitoring purposes.

3   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				Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	439.73	517.38				[450.00 - 500.00]	478.55(M)	
Total Fat (g)	5.56 (11.38%)	5.72 (9.95%)					5.64(M)	10.66%
Sat Fat (g)(1)	2.73 (5.59%)	1.26 (2.19%)				< 10.00 % of Calories	1.99(M)	3.89 %
Trans Fat (g)(2)	0.00	0.00					0.00(M)	
Sodium Target 1 (mg)(13)	299.68	263.24				< 540.00	281.46(M)	
Sodium Target 2 (mg)(13)	299.68	263.24				< 485.00	281.46M)	
Carb (g)	81.72 (74.34%)	109.11 (84.36%)					95.41(M)	79.35 %
Protein (g)	15.41 (14.02%)	16.46 (12.73%)					15.93(M)	13.37 %

Legend

(M)   Indicates missing nutrient values.

1   Standard Value is the daily average requirement for a school week.

2   Trans Fat is provided for informational purposes, not for monitoring purposes.

3   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.