



Breakfast in the Classroom – January 2020

SodexoMAGIC - DC Public Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
January 6 – 10, 2020	<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
January 13 – 17, 2020	<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 	NO SCHOOL
January 20 – 24, 2020	NO SCHOOL	<ul style="list-style-type: none"> Mango Pineapple Round 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"> Fruit & Yogurt Parfait w/ Granola V Fresh Banana
January 27 – 31, 2020	NO SCHOOL	NO SCHOOL	<ul style="list-style-type: none"> Cheese Omelet w/ Biscuit V 100% Apple Juice & Fresh Orange Smiles 	<ul style="list-style-type: none"> Cranberry Orange Round V Fresh Apple Slices 	<ul style="list-style-type: none"> Fruit & Yogurt Parfait w/ Granola 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

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

(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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	449.25	491.43	534.44	455.87	534.94	[400.00 - 500.00]	493.19(M)	
Total Fat (g)	5.84 (11.70%)	6.89 (12.62%)	14.98 (25.23%)	17.28 (34.12%)	6.67 (11.22%)		10.33(M)	18.85 %
Sat Fat (g)(1)	2.69 (5.39%)	1.40 (2.57%)	9.29 (15.65%)	9.28 (18.33%)	3.52 (5.92%)	< 10.00 % of Calories	5.24(M)	9.56 %
Trans Fat (g)(2)	0.10	0.00	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	370.58	287.36	704.18	714.89	316.12	< 540.00	478.63(M)	
Sodium Target 2 (mg)(13)	370.58	287.36	704.18	714.89	316.12	< 485.00	478.63(M)	
Carb (g)	84.75 (75.46%)	91.20 (74.23%)	85.69 (64.13%)	61.13 (53.64%)	104.18 (77.90%)		85.39(M)	69.25 %
Protein (g)	18.58 (16.54%)	20.85 (16.97%)	19.00 (14.22%)	18.12 (15.90%)	15.60 (11.66%)		18.43(M)	14.95 %

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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	437.36	379.85	467.35	444.14	[400.00 - 500.00]	432.17(M)	
Total Fat (g)	6.09 (12.54%)	5.13 (12.16%)	18.85 (36.30%)	9.38 (19.00%)		9.86(M)	20.54 %
Sat Fat (g)(1)	1.42 (2.93%)	1.27 (3.00%)	11.39 (21.94%)	3.78 (7.66%)	< 10.00 % of Calories	4.47(M)	9.30 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	311.99	215.17	907.69	420.13	< 540.00	463.74(M)	
Sodium Target 2 (mg)(13)	311.99	215.17	907.69	420.13	< 485.00	463.74(M)	
Carb (g)	88.08 (80.56%)	74.75 (78.72%)	59.03 (50.53%)	78.58 (70.77%)		75.11(M)	69.52 %
Protein (g)	15.40 (14.08%)	14.07 (14.81%)	19.57 (16.75%)	16.55 (14.90%)		16.40(M)	15.17 %

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 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	519.20	325.74	433.99	637.64	[400.00 - 500.00]	479.14(M)	
Total Fat (g)	6.15 (10.66%)	8.76 (24.20%)	9.92 (20.56%)	8.31 (11.73%)		8.28(M)	15.56 %
Sat Fat (g)(1)	4.39 (7.60%)	3.35 (9.26%)	5.18 (10.75%)	1.78 (2.52%)	< 10.00 % of Calories	3.68(M)	6.90 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	285.01	454.00	452.42	301.72	< 540.00	373.29(M)	
Sodium Target 2 (mg)(13)	285.01	454.00	452.42	301.72	< 485.00	373.29(M)	
Carb (g)	93.20 (71.80%)	48.29 (59.29%)	75.13 (69.24%)	124.20 (77.91%)		85.20(M)	71.13 %
Protein (g)	16.37 (12.61%)	15.02 (18.45%)	17.61 (16.23%)	24.81 (15.56%)		18.45(M)	15.41 %

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 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	501.64	387.64	463.60	[400.00 - 500.00]	450.96(M)	
Total Fat (g)	15.83 (28.39%)	5.25 (12.18%)	6.14 (11.92%)		9.07(M)	18.11 %
Sat Fat (g)(1)	8.26 (14.81%)	3.16 (7.34%)	1.29 (2.50%)	< 10.00 % of Calories	4.23(M)	8.45 %
Trans Fat (g)(2)	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	670.38	296.14	299.55	< 540.00	422.02(M)	
Sodium Target 2 (mg)(13)	670.38	296.14	299.55	< 485.00	422.02(M)	
Carb (g)	75.73 (60.38%)	74.35 (76.72%)	89.96 (77.62%)		80.01(M)	70.97 %
Protein (g)	19.55 (15.59%)	13.52 (13.95%)	17.97 (15.50%)		17.01(M)	15.09 %

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.