



# Classic Breakfast – January 2020

SodexoMAGIC - DC Public Schools

MONDAY December 30	TUESDAY December 31	WEDNESDAY January 1	THURSDAY January 2	FRIDAY January 3
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## Choose One Entree

NO SCHOOL	NO SCHOOL	NO SCHOOL	<ul style="list-style-type: none"> <li>• Cranberry Orange Round <b>V</b></li> <li>• Bagel w/ Cream Cheese <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Sausage Biscuit</li> <li>• Bagel w/ Cream Cheese <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>
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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 – January 2020

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MONDAY January 6	TUESDAY January 7	WEDNESDAY January 8	THURSDAY January 9	FRIDAY January 10
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## Choose One Entree

<ul style="list-style-type: none"> <li>• Bagel w/ Cream Cheese <b>V</b></li> <li>• Oatmeal w/ Assorted Toppings <b>VE</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Cheesy Grits w/ Hardboiled Egg &amp; Biscuit <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Egg &amp; Cheese Biscuit Sandwich <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Omelet &amp; Biscuit <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Whole Grain Apple Muffin <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>
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## Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

## Choose a Milk

Nonfat or 1% White Milk

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# Classic Breakfast – January 2020

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MONDAY January 13	TUESDAY January 14	WEDNESDAY January 15	THURSDAY January 16	FRIDAY January 17
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## Choose One Entree

<ul style="list-style-type: none"> <li>• Whole Grain Apple Muffin <b>V</b></li> <li>• French Toast Sticks <b>VE</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal w/ Assorted Toppings <b>VE</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Egg and Cheese Biscuit Sandwich <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Omelet &amp; Biscuit <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	NO SCHOOL
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## Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

## Choose a Milk

Nonfat or 1% White Milk

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# Classic Breakfast – January 2020

SodexoMAGIC - DC Public Schools

MONDAY January 20	TUESDAY January 21	WEDNESDAY January 22	THURSDAY January 23	FRIDAY January 24
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## Choose One Entree

NO SCHOOL	TUESDAY January 21	WEDNESDAY January 22	THURSDAY January 23	FRIDAY January 24
	<ul style="list-style-type: none"> <li>Mango Pineapple Round <b>V</b></li> <li>Bagel w/ Cream Cheese <b>V</b></li> <li>Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>Cheesy Egg Sandwich w/Pesto <b>V</b></li> <li>Fruit and Yogurt Parfait <b>V</b></li> <li>Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>Turkey Sausage Biscuit</li> <li>Fruit and Yogurt Parfait <b>V</b></li> <li>Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>Cheesy Grits w/ Hardboiled Egg &amp; Biscuit <b>V</b></li> <li>Fruit and Yogurt Parfait <b>V</b></li> <li>Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>

## 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 – January 2020

SodexoMAGIC - DC Public Schools

MONDAY January 27	TUESDAY January 28	WEDNESDAY January 29	THURSDAY January 30	FRIDAY January 31
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## Choose One Entree

NO SCHOOL	NO SCHOOL	<ul style="list-style-type: none"> <li>• Cheese Omelet &amp; Biscuit <b>V</b></li> <li>• Bagel w/ Cream Cheese <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Sausage Biscuit</li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal Raisin Round <b>V</b></li> <li>• Fruit and Yogurt Parfait <b>V</b></li> <li>• Assorted Cereal &amp; Graham Crackers <b>VE</b></li> </ul>
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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  
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# 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.

- 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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	446.81	523.34	498.64	477.07	527.28	[450.00 - 500.00]	494.63(M)	
Total Fat (g)	5.02 (10.11%)	7.33 (12.60%)	8.14 (14.69%)	8.70 (16.41%)	6.43 (10.98%)		7.12(M)	12.96 %
Sat Fat (g)(1)	1.54 (3.09%)	2.42 (4.17%)	3.23 (5.83%)	3.22 (6.08%)	1.96 (3.34%)	< 10.00 % of Calories	2.47(M)	4.50 %
Trans Fat (g)(2)	0.03	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	273.23	325.88	384.87	408.93	302.52	< 540.00	339.08(M)	
Sodium Target 2 (mg)(13)	273.23	325.88	384.87	408.93	302.52	< 485.00	339.08(M)	
Carb (g)	88.98 (79.66%)	105.69 (80.78%)	93.02 (74.62%)	88.95 (74.58%)	106.56 (80.84%)		96.64(M)	78.15 %
Protein (g)	17.81 (15.95%)	17.26 (13.19%)	18.39 (14.75%)	17.91 (15.01%)	17.72 (13.45%)		17.82(M)	14.41 %

## 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)	461.87	492.01	480.77	521.97	[450.00 - 500.00]	489.15(M)	
Total Fat (g)	7.39 (14.40%)	5.98 (10.94%)	8.64 (16.17%)	8.50 (14.66%)		7.63(M)	14.04 %
Sat Fat (g)(1)	1.97 (3.84%)	1.34 (2.45%)	3.33 (6.23%)	2.42 (4.18%)	< 10.00 % of Calories	2.26(M)	4.17 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	341.72	253.19	397.04	345.27	< 540.00	334.31(M)	
Sodium Target 2 (mg)(13)	341.72	253.19	397.04	345.27	< 485.00	334.31(M)	
Carb (g)	89.18 (77.23%)	97.81 (79.52%)	89.13 (74.16%)	94.55 (72.46%)		92.67(M)	75.78 %
Protein (g)	15.58 (13.50%)	18.90 (15.36%)	18.21 (15.15%)	22.18 (17.00%)		18.72(M)	15.31 %

## 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	639.57	376.37	448.23	482.91	[450.00 - 500.00]	486.77(M)	
Total Fat (g)	6.20 (8.73%)	6.41 (15.33%)	8.40 (16.86%)	8.87 (16.52%)		7.47(M)	13.81 %
Sat Fat (g)(1)	3.14 (4.42%)	1.80 (4.31%)	3.66 (7.34%)	3.67 (6.84%)	< 10.00 % of Calories	3.07(M)	5.67 %
Trans Fat (g)(2)	0.06	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	373.07	321.38	365.92	373.74	< 540.00	358.53(M)	
Sodium Target 2 (mg)(13)	373.07	321.38	365.92	373.74	< 485.00	358.53(M)	
Carb (g)	133.87 (83.72%)	67.06 (71.28%)	80.17 (71.54%)	88.99 (73.71%)		92.52(M)	76.03 %
Protein (g)	17.91 (11.20%)	15.50 (16.47%)	19.11 (17.05%)	17.94 (14.86%)		17.61(M)	14.47 %

## 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 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	460.91	497.69	537.28	[450.00 - 500.00]	498.63(M)	
Total Fat (g)	8.58 (16.75%)	7.87 (14.23%)	6.33 (10.61%)		7.59(M)	13.71 %
Sat Fat (g)(1)	4.13 (8.06%)	1.46 (2.63%)	2.26 (3.78%)	< 10.00 % of Calories	2.61(M)	4.72 %
Trans Fat (g)(2)	0.06	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	443.07	345.17	292.52	< 540.00	360.25(M)	
Sodium Target 2 (mg)(13)	443.07	345.17	292.52	< 485.00	360.25(M)	
Carb (g)	81.68 (70.89%)	90.98 (73.12%)	107.96 (80.38%)		93.54(M)	75.04 %
Protein (g)	18.23 (15.82%)	21.45 (17.24%)	17.92 (13.34%)		19.20(M)	15.40 %

## Legend

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