



Early Childhood Lunch – 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"> • Veggie Pizza V • Mixed Garden Vegetables • Orange Smiles 	<ul style="list-style-type: none"> • Cheese Quesadilla V • Seasoned Carrots • Diced Pears
January 6 – 10, 2020	<ul style="list-style-type: none"> • Glorious Macaroni & Cheese V • Citrus Glazed Carrots • Mixed Fruit Salad 	<ul style="list-style-type: none"> • Classic Cheese Pizza V • Cucumber Coins w/ Dressing • Diced Peaches 	<ul style="list-style-type: none"> • Chicken Quesadilla • Sweet Potato Wedges • Applesauce 	<ul style="list-style-type: none"> • Sweet & Sour Chicken w/ Brown Rice • Asian Veggie Blend • Diced Pears 	<ul style="list-style-type: none"> • Stuffed Shells w/ Marinara V • Parmesan Roasted Broccoli • Orange Smiles
January 13 – 17, 2020	<ul style="list-style-type: none"> • Honey BBQ Chicken Sandwich • Lemon Roasted Broccoli • Fresh Apple Slices 	<ul style="list-style-type: none"> • Teriyaki Grilled Chicken w/ Vegetables and Brown Rice • Steamed Carrots • Orange Smiles 	<ul style="list-style-type: none"> • Korean BBQ Turkey Taco w/ Pineapple Slaw • Buffalo Cauliflower • Applesauce Cup 	<ul style="list-style-type: none"> • Chicken Quesadilla • Cucumber Coins w/ Dressing • Diced Peaches 	NO SCHOOL
January 20 – 24, 2020	NO SCHOOL	<ul style="list-style-type: none"> • Turkey Sausage & Maple Pancakes • Sweet Potato Wedges • Diced Peaches 	<ul style="list-style-type: none"> • Hot Turkey and Cheese Sandwich • Mashed Potatoes • Mixed Fruit Salad 	<ul style="list-style-type: none"> • Garden Burger V • Collard Greens • Banana Half 	<ul style="list-style-type: none"> • Baked Penne Pasta w/ Tomato Sauce V • Parmesan Roasted Broccoli • Diced Pears
January 27 – 31, 2020	NO SCHOOL	NO SCHOOL	<ul style="list-style-type: none"> • Traditional Cheeseburger • Cucumber Coins w/ Dressing • Diced Pears 	<ul style="list-style-type: none"> • Sunbutter & Jelly Sandwich VE • Roasted Kale & Sweet Potatoes • Diced Peaches 	<ul style="list-style-type: none"> • Cheesy Omelet w/ Pancakes V • Roasted Potatoes • Banana Half

Choose a Milk

Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan

This Institution is An Equal Opportunity Provider



Weekly - Nutrient Summary

Menu Names: Early Childhood W4

Site Group: Inspire
 Serving Group: Ages 3-5

Meal Pattern: CACFP Meal Pattern
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2				Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	581.76	555.43					568.59	
Total Fat (g)	15.34 (23.73%)	14.81 (23.99%)					15.07	23.86%
Sat Fat (g)(1)	6.35 (9.82%)	3.34 (5.42%)					4.84	7.62%
Trans Fat (g)(2)	0.00	0.04					0.04	
Sodium Target 1 (mg)(13)	758.49	667.88					713.18	
Sodium Target 2 (mg)(13)	758.49	667.88					1713.18	
Carb (g)	85.54 (58.82%)	79.11 (56.97%)					82.32	57.89%
Protein (g)	24.18 (16.63%)	29.24 (21.06%)					26.71	18.84 %

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: Early Childhood W1

Site Group: Inspire
 Serving Group: Ages 3-5

Meal Pattern: [USDA] CACFP Meal Pattern
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	578.67	440.06	668.43	585.63	404.08		535.37	
Total Fat (g)	21.24 (33.04%)	13.39 (27.38%)	20.83 (28.04%)	16.07 (24.69%)	12.09 (26.92%)		16.72	28.11 %
Sat Fat (g)	11.00 (17.11%)	6.86 (14.04%)	7.91 (10.65%)	3.77 (5.79%)	3.86 (8.60%)		6.68	11.23 %
Trans Fat (g)	0.00	0.00	0.00	0.00	0.00		0.00	
Sodium (mg)	1,360.94	521.63	932.63	611.83	424.71		770.35	
Carb (g)	72.80 (50.32%)	55.63 (50.57%)	91.40 (54.69%)	71.03 (48.52%)	55.78 (55.22%)		69.33	51.80 %
Protein (g)	29.47 (20.37%)	24.47 (22.24%)	29.58 (17.70%)	41.04 (28.03%)	21.97 (21.75%)		29.30	21.89 %

Legend

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Weekly - Nutrient Summary

Menu Names: Early Childhood W2

Site Group: Inspire
 Serving Group: Ages 3-5

Meal Pattern: [USDA] CACFP Meal Pattern
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	540.32	794.19	343.39	460.06		534.49(M)	
Total Fat (g)	15.01 (25.00%)	24.05 (27.25%)	8.05 (21.10%)	12.39 (24.24%)		14.87(M)	25.04 %
Sat Fat (g)	2.88 (4.80%)	6.52 (7.39%)	2.26 (5.91%)	5.86 (11.47%)		4.38(M)	7.38 %
Trans Fat (g)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium (mg)	1,106.38	1,203.89	944.29	681.63		984.05(M)	
Carb (g)	69.26 (51.27%)	74.34 (37.44%)	41.46 (48.29%)	61.63 (53.59%)		61.67(M)	46.15 %
Protein (g)	38.66 (28.62%)	69.83 (35.17%)	29.51 (34.37%)	28.47 (24.75%)		41.62(M)	31.14 %

Legend

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Weekly - Nutrient Summary

Menu Names: Early Childhood W3

Site Group: Inspire
 Serving Group: Ages 3-5

Meal Pattern: [USDA] CACFP Meal Pattern
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	632.79	501.34	543.91	622.38		575.11	
Total Fat (g)	19.24 (27.37%)	13.59 (24.40%)	13.67 (22.62%)	22.59 (32.67%)		17.27	27.03 %
Sat Fat (g)	4.40 (6.26%)	5.64 (10.12%)	3.97 (6.57%)	9.07 (13.11%)		5.77	9.03 %
Trans Fat (g)	0.00	0.00	0.00	0.01		0.00	
Sodium (mg)	775.35	1,100.57	939.31	1,389.14		1,051.09	
Carb (g)	95.26 (60.21%)	66.46 (53.02%)	86.12 (63.33%)	80.84 (51.96%)		82.17	57.15 %
Protein (g)	21.19 (13.39%)	31.88 (25.43%)	32.53 (23.92%)	31.85 (20.47%)		29.36	20.42 %

Legend

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Weekly - Nutrient Summary

Menu Names: Early Childhood W4
 Site Group: Inspire
 Serving Group: Ages 3-5

Meal Pattern: [USDA] CACFP Meal Pattern
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	390.89	765.50	684.60		613.66(M)	
Total Fat (g)	13.35 (30.74%)	37.64 (44.26%)	22.09 (29.04%)		24.36(M)	35.73 %
Sat Fat (g)	5.61 (12.93%)	4.88 (5.74%)	5.96 (7.84%)		5.48(M)	8.04 %
Trans Fat (g)	0.00	0.00	0.00		0.00(M)	
Sodium (mg)	621.83	652.86	832.53		702.41(M)	
Carb (g)	41.25 (42.21%)	87.96 (45.96%)	104.52 (61.07%)		77.91(M)	50.78 %
Protein (g)	28.14 (28.80%)	29.20 (15.26%)	23.48 (13.72%)		26.94(M)	17.56 %

Legend

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