



Grab & Go 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"> • Cranberry Orange Round V • Bagel w/ Cream Cheese V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Egg and Cheese Biscuit V • Bagel w/ Cream Cheese V • Assorted Cereal & Graham Crackers VE
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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



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SodexoMAGIC - DC Public Schools

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

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| <ul style="list-style-type: none"> • Bagel w/ Cream Cheese V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE | <ul style="list-style-type: none"> • Mini Pancakes V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE | <ul style="list-style-type: none"> • Turkey Sausage Biscuit • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE | <ul style="list-style-type: none"> • Egg and Cheese Biscuit V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE | <ul style="list-style-type: none"> • Whole Grain Apple Muffin V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE |
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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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VE – Indicates Vegan



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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"> • Bagel w/ Cream Cheese V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Mini Pancakes V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Turkey Sausage Biscuit • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Egg and Cheese Biscuit V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE 	NO SCHOOL
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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



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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"> Mango Pineapple Round V Bagel w/ Cream Cheese V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Cheesy Egg Sandwich w/Pesto V Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Turkey Sausage Biscuit Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Mini Pancakes 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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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"> Turkey Sausage Biscuit Bagel w/ Cream Cheese V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Cranberry Orange Round V Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Oatmeal Raisin Round V Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE
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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

Weekly - Nutrient Summary

Menu Names: GNG 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)	484.23	511.72				[450.00 - 500.00]	497.97(M)	
Total Fat (g)	6.45 (11.99%)	7.62 (12.61%)					4.03(M)	12.30%
Sat Fat (g)(1)	2.58 (4.79%)	1.62 (2.67%)				< 10.00 % of Calories	2.10(M)	3.73 %
Trans Fat (g)(2)	0.00	0.00					0.00(M)	
Sodium Target 1 (mg)(13)	299.30	337.49				< 540.00	318.39(M)	
Sodium Target 2 (mg)(13)	299.30	337.49				< 485.00	318.39(M)	
Carb (g)	88.66 (73.24%)	111.63 (82.12%)					100.14(M)	77.68%
Protein (g)	17.80 (14.71%)	16.45 (12.10%)					17.12(M)	13.40%

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: GNG 6FYU_ZUghW1

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)	489.61	605.88	461.35	426.65	510.71	[450.00 - 500.00]	498.84(M)	
Total Fat (g)	6.55 (12.04%)	7.58 (11.26%)	10.59 (20.65%)	9.24 (19.50%)	6.72 (11.83%)		8.14(M)	14.68 %
Sat Fat (g)(1)	1.80 (3.31%)	1.61 (2.39%)	5.31 (10.37%)	3.85 (8.12%)	2.75 (4.84%)	< 10.00 % of Calories	3.06(M)	5.53 %
Trans Fat (g)(2)	0.03	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	312.64	343.68	445.27	418.46	306.63	< 540.00	365.33(M)	
Sodium Target 2 (mg)(13)	312.64	343.68	445.27	418.46	306.63	< 485.00	365.33(M)	
Carb (g)	92.46 (75.54%)	127.76 (84.35%)	77.56 (67.25%)	71.50 (67.03%)	98.14 (76.87%)		93.48(M)	74.96 %
Protein (g)	20.86 (17.04%)	17.09 (11.28%)	19.85 (17.21%)	18.82 (17.65%)	17.20 (13.47%)		18.77(M)	15.05 %

Legend

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Weekly - Nutrient Summary

Menu Names: GNG 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)	488.32	499.72	478.54	503.98	[450.00 - 500.00]	492.64(M)	
Total Fat (g)	5.84 (10.76%)	7.04 (12.68%)	10.44 (19.63%)	9.30 (16.60%)		8.15(M)	14.90 %
Sat Fat (g)(1)	1.66 (3.05%)	1.47 (2.65%)	5.30 (9.96%)	3.85 (6.88%)	< 10.00 % of Calories	3.07(M)	5.61 %
Trans Fat (g)(2)	0.03	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	326.89	319.27	452.57	415.44	< 540.00	378.54(M)	
Sodium Target 2 (mg)(13)	326.89	319.27	452.57	415.44	< 485.00	378.54(M)	
Carb (g)	97.32 (79.72%)	97.31 (77.89%)	83.04 (69.41%)	88.79 (70.47%)		91.62(M)	74.39 %
Protein (g)	17.98 (14.73%)	19.00 (15.21%)	18.77 (15.69%)	20.01 (15.88%)		18.94(M)	15.38 %

Legend

(M) Indicates missing nutrient values.

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Weekly - Nutrient Summary

Menu Names: GNG 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)	457.60	388.49	470.62	602.26	[450.00 - 500.00]	479.74(M)	
Total Fat (g)	5.32 (10.46%)	7.31 (16.94%)	8.65 (16.54%)	9.02 (13.48%)		7.57(M)	14.21 %
Sat Fat (g)(1)	3.19 (6.28%)	2.09 (4.85%)	3.34 (6.40%)	3.17 (4.74%)	< 10.00 % of Calories	2.95(M)	5.53 %
Trans Fat (g)(2)	0.03	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	300.38	322.03	368.21	333.28	< 540.00	330.98(M)	
Sodium Target 2 (mg)(13)	300.38	322.03	368.21	333.28	< 485.00	330.98(M)	
Carb (g)	85.77 (74.97%)	66.67 (68.64%)	83.52 (70.99%)	112.12 (74.47%)		87.02(M)	72.55 %
Protein (g)	15.54 (13.58%)	17.79 (18.31%)	20.47 (17.39%)	19.13 (12.71%)		18.23(M)	15.20 %

Legend

(M) Indicates missing nutrient values.

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- 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: GNG 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)	465.45	405.12	577.72	[450.00 - 500.00]	482.76(M)	
Total Fat (g)	10.28 (19.88%)	6.27 (13.94%)	6.62 (10.31%)		7.72(M)	14.40 %
Sat Fat (g)(1)	5.72 (11.06%)	2.56 (5.70%)	3.55 (5.53%)	< 10.00 % of Calories	3.94(M)	7.35 %
Trans Fat (g)(2)	0.03	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	473.08	306.40	282.10	< 540.00	353.86(M)	
Sodium Target 2 (mg)(13)	473.08	306.40	282.10	< 485.00	353.86(M)	
Carb (g)	80.05 (68.79%)	71.67 (70.77%)	112.42 (77.84%)		88.05(M)	72.95 %
Protein (g)	19.12 (16.43%)	15.64 (15.44%)	18.22 (12.61%)		17.66(M)	14.63 %

Legend

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