



Breakfast in the Classroom – November 2019

SodexoMAGIC - DC Public Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 28 – November 1, 2019	<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
November 4-8, 2019	NO SCHOOL	NO SCHOOL	<ul style="list-style-type: none"> French Toast Sticks VE Diced Pears V 	<ul style="list-style-type: none"> Cheese Omelet w/ Biscuit V 100% Apple Juice and Fresh Orange Smiles 	<ul style="list-style-type: none"> Fruit & Yogurt Parfait w/ Granola V Fresh Banana
November 11-15, 2019	NO SCHOOL	<ul style="list-style-type: none"> Whole Grain Blueberry Muffin 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"> Mango Pineapple Round V Fresh Banana
November 18-22, 2019	<ul style="list-style-type: none"> Whole Grain Apple Muffin V Fresh Orange Smiles 	<ul style="list-style-type: none"> Danish Egg Bake (AEGGEKAGE) Diced Pears 	<ul style="list-style-type: none"> Canadian Egg Strata (Strata aux oeufs) 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
November 25-29, 2019	<ul style="list-style-type: none"> Whole Grain Blueberry Muffin V Fresh Orange Smiles 	<ul style="list-style-type: none"> Oatmeal w/ Fruit Topping VE Diced Pears 	NO SCHOOL	NO SCHOOL	NO SCHOOL

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 W5
 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	484.49	534.44	455.87	534.94	[400.00 - 500.00]	491.80(M)	
Total Fat (g)	5.84 (11.70%)	7.06 (13.11%)	14.98 (25.23%)	17.28 (34.12%)	6.67 (11.22%)		10.37(M)	18.97 %
Sat Fat (g)(1)	2.69 (5.39%)	1.42 (2.63%)	9.29 (15.65%)	9.28 (18.33%)	3.52 (5.92%)	< 10.00 % of Calories	5.24(M)	9.59 %
Trans Fat (g)(2)	0.10	0.00	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	370.58	284.25	704.18	714.89	316.12	< 540.00	478.01(M)	
Sodium Target 2 (mg)(13)	370.58	284.25	704.18	714.89	316.12	< 485.00	478.01(M)	
Carb (g)	84.75 (75.46%)	89.08 (73.54%)	85.69 (64.13%)	61.13 (53.64%)	104.18 (77.90%)		84.96(M)	69.11 %
Protein (g)	18.58 (16.54%)	20.70 (17.09%)	19.00 (14.22%)	18.12 (15.90%)	15.60 (11.66%)		18.40(M)	14.96 %

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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	373.27	520.14	582.85	[400.00 - 500.00]	492.08(M)	
Total Fat (g)	10.19 (24.58%)	15.83 (27.38%)	7.69 (11.88%)		11.24(M)	20.55 %
Sat Fat (g)(1)	2.36 (5.70%)	8.26 (14.29%)	1.68 (2.59%)	< 10.00 % of Calories	4.10(M)	7.50 %
Trans Fat (g)(2)	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	427.98	664.13	282.55	< 540.00	458.22(M)	
Sodium Target 2 (mg)(13)	427.98	664.13	282.55	< 485.00	458.22(M)	
Carb (g)	58.94 (63.16%)	80.08 (61.58%)	114.12 (78.32%)		84.38(M)	68.59 %
Protein (g)	14.48 (15.51%)	19.60 (15.07%)	22.26 (15.28%)		18.78(M)	15.26 %

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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)	467.20	325.74	433.99	537.32	[400.00 - 500.00]	441.06(M)	
Total Fat (g)	6.15 (11.85%)	8.76 (24.20%)	9.92 (20.56%)	5.47 (9.17%)		7.57(M)	15.46 %
Sat Fat (g)(1)	3.29 (6.33%)	3.35 (9.26%)	5.18 (10.75%)	3.92 (6.56%)	< 10.00 % of Calories	3.93(M)	8.03 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	315.01	454.00	452.42	236.59	< 540.00	364.51(M)	
Sodium Target 2 (mg)(13)	315.01	454.00	452.42	236.59	< 485.00	364.51(M)	
Carb (g)	83.60 (71.57%)	48.29 (59.29%)	75.13 (69.24%)	104.37 (77.70%)		77.85(M)	70.60 %
Protein (g)	14.37 (12.30%)	15.02 (18.45%)	17.61 (16.23%)	16.13 (12.01%)		15.78(M)	14.31 %

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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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	445.03	232.25	466.29	453.43	671.38	[400.00 - 500.00]	453.68(M)	
Total Fat (g)	6.25 (12.64%)	2.03 (7.87%)	10.98 (21.19%)	5.72 (11.36%)	7.83 (10.49%)		6.56(M)	13.02 %
Sat Fat (g)(1)	3.31 (6.69%)	0.86 (3.34%)	3.96 (7.65%)	4.49 (8.91%)	1.69 (2.26%)	< 10.00 % of Calories	2.86(M)	5.68 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	317.43	152.06	495.91	285.26	289.56	< 540.00	308.05(M)	
Sodium Target 2 (mg)(13)	317.43	152.06	495.91	285.26	289.56	< 485.00	308.05(M)	
Carb (g)	80.13 (72.03%)	46.61 (80.27%)	70.34 (60.34%)	87.99 (77.62%)	137.04 (81.65%)		84.42(M)	74.43 %
Protein (g)	15.65 (14.07%)	9.81 (16.90%)	25.94 (22.25%)	14.32 (12.63%)	22.83 (13.60%)		17.71(M)	15.62 %

Legend

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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

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