



Classic Breakfast - November 2019

SodexoMAGIC - DC Public Schools

MONDAY October 28, 2019	TUESDAY October 29, 2019	WEDNESDAY October 30, 2019	THURSDAY October 31, 2019	FRIDAY November 1, 2019
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Choose One Entree

<ul style="list-style-type: none"> • Bagel w/ Cream Cheese V • Oatmeal w/ Assorted Toppings V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Cheesy Grits w/ Hardboiled Egg & Biscuit V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Egg & Cheese Biscuit Sandwich V • Fruit and Yogurt Parfait V • Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> • Cheese Omelet & 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

V – Indicates Vegetarian
VE – Indicates Vegan





Classic Breakfast – November 2019

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MONDAY November 4, 2019	TUESDAY November 5, 2019	WEDNESDAY November 6, 2019	THURSDAY November 7, 2019	FRIDAY November 8, 2019
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Choose One Entree

NO SCHOOL	NO SCHOOL	<ul style="list-style-type: none"> Egg and Cheese Biscuit Sandwich V Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Cheese Omelet & Biscuit 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
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Classic Breakfast – November 2019

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MONDAY November 11, 2019	TUESDAY November 12, 2019	WEDNESDAY November 13, 2019	THURSDAY November 14, 2019	FRIDAY November 15, 2019
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Choose One Entree

NO SCHOOL	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> Cheesy Grits w/ Hardboiled Egg & Biscuit V Fruit and Yogurt Parfait 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"> Mango Pineapple Round 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

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VE – Indicates Vegan





Classic Breakfast – November 2019

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MONDAY November 18, 2019	TUESDAY November 19, 2019	WEDNESDAY November 20, 2019	THURSDAY November 21, 2019	FRIDAY November 22, 2019
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Choose One Entree

<ul style="list-style-type: none"> Cranberry Orange Round V Whole Grain Apple Muffin V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Danish Egg Bake (AEGGEKAGE) Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Canadian Egg Strata (Strata aux oeufs) 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"> 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



Classic Breakfast – November 2019

SodexoMAGIC - DC Public Schools

MONDAY November 25, 2019	TUESDAY November 26, 2019	WEDNESDAY November 27, 2019	THURSDAY November 28, 2019	FRIDAY November 29, 2019
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Choose One Entree

<ul style="list-style-type: none"> Oatmeal Raisin Round V Whole Grain Blueberry Muffin V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Oatmeal w/ Assorted Fruit Toppings Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	NO SCHOOL	NO SCHOOL	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

Weekly - Nutrient Summary

Menu Names: Classic Breakfast W5

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)	481.78	520.79	496.03	474.46	524.68	[450.00 - 500.00]	499.55(M)	
Total Fat (g)	5.18 (9.67%)	7.39 (12.77%)	8.20 (14.88%)	8.76 (16.62%)	6.50 (11.14%)		7.20(M)	12.98 %
Sat Fat (g)(1)	1.55 (2.90%)	2.43 (4.20%)	3.24 (5.87%)	3.23 (6.13%)	1.96 (3.37%)	< 10.00 % of Calories	2.48(M)	4.47 %
Trans Fat (g)(2)	0.03	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	272.06	324.71	383.70	407.76	301.35	< 540.00	337.92(M)	
Sodium Target 2 (mg)(13)	272.06	324.71	383.70	407.76	301.35	< 485.00	337.92(M)	
Carb (g)	97.58 (81.02%)	104.89 (80.56%)	92.23 (74.37%)	88.15 (74.32%)	105.77 (80.63%)		97.72(M)	78.25 %
Protein (g)	18.51 (15.37%)	17.20 (13.21%)	18.34 (14.79%)	17.85 (15.05%)	17.67 (13.47%)		17.91(M)	14.34 %

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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	476.87	515.89	492.67	[450.00 - 500.00]	495.14(M)	
Total Fat (g)	8.73 (16.48%)	8.65 (15.09%)	6.24 (11.40%)		7.87(M)	14.31 %
Sat Fat (g)(1)	3.34 (6.30%)	2.44 (4.25%)	2.21 (4.04%)	< 10.00 % of Calories	2.66(M)	4.84 %
Trans Fat (g)(2)	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	395.30	342.55	290.88	< 540.00	342.91(M)	
Sodium Target 2 (mg)(13)	395.30	342.55	290.88	< 485.00	342.91(M)	
Carb (g)	87.94 (73.76%)	92.70 (71.87%)	96.39 (78.26%)		92.34(M)	74.60 %
Protein (g)	18.13 (15.21%)	22.06 (17.10%)	17.36 (14.09%)		19.18(M)	15.50 %

Legend

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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)	608.28	385.56	445.62	526.71	[450.00 - 500.00]	491.54(M)	
Total Fat (g)	7.68 (11.37%)	6.51 (15.20%)	8.46 (17.08%)	6.07 (10.38%)		7.18(M)	13.15 %
Sat Fat (g)(1)	3.13 (4.63%)	1.82 (4.24%)	3.66 (7.40%)	2.34 (4.00%)	< 10.00 % of Calories	2.74(M)	5.01 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	348.54	320.44	364.76	281.83	< 540.00	328.89(M)	
Sodium Target 2 (mg)(13)	348.54	320.44	364.76	281.83	< 485.00	328.89(M)	
Carb (g)	126.54 (83.21%)	69.40 (72.00%)	79.37 (71.25%)	106.05 (80.54%)		95.34(M)	77.59 %
Protein (g)	18.00 (11.84%)	15.51 (16.09%)	19.05 (17.10%)	17.14 (13.02%)		17.43(M)	14.18 %

Legend

(M) Indicates missing nutrient values.

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- 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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	427.31	520.17	488.36	490.75	534.68	[450.00 - 500.00]	492.26(M)	
Total Fat (g)	5.29 (11.15%)	7.72 (13.35%)	8.04 (14.81%)	8.03 (14.73%)	6.40 (10.77%)		7.10(M)	12.97 %
Sat Fat (g)(1)	2.85 (5.99%)	2.01 (3.48%)	2.12 (3.91%)	1.47 (2.70%)	2.26 (3.81%)	< 10.00 % of Calories	2.14(M)	3.92 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	310.17	300.88	335.65	342.06	291.35	< 540.00	316.02(M)	
Sodium Target 2 (mg)(13)	310.17	300.88	335.65	342.06	291.35	< 485.00	316.02(M)	
Carb (g)	83.77 (78.42%)	102.20 (78.59%)	86.37 (70.74%)	88.86 (72.42%)	107.17 (80.17%)		93.67(M)	76.12 %
Protein (g)	14.75 (13.81%)	18.95 (14.57%)	22.42 (18.37%)	21.31 (17.37%)	17.87 (13.37%)		19.06(M)	15.49 %

Legend

(M) Indicates missing nutrient values.

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- 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				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.

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- 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.