



Early Childhood Lunch – November 2019

SodexoMAGIC - DC Public Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 28 – November 1, 2019	<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 Chilled Peaches 	<ul style="list-style-type: none"> Cheese Quesadilla V Sweet Potato Wedges Applesauce 	<ul style="list-style-type: none"> Sweet & Sour Chicken w/ Brown Rice Asian Veggie Blend Chilled Pears 	<ul style="list-style-type: none"> Stuffed Shells w/ Marinara V Parmesan Roasted Broccoli Orange Smiles
November 4 – 8, 2019	NO SCHOOL	NO SCHOOL	<ul style="list-style-type: none"> Grilled Cheese Sandwich V Roasted Corn Applesauce Cup 	<ul style="list-style-type: none"> Chicken Quesadilla Cucumber Coins w/ Dressing Diced Peaches 	<ul style="list-style-type: none"> Classic Cheese Pizza V Steamed Carrots Diced Pears
November 11 – 15, 2019	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
November 18 – 22, 2019	<ul style="list-style-type: none"> Oven Baked Lasagna V Roasted Ginger Kale Fresh Apple Slices 	<ul style="list-style-type: none"> Cameroon Chicken & Jollof Rice Cucumber Coins w/ Dressing Orange Smiles 	<ul style="list-style-type: none"> Philippines Pancit Bihon (Chicken & Noodles) Citrus Glazed Carrots Banana Half 	<ul style="list-style-type: none"> Roasted Turkey w/ Gravy & Thankful Knot Roasted Cinnamon Sweet Potatoes Diced Peaches 	<ul style="list-style-type: none"> Cheesy Omelet w/ Pancakes V Roasted Potatoes Applesauce Cup
November 25 – 29, 2019	<ul style="list-style-type: none"> Turkey Burger Seasoned Potato Wedges Applesauce 	<ul style="list-style-type: none"> Thai Lemongrass Chicken w/ Brown Rice Orange Broccoli Chilled Pineapple 	NO SCHOOL	NO SCHOOL	NO SCHOOL

Choose a Milk

Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan

Weekly - Nutrient Summary

Menu Names: Early Childhood W5

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	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	699.31	579.13	719.70	525.35	644.96		633.69(M)	
Total Fat (g)	18.68 (24.04%)	15.66 (24.33%)	16.24 (20.31%)	15.05 (25.78%)	17.83 (24.88%)		16.69(M)	23.71 %
Sat Fat (g)(1)	7.20 (9.26%)	6.45 (10.03%)	3.19 (3.99%)	3.88 (6.64%)	4.67 (6.52%)		5.08(M)	7.21 %
Trans Fat (g)(2)	0.02	0.00	0.00	0.01	0.04		0.01(M)	
Sodium Target 1 (mg)(13)	1,195.06	1,053.24	1,107.45	611.19	1,072.40		1,007.87(M)	
Sodium Target 2 (mg)(13)	1,195.06	1,053.24	1,107.45	611.19	1,072.40		1,007.87(M)	
Carb (g)	108.95 (62.32%)	81.84 (56.53%)	101.59 (56.46%)	73.82 (56.21%)	91.28 (56.61%)		91.50(M)	57.76 %
Protein (g)	32.46 (18.57%)	33.98 (23.47%)	31.24 (17.37%)	29.57 (22.51%)	34.88 (21.63%)		32.43(M)	20.47 %

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: 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	493.62	460.06	482.62		478.76	
Total Fat (g)	11.87 (21.65%)	12.39 (24.24%)	14.13 (26.35%)		12.80	24.06 %
Sat Fat (g)	6.50 (11.85%)	5.86 (11.47%)	6.98 (13.02%)		6.45	12.12 %
Trans Fat (g)	0.00	0.00	0.00		0.00	
Sodium (mg)	689.30	681.63	586.75		652.56	
Carb (g)	73.43 (59.50%)	61.63 (53.59%)	64.26 (53.26%)		66.44	55.51 %
Protein (g)	29.11 (23.59%)	28.47 (24.75%)	24.25 (20.10%)		27.28	22.79 %

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)	632.79	503.71	543.91	622.38		575.70	
Total Fat (g)	19.24 (27.37%)	13.30 (23.77%)	13.67 (22.62%)	22.59 (32.67%)		17.20	26.89 %
Sat Fat (g)	4.40 (6.26%)	5.61 (10.03%)	3.97 (6.57%)	9.07 (13.11%)		5.76	9.01 %
Trans Fat (g)	0.00	0.00	0.00	0.01		0.00	
Sodium (mg)	775.35	1,092.73	939.31	1,389.14		1,049.13	
Carb (g)	95.26 (60.21%)	67.27 (53.42%)	86.12 (63.33%)	80.84 (51.96%)		82.37	57.23 %
Protein (g)	21.19 (13.39%)	32.06 (25.46%)	32.53 (23.92%)	31.85 (20.47%)		29.41	20.43 %

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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	437.89	550.94	542.28	396.83	633.16		512.22(M)	
Total Fat (g)	9.18 (18.88%)	12.84 (20.97%)	9.82 (16.30%)	9.62 (21.81%)	21.83 (31.03%)		12.66(M)	22.24 %
Sat Fat (g)	4.95 (10.17%)	3.41 (5.57%)	2.79 (4.63%)	1.81 (4.10%)	5.84 (8.30%)		3.76(M)	6.61 %
Trans Fat (g)	0.01	0.00	0.00	0.00	0.00		0.00(M)	
Sodium (mg)	1,046.78	600.84	1,001.65	528.99	833.90		802.43(M)	
Carb (g)	63.62 (58.11%)	80.14 (58.18%)	88.52 (65.30%)	49.10 (49.49%)	91.95 (58.09%)		74.67(M)	58.31 %
Protein (g)	26.17 (23.90%)	31.98 (23.22%)	31.46 (23.21%)	29.08 (29.31%)	22.41 (14.16%)		28.22(M)	22.04 %

Legend

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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 %

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