



Grab & Go 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 • 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

V – Indicates Vegetarian
VE – Indicates Vegan



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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"> 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"> 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





Grab & Go 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 November 12, 2019	WEDNESDAY November 13, 2019	THURSDAY November 14, 2019	FRIDAY November 15, 2019
	<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"> • 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

V – Indicates Vegetarian
VE – Indicates Vegan



Grab & Go 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"> • Whole Grain Apple Muffin 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"> • 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



Grab & Go 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"> • Whole Grain Blueberry Muffin 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 	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: GNG 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)	485.28	603.71	459.18	422.32	508.54	[450.00 - 500.00]	495.81(M)	
Total Fat (g)	6.65 (12.34%)	7.63 (11.38%)	10.64 (20.85%)	9.35 (19.92%)	6.77 (11.98%)		8.21(M)	14.90 %
Sat Fat (g)(1)	1.81 (3.36%)	1.62 (2.41%)	5.32 (10.43%)	3.86 (8.23%)	2.75 (4.87%)	< 10.00 % of Calories	3.07(M)	5.58 %
Trans Fat (g)(2)	0.03	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	310.70	342.71	444.30	416.51	305.65	< 540.00	363.97(M)	
Sodium Target 2 (mg)(13)	310.70	342.71	444.30	416.51	305.65	< 485.00	363.97(M)	
Carb (g)	91.13 (75.12%)	127.10 (84.21%)	76.90 (66.99%)	70.17 (66.46%)	97.48 (76.67%)		92.56(M)	74.67 %
Protein (g)	20.77 (17.12%)	17.05 (11.30%)	19.80 (17.25%)	18.73 (17.74%)	17.16 (13.50%)		18.70(M)	15.09 %

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 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.

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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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	469.23	538.81	484.23	402.95	575.55	[450.00 - 500.00]	494.15(M)	
Total Fat (g)	6.45 (12.38%)	7.18 (12.00%)	10.70 (19.89%)	6.33 (14.13%)	6.67 (10.43%)		7.47(M)	13.60 %
Sat Fat (g)(1)	2.58 (4.94%)	2.57 (4.29%)	5.33 (9.90%)	2.57 (5.74%)	3.55 (5.56%)	< 10.00 % of Calories	3.32(M)	6.05 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	304.30	338.68	444.30	305.43	281.13	< 540.00	334.77(M)	
Sodium Target 2 (mg)(13)	304.30	338.68	444.30	305.43	281.13	< 485.00	334.77(M)	
Carb (g)	86.66 (73.88%)	112.34 (83.40%)	83.16 (68.70%)	71.01 (70.49%)	111.76 (77.67%)		92.99(M)	75.27 %
Protein (g)	17.80 (15.18%)	14.62 (10.86%)	20.30 (16.77%)	15.59 (15.48%)	18.17 (12.63%)		17.30(M)	14.00 %

Legend

(M) Indicates missing nutrient values.

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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)	461.38	384.15	494.14	565.55	[450.00 - 500.00]	476.30(M)	
Total Fat (g)	7.24 (14.12%)	7.41 (17.37%)	8.89 (16.19%)	6.42 (10.22%)		7.49(M)	14.16 %
Sat Fat (g)(1)	1.55 (3.03%)	2.10 (4.93%)	3.37 (6.15%)	3.05 (4.86%)	< 10.00 % of Calories	2.52(M)	4.76 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	341.60	320.09	363.11	266.13	< 540.00	322.73(M)	
Sodium Target 2 (mg)(13)	341.60	320.09	363.11	266.13	< 485.00	322.73(M)	
Carb (g)	88.88 (77.06%)	65.34 (68.04%)	88.71 (71.81%)	111.26 (78.69%)		88.55(M)	74.36 %
Protein (g)	16.22 (14.06%)	17.69 (18.42%)	21.13 (17.10%)	18.17 (12.85%)		18.30(M)	15.37 %

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 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)	476.38	499.64	496.85	[450.00 - 500.00]	490.95(M)	
Total Fat (g)	10.49 (19.82%)	9.40 (16.94%)	6.20 (11.23%)		8.70(M)	15.94 %
Sat Fat (g)(1)	5.30 (10.02%)	3.86 (6.96%)	3.36 (6.09%)	< 10.00 % of Calories	4.18(M)	7.66 %
Trans Fat (g)(2)	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	451.60	413.50	285.66	< 540.00	383.59(M)	
Sodium Target 2 (mg)(13)	451.60	413.50	285.66	< 485.00	383.59(M)	
Carb (g)	82.38 (69.17%)	87.47 (70.02%)	91.73 (73.85%)		87.19(M)	71.04 %
Protein (g)	18.72 (15.72%)	19.92 (15.95%)	16.78 (13.51%)		18.47(M)	15.05 %

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.