



Classic Breakfast - September 2019

SodexoMAGIC - DC Public Schools

MONDAY September 2, 2019	TUESDAY September 3, 2019	WEDNESDAY September 4, 2019	THURSDAY September 5, 2019	FRIDAY September 6, 2019
-----------------------------	------------------------------	--------------------------------	-------------------------------	-----------------------------

Choose One Entree

HOLIDAY NO SCHOOL	<ul style="list-style-type: none"> Cheesy Grits w/ Hardboiled Egg & Biscuit V 	<ul style="list-style-type: none"> Whole Grain Blueberry Muffin V 	<ul style="list-style-type: none"> Turkey Sausage Biscuit 	<ul style="list-style-type: none"> Mango Pineapple Round V
	<ul style="list-style-type: none"> Fruit and Yogurt Parfait V 	<ul style="list-style-type: none"> Fruit and Yogurt Parfait V 	<ul style="list-style-type: none"> Fruit and Yogurt Parfait V 	<ul style="list-style-type: none"> Fruit and Yogurt Parfait V
	<ul style="list-style-type: none"> Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Assorted Cereal & Graham Crackers VE

Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

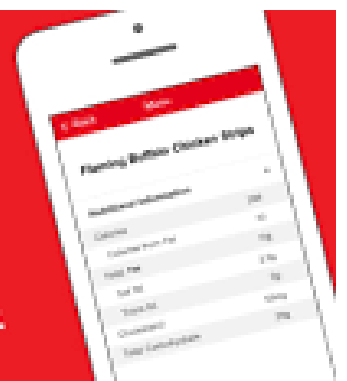
Choose a Milk

Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan



So Happy... the new app that tells you what's on the menu today in your school's cafeteria. Check out the menu items—including calories, nutritional information and allergens. There's also a step counter and the option to offer feedback.



So Happy

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY. Search "So Happy"





Classic Breakfast - September 2019

SodexoMAGIC - DC Public Schools

MONDAY September 9, 2019	TUESDAY September 10, 2019	WEDNESDAY September 11, 2019	THURSDAY September 12, 2019	FRIDAY September 13, 2019
-----------------------------	-------------------------------	---------------------------------	--------------------------------	------------------------------

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"> • 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"> • 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 |
|---|--|--|--|---|

Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

Choose a Milk

Nonfat or 1% White Milk

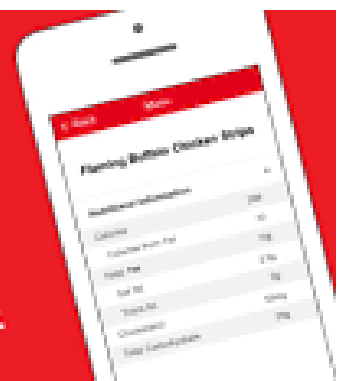
V – Indicates Vegetarian
VE – Indicates Vegan



So Happy... the new app that tells you what's on the menu today in your school's cafeteria. Check out the menu items—including calories, nutritional information and allergens. There's also a step counter and the option to offer feedback.

So Happy

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY. Search "So Happy"





Classic Breakfast - September 2019

SodexoMAGIC - DC Public Schools

MONDAY September 16, 2019	TUESDAY September 17, 2019	WEDNESDAY September 18, 2019	THURSDAY September 19, 2019	FRIDAY September 20, 2019
------------------------------	-------------------------------	---------------------------------	--------------------------------	------------------------------

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 VE Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Spinach Egg Frittata w/ Biscuit 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
---	--	--	--	---

Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

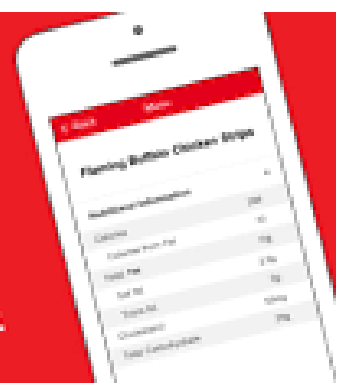
Choose a Milk

Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan



So Happy... the new app that tells you what's on the menu today in your school's cafeteria. Check out the menu items—including calories, nutritional information and allergens. There's also a step counter and the option to offer feedback.



So Happy

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY. Search "So Happy"



Classic Breakfast - September 2019

SodexoMAGIC - DC Public Schools

MONDAY September 23, 2019	TUESDAY September 24, 2019	WEDNESDAY September 25, 2019	THURSDAY September 26, 2019	FRIDAY September 27, 2019
------------------------------	-------------------------------	---------------------------------	--------------------------------	------------------------------

Choose One Entree

<ul style="list-style-type: none"> • Bagel w/ Cream Cheese V • Oatmeal w/ Assorted Fruit Toppings VE • 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
---	---	--	--	---

Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

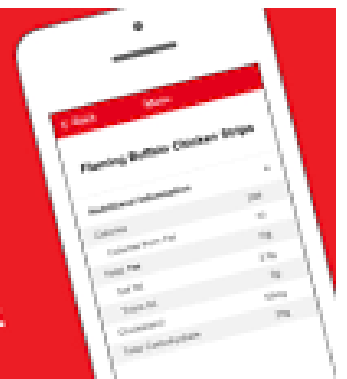
Choose a Milk

Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan



So Happy... the new app that tells you what's on the menu today in your school's cafeteria. Check out the menu items—including calories, nutritional information and allergens. There's also a step counter and the option to offer feedback.



So Happy

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY. Search "So Happy"



Classic Breakfast - September 2019

SodexoMAGIC - DC Public Schools

MONDAY September 30, 2019	TUESDAY October 1, 2019	WEDNESDAY October 2, 2019	THURSDAY October 3, 2019	FRIDAY October 4, 2019
------------------------------	----------------------------	------------------------------	-----------------------------	---------------------------

Choose One Entree

<ul style="list-style-type: none"> Whole Grain Apple Muffin V French Toast Sticks VE Assorted Cereal & Graham Crackers VE 	<ul style="list-style-type: none"> Oatmeal w/ Assorted Fruit Toppings VE Fruit and Yogurt Parfait V Assorted Cereal & Graham Crackers VE 	<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"> Breakfast Burrito 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
---	--	--	---	---

Choose Your Fruits

Assorted Fresh Fruit or Assorted Cupped Fruit

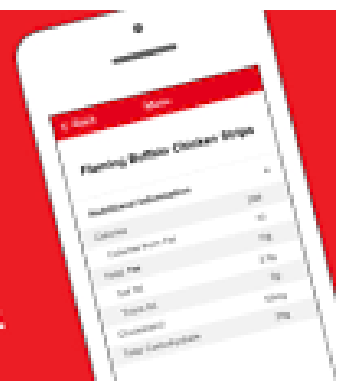
Choose a Milk

Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan



So Happy... the new app that tells you what's on the menu today in your school's cafeteria. Check out the menu items—including calories, nutritional information and allergens. There's also a step counter and the option to offer feedback.



So Happy

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY. Search "So Happy"

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	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	497.53	433.72	485.33	514.34	[450.00 - 500.00]	482.73(M)	
Total Fat (g)	9.20 (16.63%)	6.02 (12.49%)	8.37 (15.52%)	6.03 (10.55%)		7.40(M)	13.81 %
Sat Fat (g)(1)	3.62 (6.56%)	1.50 (3.11%)	3.60 (6.67%)	1.94 (3.39%)	< 10.00 % of Calories	2.66(M)	4.97 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	393.77	293.86	397.21	291.26	< 540.00	344.03(M)	
Sodium Target 2 (mg)(13)	393.77	293.86	397.21	291.26	< 485.00	344.03(M)	
Carb (g)	90.30 (72.60%)	80.89 (74.60%)	91.83 (75.68%)	102.97 (80.08%)		91.50(M)	75.82 %
Protein (g)	18.87 (15.17%)	16.16 (14.90%)	18.61 (15.34%)	17.19 (13.37%)		17.71(M)	14.67 %

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 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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	477.41	492.24	478.03	462.46	457.29	[450.00 - 500.00]	473.49(M)	
Total Fat (g)	5.42 (10.22%)	8.18 (14.95%)	8.82 (16.61%)	7.66 (14.91%)	6.07 (11.95%)		7.23(M)	13.74 %
Sat Fat (g)(1)	2.86 (5.39%)	3.24 (5.92%)	3.24 (6.09%)	2.83 (5.51%)	1.68 (3.30%)	< 10.00 % of Calories	2.77(M)	5.26 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	310.17	406.37	398.20	363.76	297.08	< 540.00	355.12(M)	
Sodium Target 2 (mg)(13)	310.17	406.37	398.20	363.76	297.08	< 485.00	355.12(M)	
Carb (g)	96.29 (80.68%)	94.20 (76.55%)	86.43 (72.32%)	87.95 (76.07%)	87.81 (76.81%)		90.54(M)	76.49 %
Protein (g)	15.75 (13.20%)	17.31 (14.07%)	18.74 (15.68%)	17.65 (15.27%)	17.15 (15.00%)		17.32(M)	14.63 %

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 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)	481.41	478.05	500.01	485.64	497.34	[450.00 - 500.00]	488.49(M)	
Total Fat (g)	5.47 (10.23%)	5.86 (11.02%)	6.92 (12.46%)	7.68 (14.23%)	6.05 (10.96%)		6.40(M)	11.78 %
Sat Fat (g)(1)	2.71 (5.07%)	1.25 (2.35%)	2.03 (3.65%)	2.83 (5.24%)	2.11 (3.82%)	< 10.00 % of Calories	2.19(M)	4.03 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	309.17	283.32	319.55	365.87	299.03	< 540.00	315.39(M)	
Sodium Target 2 (mg)(13)	309.17	283.32	319.55	365.87	299.03	< 485.00	315.39(M)	
Carb (g)	93.49 (77.68%)	95.84 (80.20%)	95.50 (76.39%)	94.05 (77.46%)	99.98 (80.41%)		95.77(M)	78.42 %
Protein (g)	15.65 (13.01%)	17.17 (14.37%)	18.78 (15.03%)	17.98 (14.81%)	16.93 (13.62%)		17.30(M)	14.17 %

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 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	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	474.70	475.65	489.03	474.46	501.38	[450.00 - 500.00]	483.04(M)	
Total Fat (g)	5.69 (10.78%)	7.97 (15.08%)	8.22 (15.14%)	8.76 (16.62%)	6.11 (10.96%)		7.35(M)	13.69 %
Sat Fat (g)(1)	1.72 (3.27%)	3.08 (5.83%)	3.24 (5.96%)	3.23 (6.13%)	2.07 (3.71%)	< 10.00 % of Calories	2.67(M)	4.97 %
Trans Fat (g)(2)	0.04	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	334.33	370.90	396.20	407.76	311.74	< 540.00	364.19(M)	
Sodium Target 2 (mg)(13)	334.33	370.90	396.20	407.76	311.74	< 485.00	364.19(M)	
Carb (g)	94.74 (79.83%)	89.27 (75.07%)	90.63 (74.13%)	88.15 (74.32%)	100.25 (79.98%)		92.61(M)	76.69 %
Protein (g)	18.18 (15.32%)	17.46 (14.68%)	18.44 (15.08%)	17.85 (15.05%)	16.16 (12.89%)		17.62(M)	14.59 %

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 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)	470.90	487.67	451.22	501.20	455.33	[450.00 - 500.00]	473.27(M)	
Total Fat (g)	6.43 (12.29%)	6.09 (11.23%)	8.35 (16.65%)	9.59 (17.22%)	5.90 (11.66%)		7.27(M)	13.83 %
Sat Fat (g)(1)	1.97 (3.77%)	1.35 (2.49%)	3.27 (6.52%)	2.29 (4.11%)	2.06 (4.07%)	< 10.00 % of Calories	2.19(M)	4.16 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.01	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	322.60	251.25	398.81	360.49	296.56	< 540.00	325.94(M)	
Sodium Target 2 (mg)(13)	322.60	251.25	398.81	360.49	296.56	< 485.00	325.94(M)	
Carb (g)	93.49 (79.41%)	96.49 (79.14%)	84.08 (74.54%)	87.84 (70.11%)	87.00 (76.43%)		89.78(M)	75.88 %
Protein (g)	15.04 (12.77%)	18.81 (15.43%)	16.61 (14.72%)	20.77 (16.58%)	16.42 (14.42%)		17.53(M)	14.81 %

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.