

Menu: Breakfast in the Classroom

Chartwells-Thompson School Dining Services

Grades: K-8

District of Columbia Public Schools

Key: WG = Whole Grain, WW = Whole Wheat, RF = Reduced Fat

Tues -1/03/2012	Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g	
Egg & Cheese Pita Pocket	1 each	210	165	490	2	1.44	90	350	2.4	14	21	9	4	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													11.20%	

Wed - 1/04/2012	Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g	
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Turk Bacon, Egg, Cheese Muffin	1 each	223	115	448	3	2.25	179.8	180	0	14.78	27	7	1.99	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													6.90%	

Thurs - 1/05/2012	Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g	
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Bluenanaberry Muffin	2 oz	150	20	90	3	0.72	40	100	2.4	4	29	0	0	0
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													3.60%	

Fri - 1/06/2012	Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g	
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Cinnamon Oatmeal	1/2 cup	179	0	7	4.02	1.85	30.8	0	0	6.34	33.53	2.58	0.46	0
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													4.20%	

Mon - 1/09/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Chicken Sausage Biscuit	1 Each	320	25	530	2	1.8	20	100	0	20	25	13	3	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													7.30%	

Tues -1/10/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Cinnamon Toast Crunch	1 EACH	110	0	200	3	3.6	200	400	4.8	1	22	3	0	0
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													4.00%	

Wed- 1/11/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Turkey Ham, Egg, Chs WW Muffin	1 each	221	111	443	3	2.23	180.9	186	0.27	13.99	27.08	6.98	2.22	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													7.30%	

Thurs - 1/12/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Wheat Bagel w/ Cream Cheese	2.8 oz	272	25	493	4.02	1.09	40.3	304	0	7.04	40.21	9.1	5.06	0
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													10.40%	

Fri - 1/13/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Maple Pancakes, IW	2 pack	228	21	187	1.04	1.5	41.5	3738	0	6.23	45.69	3.12	0	0	
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0	
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0	
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0	
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0	
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0	
Saturated Fat % of Total Calories													3.00%		

Tues- 1/17/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Turkey Sausage Omelet Pita	1 each	210	165	490	2	1.44	90	350	2.4	14	21	9	4	0	
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0	
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0	
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0	
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0	
Saturated Fat % of Total Calories													11.20%		

Wed - 1/18/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Multigrain Cheerios	1 bowl	70	0	105	2	10.8	60	300	9	2	15	1	0	0	
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0	
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0	
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0	
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0	
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0	
Saturated Fat % of Total Calories													4.60%		

Thurs - 1/19/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Egg & Cheddar WW Bagel	1 each	300	110	423	3	1.98	160	250	0	11.5	35	8.5	3.5	0	
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0	
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0	
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0	
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0	
Saturated Fat % of Total Calories													7.80%		

Fri- 1/20/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Zac Bar Apple	1 each	150	0	75	3	1.44	60	0	0	4	26	4	0	0	
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0	
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0	
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0	
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0	
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0	
Saturated Fat % of Total Calories													3.60%		

Mon - 1/23/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Egg & Cheese Pita Pocket	1 each	210	165	490	2	1.44	90	350	2.4	14	21	9	4	0	
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0	
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0	
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0	
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0	
Saturated Fat % of Total Calories													11.20%		

Tues- 1/24/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Berry Kix Cereal	1 each	70	0	100	1	4.5	80	300	20	1	16	1	0	0	
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0	
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0	
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0	
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0	
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0	
Saturated Fat % of Total Calories													4.40%		

Wed - 1/25/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Turk Bacon, Egg, Cheese Muffin	1 each	223	115	448	3	2.25	179.8	180	0	14.78	27	7	1.99	0	
Tropical Fruit Salad	1/2 cup	29	0	1	1.17	0.1	4.7	31	10.77	0.2	7.7	0.09	0.01	0	
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0	
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0	
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0	
Saturated Fat % of Total Calories													7.20%		

Thurs- 1/26/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Applesauce Cinn Muffin	2 oz	140	25	85	2	0.72	40	100	0	4	27	3	0	0
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													3.90%	

Fri- 1/28/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Cinnamon Oatmeal	1/2 cup	179	0	7	4.02	1.85	30.8	0	0	6.34	33.53	2.58	0.46	0
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													4.20%	

Mon - 1/30/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Chicken Sausage Biscuit	1 Each	320	25	530	2	1.8	20	100	0	20	25	13	3	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													7.30%	

Tues- 1/31/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Cinnamon Toast Crunch	1 EACH	110	0	200	3	3.6	200	400	4.8	1	22	3	0	0
Yogurt Cup, Stonyfield	4 oz	80	5	75	0	0	150.5	0	0	4.01	13.05	1	0.5	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													4.10%	