

Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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Generated on: 12/16/2020 8:36:14 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/04/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
Breakfast Kit - Apple Jacks	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		448	5	370	7.40	3.18	492.0	1506	68.16	*49	8.48	91.59	6.24	2.13	0.00
% of Calories										*44.0%	7.6%	81.8%	12.5%	4.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 01/05/2021															
MacArthur Breakfast	Total														
Pancakes, Eggo Maple Mini Bag*	1 bag	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		498	15	488	5.40	2.94	304.0	928	2.78	*63	10.80	101.55	6.32	1.15	0.00
% of Calories										*50.2%	8.7%	81.5%	11.4%	2.1%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 01/06/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		439	4	357	7.40	3.18	468.0	1466	68.06	*48	7.84	90.10	6.22	2.12	0.00
% of Calories										*43.7%	7.1%	82.0%	12.7%	4.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/07/2021															
MacArthur Breakfast	Total														
Fr Toast, Mini, Pkg +	1Pkg	220	0	200	2.00	1.44	60.0	0	0.0	11	4.0	37.0	7.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		504	5	367	3.40	1.68	304.0	428	2.69	*62	10.77	102.43	7.32	1.15	0.00
% of Calories										*48.9%	8.6%	81.4%	13.1%	2.1%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 01/08/2021															
MacArthur Breakfast	Total														
Donut, Raised WG, Richs 461983	Donut	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
Cereal, Assorted *	Box	110	0	160	1.80	4.32	52.0	460	9.12	8	1.6	23.4	1.4	0.30	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		400	5	387	3.92	2.40	264.8	612	6.34	*43	10.41	67.99	10.48	4.47	0.00
% of Calories										*42.8%	10.4%	68.1%	23.6%	10.1%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 01/11/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
Breakfast Kit - Apple Jacks	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		448	5	370	7.40	3.18	492.0	1506	68.16	*49	8.48	91.59	6.24	2.13	0.00
% of Calories										*44.0%	7.6%	81.8%	12.5%	4.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/12/2021															
MacArthur Breakfast	Total														
Pancakes, Eggo Maple Mini Bag*	1 bag	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		498	15	488	5.40	2.94	304.0	928	2.78	*63	10.80	101.55	6.32	1.15	0.00
% of Calories										*50.2%	8.7%	81.5%	11.4%	2.1%	0.0%
Nutrient Guideline		350-500		540											<10.00

Wed - 01/13/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
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% of Calories										*43.7%	7.1%	82.0%	12.7%	4.3%	0.0%
Nutrient Guideline		350-500		540											<10.00

Thu - 01/14/2021															
MacArthur Breakfast	Total														
Fr Toast, Mini, Pkg +	1Pkg	220	0	200	2.00	1.44	60.0	0	0.0	11	4.0	37.0	7.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		504	5	367	3.40	1.68	304.0	428	2.69	*62	10.77	102.43	7.32	1.15	0.00
% of Calories										*48.9%	8.6%	81.4%	13.1%	2.1%	0.0%
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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/15/2021															
MacArthur Breakfast	Total														
Donut, Raised WG, Richs 461983	Donut	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
Cereal, Assorted *	Box	110	0	160	1.80	4.32	52.0	460	9.12	8	1.6	23.4	1.4	0.30	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		400	5	387	3.92	2.40	264.8	612	6.34	*43	10.41	67.99	10.48	4.47	0.00
% of Calories										*42.8%	10.4%	68.1%	23.6%	10.1%	0.0%
Nutrient Guideline		350-500		540											<10.00

Mon - 01/18/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
Breakfast Kit - Apple Jacks	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
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Nutrient Guideline		350-500		540											<10.00

Tue - 01/19/2021															
MacArthur Breakfast	Total														
Pancakes, Eggo Maple Mini Bag*	1 bag	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		498	15	488	5.40	2.94	304.0	928	2.78	*63	10.80	101.55	6.32	1.15	0.00
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Breakfast Kit - Apple Jacks	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
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MacArthur Breakfast	Total														
Fr Toast, Mini, Pkg +	1Pkg	220	0	200	2.00	1.44	60.0	0	0.0	11	4.0	37.0	7.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		504	5	367	3.40	1.68	304.0	428	2.69	*62	10.77	102.43	7.32	1.15	0.00
% of Calories										*48.9%	8.6%	81.4%	13.1%	2.1%	0.0%
Nutrient Guideline		350-500		540										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/26/2021															
MacArthur Breakfast	Total														
Pancakes, Eggo Maple Mini Bag*	1 bag	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		498	15	488	5.40	2.94	304.0	928	2.78	*63	10.80	101.55	6.32	1.15	0.00
% of Calories										*50.2%	8.7%	81.5%	11.4%	2.1%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/27/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		439	4	357	7.40	3.18	468.0	1466	68.06	*48	7.84	90.10	6.22	2.12	0.00
% of Calories										*43.7%	7.1%	82.0%	12.7%	4.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/28/2021															
MacArthur Breakfast	Total														
Fr Toast, Mini, Pkg +	1Pkg	220	0	200	2.00	1.44	60.0	0	0.0	11	4.0	37.0	7.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		504	5	367	3.40	1.68	304.0	428	2.69	*62	10.77	102.43	7.32	1.15	0.00
% of Calories										*48.9%	8.6%	81.4%	13.1%	2.1%	0.0%
Nutrient Guideline		350-500		540										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/29/2021															
MacArthur Breakfast	Total														
Donut, Raised WG, Richs 461983	Donut	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
Cereal, Assorted *	Box	110	0	160	1.80	4.32	52.0	460	9.12	8	1.6	23.4	1.4	0.30	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		400	5	387	3.92	2.40	264.8	612	6.34	*43	10.41	67.99	10.48	4.47	0.00
% of Calories										*42.8%	10.4%	68.1%	23.6%	10.1%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		461	7	395	5.49	2.66	365.2	980	28.76	*54 *104.5	9.68 8.4%	91.95 79.7%	7.20 14.0%	2.08 4.1%	0.00 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	461		350 - 500	100%				
Cholesterol (mg)	7							
Sodium 1 (mg)	395		540					
Sodium 2 (mg)	395		485					
Fiber (g)	5.49							
Iron (mg)	2.66							
Calcium (mg)	365.2							
Vitamin A (IU)	980							
Sugars (g)	54	46.42%			Missing			
Vitamin C (mg)	28.76							
Protein (g)	9.68	8.39%						
Carbohydrate (g)	91.95	79.70%						
Total Fat (g)	7.20	14.04%						
Saturated Fat (g)	2.08	4.06%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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