

# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

## Base Menu Spreadsheet

GHS Breakfast

### Portion Values - Detailed

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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 <sup>1</sup> (g)
Mon - 01/04/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		461	64	600	4.11	2.67	469.3	808	5.80	*46	18.12	75.21	10.44	4.51	*0.00
% of Calories										*40.3%	15.7%	65.3%	20.4%	8.8%	*0.0%
Nutrient Guideline		450-600		640										<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 <sup>1</sup> (g)
Tue - 01/05/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		464	64	607	4.18	2.99	467.1	845	6.58	*48	18.18	76.21	10.31	4.41	*0.00
% of Calories										*41.1%	15.7%	65.7%	20.0%	8.5%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

## Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Wed - 01/06/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		469	68	615	4.20	2.77	452.0	780	5.80	*46	18.18	76.13	10.88	4.64	*0.00
% of Calories										*39.5%	15.5%	64.9%	20.9%	8.9%	*0.0%
Nutrient Guideline		450-600		640										<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 <sup>1</sup> (g)
Thu - 01/07/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		468	77	641	4.28	2.40	451.8	728	4.46	*43	18.83	72.66	12.11	5.19	*0.00
% of Calories										*36.6%	16.1%	62.0%	23.3%	10.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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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 <sup>1</sup> (g)
Fri - 01/08/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		478	77	647	4.28	2.45	454.2	728	4.56	*44	18.97	74.98	12.05	5.13	*0.00
% of Calories										*36.7%	15.9%	62.7%	22.7%	9.6%	*0.0%
Nutrient Guideline		450-600		640										<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 <sup>1</sup> (g)
Mon - 01/11/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		461	64	600	4.11	2.67	469.3	808	5.80	*46	18.12	75.21	10.44	4.51	*0.00
% of Calories										*40.3%	15.7%	65.3%	20.4%	8.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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## Base Menu Spreadsheet

GHS Breakfast

### Portion Values - Detailed

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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 <sup>1</sup> (g)
Tue - 01/12/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		464	64	607	4.18	2.99	467.1	845	6.58	*48	18.18	76.21	10.31	4.41	*0.00
% of Calories										*41.1%	15.7%	65.7%	20.0%	8.5%	*0.0%
Nutrient Guideline		450-600		640										<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 <sup>1</sup> (g)
Wed - 01/13/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		469	68	615	4.20	2.77	452.0	780	5.80	*46	18.18	76.13	10.88	4.64	*0.00
% of Calories										*39.5%	15.5%	64.9%	20.9%	8.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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GHS Breakfast

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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 <sup>1</sup> (g)
Thu - 01/14/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		468	77	641	4.28	2.40	451.8	728	4.46	*43	18.83	72.66	12.11	5.19	*0.00
% of Calories										*36.6%	16.1%	62.0%	23.3%	10.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 01/15/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		478	77	647	4.28	2.45	454.2	728	4.56	*44	18.97	74.98	12.05	5.13	*0.00
% of Calories										*36.7%	15.9%	62.7%	22.7%	9.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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**Germantown School District**

**Jan 4, 2021 thru Jan 29, 2021**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
<b>Mon - 01/18/2021</b>															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		461	64	600	4.11	2.67	469.3	808	5.80	*46	18.12	75.21	10.44	4.51	*0.00
% of Calories										*40.3%	15.7%	65.3%	20.4%	8.8%	*0.0%
Nutrient Guideline		450-600		640										<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 <sup>1</sup> (g)
<b>Tue - 01/19/2021</b>															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		464	64	607	4.18	2.99	467.1	845	6.58	*48	18.18	76.21	10.31	4.41	*0.00
% of Calories										*41.1%	15.7%	65.7%	20.0%	8.5%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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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 <sup>1</sup> (g)
Wed - 01/20/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		469	68	615	4.20	2.77	452.0	780	5.80	*46	18.18	76.13	10.88	4.64	*0.00
% of Calories										*39.5%	15.5%	64.9%	20.9%	8.9%	*0.0%
Nutrient Guideline		450-600		640										<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 <sup>1</sup> (g)
Thu - 01/21/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		468	77	641	4.28	2.40	451.8	728	4.46	*43	18.83	72.66	12.11	5.19	*0.00
% of Calories										*36.6%	16.1%	62.0%	23.3%	10.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

## Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Tue - 01/26/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		464	64	607	4.18	2.99	467.1	845	6.58	*48	18.18	76.21	10.31	4.41	*0.00
% of Calories										*41.1%	15.7%	65.7%	20.0%	8.5%	*0.0%
Nutrient Guideline		450-600		640										<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 <sup>1</sup> (g)
Wed - 01/27/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		469	68	615	4.20	2.77	452.0	780	5.80	*46	18.18	76.13	10.88	4.64	*0.00
% of Calories										*39.5%	15.5%	64.9%	20.9%	8.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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**Germantown School District**

**Jan 4, 2021 thru Jan 29, 2021**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Thu - 01/28/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		468	77	641	4.28	2.40	451.8	728	4.46	*43	18.83	72.66	12.11	5.19	*0.00
% of Calories										*36.6%	16.1%	62.0%	23.3%	10.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 01/29/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
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		478	77	647	4.28	2.45	454.2	728	4.56	*44	18.97	74.98	12.05	5.13	*0.00
% of Calories										*36.7%	15.9%	62.7%	22.7%	9.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		468	70	622	4.21	2.67	458.6	779	5.47	*45	18.45	75.03	11.15	4.77	*0.00
										*87.5%	15.8%	64.1%	21.4%	9.2%	*0.0%

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**Germantown School District**

**Jan 4, 2021 thru Jan 29, 2021**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	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 <sup>1</sup> (g)	Error Messages (if any)
Calories	468		450 - 600		100%												
Cholesterol (mg)	70																
Sodium 1 (mg)	622		640														
Sodium 2 (mg)	622		570						52								Correction Required - Sodium too High
Fiber (g)	4.21																
Iron (mg)	2.67																
Calcium (mg)	458.6																
Vitamin A (IU)	779																
Sugars (g)	45	38.87%				Missing											
Vitamin C (mg)	5.47																
Protein (g)	18.45	15.76%															
Carbohydrate (g)	75.03	64.12%															
Total Fat (g)	11.15	21.44%															
Saturated Fat (g)	4.77	9.17%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.