

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Mon - 03/02/2020																
MacArthur Breakfast	Total	50														
Waffles, Eggo Mini Maple WG	1 pouch	34	200	0	220	4.00	3.60	200.0	1000	0.0	10	4.0	35.0	5.0	1.50	0.00
Sausage Links, JTM, 2	2 Sausage	34	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Smuckers 1.4oz Cup Skip	1 Cup	30	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	7	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	9	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	10	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	30	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories			476	25	470	4.01	4.03	503.6	1621	4.95	*47 *39.5%	13.90 11.7%	78.65 66.1%	12.83 24.3%	4.51 8.5%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 03/03/2020																
MacArthur Breakfast	Total	50														
Omelet, Colby Chs - Michaels#	1 Omelet	30	130	190	260	0.00	0.72	60.0	400	0.0	0	7.0	1.0	11.0	3.50	0.00
Potatoes, Tri-Tater, Tiny+	3 Tiny Taters	30	140	0	330	2.00	0.36	0.0	0	3.6	*N/A*	1.0	17.0	7.0	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	10	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	10	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	15	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	30	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories			366	119	537	2.40	2.45	281.0	871	6.24	*28 *30.4%	11.22 12.3%	53.45 58.5%	12.00 29.5%	3.67 9.0%	0.00 0.0%
Nutrient Guideline			350-500		540											<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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Wed - 03/04/2020																
MacArthur Breakfast	Total	50														
Bosco Stk, Cheese & Egg 6" WG	1 Stick	35	160	55	340	2.00	1.08	100.0	0	0.0	2	8.0	17.0	7.0	3.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	8	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	7	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	15	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	30	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average			313	43	409	2.69	2.22	309.0	680	4.86	*28	12.11	53.94	5.88	2.45	0.00
% of Calories											*36.2%	15.5%	69.0%	16.9%	7.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 03/05/2020																
MacArthur Breakfast	Total	50														
Egg, Sausage & Cheese Crsst+	1Cst/1E/1 S/1C	35	395	118	695	3.00	2.16	220.0	450	0.0	*4	15.5	32.0	23.5	8.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	7	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	8	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	15	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Fresh, Winter Mix	1 Piece	30	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average			476	91	684	4.18	2.88	434.3	868	18.99	*25	18.81	59.53	19.04	7.41	*0.00
% of Calories											*20.9%	15.8%	50.0%	36.0%	14.0%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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	Portion Size	Reimb Qty	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)
Fri - 03/06/2020																
MacArthur Breakfast	Total	50														
Donut, Raised WG, Richs 461983	Donut	30	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
String Cheese	1 Piece	30	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Cereal, Trix Box %	Box	10	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	10	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	15	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	30	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	34	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average			431	15	466	3.00	2.27	393.3	759	4.18	*33	14.48	62.72	14.23	6.74	*0.00
% of Calories											*30.8%	13.4%	58.2%	29.7%	14.1%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 03/09/2020																
MacArthur Breakfast	Total	50														
Waffles, Eggo Mini Maple WG	1 pouch	34	200	0	220	4.00	3.60	200.0	1000	0.0	10	4.0	35.0	5.0	1.50	0.00
Sausage Links, JTM, 2	2 Sausage	34	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Smuckers 1.4oz Cup Skip	1 Cup	30	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	7	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	9	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	10	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	30	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average			476	25	470	4.01	4.03	503.6	1621	4.95	*47	13.90	78.65	12.83	4.51	*0.00
% of Calories											*39.5%	11.7%	66.1%	24.3%	8.5%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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	Portion Size	Reimb Qty	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)
Tue - 03/10/2020																
MacArthur Breakfast	Total	50														
Omelet, Colby Chs - Michaels#	1 Omelet	30	130	190	260	0.00	0.72	60.0	400	0.0	0	7.0	1.0	11.0	3.50	0.00
Potatoes, Tri-Tater, Tiny+	3 Tiny Taters	30	140	0	330	2.00	0.36	0.0	0	3.6	*N/A*	1.0	17.0	7.0	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	10	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	10	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	15	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	30	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories			366	119	537	2.40	2.45	281.0	871	6.24	*28 *30.4%	11.22 12.3%	53.45 58.5%	12.00 29.5%	3.67 9.0%	0.00 0.0%
Nutrient Guideline			350-500		540										<10.00	

Wed - 03/11/2020																
MacArthur Breakfast	Total	50														
Bosco Stk, Cheese & Egg 6" WG	1 Stick	35	160	55	340	2.00	1.08	100.0	0	0.0	2	8.0	17.0	7.0	3.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	8	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	7	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	15	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	30	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories			313	43	409	2.69	2.22	309.0	680	4.86	*28 *36.2%	12.11 15.5%	53.94 69.0%	5.88 16.9%	2.45 7.0%	0.00 0.0%
Nutrient Guideline			350-500		540										<10.00	

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	Portion Size	Reimb Qty	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 - 03/12/2020																
MacArthur Breakfast	Total	50														
Egg, Sausage & Cheese Crsst+	1Cst/1E/1 S/1C	35	395	118	695	3.00	2.16	220.0	450	0.0	*4	15.5	32.0	23.5	8.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	7	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	8	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	15	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Fresh, Winter Mix	1 Piece	30	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average			476	91	684	4.18	2.88	434.3	868	18.99	*25	18.81	59.53	19.04	7.41	*0.00
% of Calories											*20.9%	15.8%	50.0%	36.0%	14.0%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Fri - 03/13/2020																
MacArthur Breakfast	Total	50														
Donut, Raised WG, Richs 461983	Donut	30	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
String Cheese	1 Piece	30	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Cereal, Trix Box %	Box	10	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	10	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	15	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	30	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	34	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average			431	15	466	3.00	2.27	393.3	759	4.18	*33	14.48	62.72	14.23	6.74	*0.00
% of Calories											*30.8%	13.4%	58.2%	29.7%	14.1%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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Mon - 03/16/2020																
MacArthur Breakfast	Total	50														
Waffles, Eggo Mini Maple WG	1 pouch	34	200	0	220	4.00	3.60	200.0	1000	0.0	10	4.0	35.0	5.0	1.50	0.00
Sausage Links, JTM, 2	2 Sausage	34	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Smuckers 1.4oz Cup Skip	1 Cup	30	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	7	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	9	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	10	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	30	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories			476	25	470	4.01	4.03	503.6	1621	4.95	*47 *39.5%	13.90 11.7%	78.65 66.1%	12.83 24.3%	4.51 8.5%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 03/17/2020																
MacArthur Breakfast	Total	50														
Omelet, Colby Chs - Michaels#	1 Omelet	30	130	190	260	0.00	0.72	60.0	400	0.0	0	7.0	1.0	11.0	3.50	0.00
Potatoes, Tri-Tater, Tiny+	3 Tiny Taters	30	140	0	330	2.00	0.36	0.0	0	3.6	*N/A*	1.0	17.0	7.0	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	10	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	10	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	15	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	30	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories			366	119	537	2.40	2.45	281.0	871	6.24	*28 *30.4%	11.22 12.3%	53.45 58.5%	12.00 29.5%	3.67 9.0%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

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Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

Generated on: 2/25/2020 12:50:22 PM

	Portion Size	Reimb Qty	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)
Wed - 03/18/2020																
MacArthur Breakfast	Total	50														
Bosco Stk, Cheese & Egg 6" WG	1 Stick	35	160	55	340	2.00	1.08	100.0	0	0.0	2	8.0	17.0	7.0	3.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	8	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	7	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	15	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	30	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average			313	43	409	2.69	2.22	309.0	680	4.86	*28	12.11	53.94	5.88	2.45	0.00
% of Calories											*36.2%	15.5%	69.0%	16.9%	7.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 03/19/2020																
MacArthur Breakfast	Total	50														
Egg, Sausage & Cheese Crsst+	1Cst/1E/1 S/1C	35	395	118	695	3.00	2.16	220.0	450	0.0	*4	15.5	32.0	23.5	8.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	7	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	8	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	15	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Fresh, Winter Mix	1 Piece	30	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average			476	91	684	4.18	2.88	434.3	868	18.99	*25	18.81	59.53	19.04	7.41	*0.00
% of Calories											*20.9%	15.8%	50.0%	36.0%	14.0%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/30/2020																
MacArthur Breakfast	Total	50														
Waffles, Eggo Mini Maple WG	1 pouch	34	200	0	220	4.00	3.60	200.0	1000	0.0	10	4.0	35.0	5.0	1.50	0.00
Sausage Links, JTM, 2	2 Sausage	34	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Smuckers 1.4oz Cup Skip	1 Cup	30	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	7	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	9	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	10	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	30	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories			476	25	470	4.01	4.03	503.6	1621	4.95	*47 *39.5%	13.90 11.7%	78.65 66.1%	12.83 24.3%	4.51 8.5%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 03/31/2020																
MacArthur Breakfast	Total	50														
Omelet, Colby Chs - Michaels#	1 Omelet	30	130	190	260	0.00	0.72	60.0	400	0.0	0	7.0	1.0	11.0	3.50	0.00
Potatoes, Tri-Tater, Tiny+	3 Tiny Taters	30	140	0	330	2.00	0.36	0.0	0	3.6	*N/A*	1.0	17.0	7.0	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	10	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	10	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	15	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	30	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	30	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%	8 oz Carton	30	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories			366	119	537	2.40	2.45	281.0	871	6.24	*28 *30.4%	11.22 12.3%	53.45 58.5%	12.00 29.5%	3.67 9.0%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Weighted Average			412	63	515	3.26	2.86	384.7	1008	7.79	*33 *71.7%	13.88 13.5%	62.14 60.3%	12.66 27.6%	4.73 10.3%	*0.00 *0.0%
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Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	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)	Error Messages (if any)
Calories	412		350 - 500		100%													
Cholesterol (mg)	63																	
Sodium 1 (mg)	515			540														
Sodium 2 (mg)	515			485					30									Correction Required - Sodium too High
Fiber (g)	3.26																	
Iron (mg)	2.86																	
Calcium (mg)	384.7																	
Vitamin A (IU)	1008																	
Sugars (g)	33	31.85%				Missing												
Vitamin C (mg)	7.79																	
Protein (g)	13.88	13.48%																
Carbohydrate (g)	62.14	60.31%																
Total Fat (g)	12.66	27.64%																
Saturated Fat (g)	4.73	10.34%		<10.00%														Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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