

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

GHS 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																
GHS Breakfast	Total	50														
Egg, Bacon* & Cheese Crsst+	1Cr/2E/1C/1Bcn	25	360	202	795	3.00	2.16	240.0	550	0.0	*4	16.5	33.0	19.0	6.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	12	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	13	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	14	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	48	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	48	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	42	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			467	111	672	3.56	3.54	478.0	1112	7.73	*43	18.34	72.84	12.37	4.66	*0.00
											*37.0%	15.7%	62.4%	23.8%	9.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 03/03/2020																
GHS Breakfast	Total	50														
Egg, Ham* & Cheese Eng Mfn+	1EM/1E/1H/1Ch	30	255	113	705	3.00	1.98	220.0	250	0.0	*3	17.0	26.5	9.0	2.75	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	18	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	49	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	48	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	45	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			435	75	664	3.38	3.10	474.9	974	5.33	*43	19.40	75.43	6.76	2.11	0.00
											*39.9%	17.8%	69.4%	14.0%	4.4%	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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GHS 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																
GHS Breakfast	Total	50														
Burrito, Breakfast	1T/2ozE/.5ozC	30	295	235	315	3.00	2.16	180.0	450	0.0	*0	13.5	31.5	14.0	7.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Potatoes, Hash Brown Patty +	2.22 oz Patty	25	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	11	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
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	20	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	49	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	48	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	40	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			539	148	592	5.17	3.78	444.1	1610	14.46	*40 *29.7%	17.42 12.9%	88.80 65.9%	13.72 22.9%	5.96 10.0%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 03/05/2020																
GHS Breakfast	Total	50														
Egg, Sausage* & Cheese Bisct+	1B/1E/1S/1Ch	25	415	118	795	2.00	1.80	270.0	250	0.0	*3	14.5	29.0	26.5	13.25	0.00
Cereal, Cinn Tst Crunch Box %	Box	12	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	13	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	20	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	48	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	47	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	45	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			515	70	694	4.36	3.16	550.5	975	30.38	*36 *27.8%	18.93 14.7%	72.93 56.7%	16.97 29.7%	8.39 14.7%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<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																
GHS Breakfast	Total	50														
Bosco Stk, Cheese & Egg 6" WG	1 Stick	40	160	55	340	2.00	1.08	100.0	0	0.0	2	8.0	17.0	7.0	3.00	0.00
Sausage Links, JTM, 2	2 Sausage	30	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Cereal, Trix Box %	Box	5	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	5	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	10	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	49	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	48	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	41	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			437	66	568	2.88	1.97	468.9	954	4.27	*41	17.88	64.51	13.05	4.99	0.00
% of Calories											*37.2%	16.3%	59.0%	26.9%	10.3%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 03/09/2020																
GHS Breakfast	Total	50														
Egg, Bacon* & Cheese Crsst+	1Cr/2E/1C/1Bcn	25	360	202	795	3.00	2.16	240.0	550	0.0	*4	16.5	33.0	19.0	6.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	12	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	13	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	14	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	48	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	48	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	42	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			467	111	672	3.56	3.54	478.0	1112	7.73	*43	18.34	72.84	12.37	4.66	*0.00
% of Calories											*37.0%	15.7%	62.4%	23.8%	9.0%	*0.0%
Nutrient Guideline			450-600		640										<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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/10/2020																
GHS Breakfast	Total	50														
Egg, Ham* & Cheese Eng Mfn+	1E/1E/1H/1Ch	30	255	113	705	3.00	1.98	220.0	250	0.0	*3	17.0	26.5	9.0	2.75	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	18	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	49	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	48	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	45	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			435	75	664	3.38	3.10	474.9	974	5.33	*43 *39.9%	19.40 17.8%	75.43 69.4%	6.76 14.0%	2.11 4.4%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 03/11/2020																
GHS Breakfast	Total	50														
Burrito, Breakfast	1T/2ozE/.5ozC	30	295	235	315	3.00	2.16	180.0	450	0.0	*0	13.5	31.5	14.0	7.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Potatoes, Hash Brown Patty +	2.22 oz P atty	25	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	11	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
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	20	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	49	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	48	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	40	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			539	148	592	5.17	3.78	444.1	1610	14.46	*40 *29.7%	17.42 12.9%	88.80 65.9%	13.72 22.9%	5.96 10.0%	0.00 0.0%
Nutrient Guideline			450-600		640										<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																
GHS Breakfast	Total	50														
Egg, Sausage* & Cheese Bisct+	1B/1E/1S/1Ch	25	415	118	795	2.00	1.80	270.0	250	0.0	*3	14.5	29.0	26.5	13.25	0.00
Cereal, Cinn Tst Crunch Box %	Box	12	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	13	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	20	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	48	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	47	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	45	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			515	70	694	4.36	3.16	550.5	975	30.38	*36 *27.8%	18.93 14.7%	72.93 56.7%	16.97 29.7%	8.39 14.7%	*0.00 *0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 03/13/2020																
GHS Breakfast	Total	50														
Bosco Stk, Cheese & Egg 6" WG	1 Stick	40	160	55	340	2.00	1.08	100.0	0	0.0	2	8.0	17.0	7.0	3.00	0.00
Sausage Links, JTM, 2	2 Sausage	30	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Cereal, Trix Box %	Box	5	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	5	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	10	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	49	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	48	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	41	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			437	66	568	2.88	1.97	468.9	954	4.27	*41 *37.2%	17.88 16.3%	64.51 59.0%	13.05 26.9%	4.99 10.3%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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Mon - 03/16/2020																
GHS Breakfast	Total	50														
Egg, Bacon* & Cheese Crsst+	1Crs/2E/1C/1Bcn	25	360	202	795	3.00	2.16	240.0	550	0.0	*4	16.5	33.0	19.0	6.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	12	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	13	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	14	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	48	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	48	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	42	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			467	111	672	3.56	3.54	478.0	1112	7.73	*43	18.34	72.84	12.37	4.66	*0.00
											*37.0%	15.7%	62.4%	23.8%	9.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 03/17/2020																
GHS Breakfast	Total	50														
Egg, Ham* & Cheese Eng Mfn+	1EM/1E/1H/1Ch	30	255	113	705	3.00	1.98	220.0	250	0.0	*3	17.0	26.5	9.0	2.75	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	18	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	49	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	48	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	45	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			435	75	664	3.38	3.10	474.9	974	5.33	*43	19.40	75.43	6.76	2.11	0.00
											*39.9%	17.8%	69.4%	14.0%	4.4%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Generated on: 2/25/2020 12:52:13 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																
GHS Breakfast	Total	50														
Burrito, Breakfast	1T/2ozE/.5ozC	30	295	235	315	3.00	2.16	180.0	450	0.0	*0	13.5	31.5	14.0	7.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Potatoes, Hash Brown Patty +	2.22 oz Patty	25	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	11	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
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	20	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	49	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	48	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	40	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			539	148	592	5.17	3.78	444.1	1610	14.46	*40 *29.7%	17.42 12.9%	88.80 65.9%	13.72 22.9%	5.96 10.0%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 03/19/2020																
GHS Breakfast	Total	50														
Egg, Sausage* & Cheese Bisct+	1B/1E/1S/1Ch	25	415	118	795	2.00	1.80	270.0	250	0.0	*3	14.5	29.0	26.5	13.25	0.00
Cereal, Cinn Tst Crunch Box %	Box	12	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	13	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	20	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	48	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	47	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	45	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			515	70	694	4.36	3.16	550.5	975	30.38	*36 *27.8%	18.93 14.7%	72.93 56.7%	16.97 29.7%	8.39 14.7%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

GHS 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 - 03/30/2020																
GHS Breakfast	Total	50														
Egg, Bacon* & Cheese Crsst+	1Cr/2E/1C/1Bcn	25	360	202	795	3.00	2.16	240.0	550	0.0	*4	16.5	33.0	19.0	6.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	12	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	13	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	14	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	48	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	48	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	42	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			467	111	672	3.56	3.54	478.0	1112	7.73	*43	18.34	72.84	12.37	4.66	*0.00
% of Calories											*37.0%	15.7%	62.4%	23.8%	9.0%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 03/31/2020																
GHS Breakfast	Total	50														
Egg, Ham* & Cheese Eng Mfn+	1EM/1E/1H/1Ch	30	255	113	705	3.00	1.98	220.0	250	0.0	*3	17.0	26.5	9.0	2.75	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	18	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	49	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	48	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	45	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			435	75	664	3.38	3.10	474.9	974	5.33	*43	19.40	75.43	6.76	2.11	0.00
% of Calories											*39.9%	17.8%	69.4%	14.0%	4.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			478	95	646	3.88	3.21	483.3	1126	12.20	*41	18.48	75.46	12.17	5.01	*0.00
											*77.1%	15.5%	63.2%	22.9%	9.4%	*0.0%

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Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

GHS 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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	478		450 - 600	100%													
Cholesterol (mg)	95																
Sodium 1 (mg)	646		640						6								
Sodium 2 (mg)	646		570						76								
Fiber (g)	3.88																
Iron (mg)	3.21																
Calcium (mg)	483.3																
Vitamin A (IU)	1126																
Sugars (g)	41	34.28%				Missing											
Vitamin C (mg)	12.20																
Protein (g)	18.48	15.48%															
Carbohydrate (g)	75.46	63.19%															
Total Fat (g)	12.17	22.93%															
Saturated Fat (g)	5.01	9.44%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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