

Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

Page 1

Generated on: 9/30/2020 8:26:15 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)
Thu - 10/01/2020															
MacArthur Breakfast	Total														
Banana Bread Mini Loaf +	1 Loaf	160	0	140	1.00	1.08	10.0	0	0.0	16	3.0	27.0	4.5	1.00	0.00
Goldfish Cinn Graham - Lg, PF+	1 package	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Raisins, 1.5 oz Box*	1 Box	130	0	10	2.00	1.08	20.0	0	0.0	*N/A*	1.0	31.0	0.0	0.00	*N/A*
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		518	6	456	4.00	3.96	410.0	500	1.20	*39	13.00	95.59	8.80	2.18	*0.00
% of Calories										*29.9%	10.0%	73.8%	15.3%	3.8%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 10/02/2020															
MacArthur Breakfast	Total														
Ultimate Bkfst Rnd CC 2.2oz \$	1 (2.2 oz)	270	5	180	6.00	1.08	20.0	0	0.0	19	5.0	44.0	8.0	2.50	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*
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		524	27	509	6.00	1.15	527.2	647	2.40	*48	20.69	77.67	13.98	6.27	*0.00
% of Calories										*36.5%	15.8%	59.3%	24.0%	10.8%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 10/05/2020															
MacArthur Breakfast	Total														
Pancakes, Eggo Bag Mpl Flvr*	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
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		489	16	518	5.00	3.00	365.0	1035	2.40	*58	12.20	98.59	6.40	1.19	0.00
% of Calories										*47.2%	10.0%	80.7%	11.8%	2.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 10/06/2020															
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
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

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

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

Page 2

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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)
Weighted Daily Average		438	6	391	6.00	1.44	600.0	1500	61.20	*58	12.00	80.59	8.30	2.68	0.00
% of Calories										*52.7%	11.0%	73.6%	17.1%	5.5%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 10/07/2020															
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
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
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		525	22	618	4.00	1.09	512.2	682	2.40	*35	20.56	63.67	22.08	10.78	*0.00
% of Calories										*26.5%	15.7%	48.6%	37.9%	18.5%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 10/08/2020															
MacArthur Breakfast	Total														
Banana Bread Mini Loaf +	1 Loaf	160	0	140	1.00	1.08	10.0	0	0.0	16	3.0	27.0	4.5	1.00	0.00
Goldfish Cinn Graham - Lg, PF+	1 package	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Raisins, 1.5 oz Box*	1 Box	130	0	10	2.00	1.08	20.0	0	0.0	*N/A*	1.0	31.0	0.0	0.00	*N/A*
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		518	6	456	4.00	3.96	410.0	500	1.20	*39	13.00	95.59	8.80	2.18	*0.00
% of Calories										*29.9%	10.0%	73.8%	15.3%	3.8%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 10/09/2020															
MacArthur Breakfast	Total														
Ultimate Bkfst Rnd CC 2.2oz \$	1 (2.2 oz)	270	5	180	6.00	1.08	20.0	0	0.0	19	5.0	44.0	8.0	2.50	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*
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		524	27	509	6.00	1.15	527.2	647	2.40	*48	20.69	77.67	13.98	6.27	*0.00
% of Calories										*36.5%	15.8%	59.3%	24.0%	10.8%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Base Menu Spreadsheet

MacArthur Breakfast

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Page 3

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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)
Mon - 10/12/2020															
MacArthur Breakfast	Total														
Pancakes, Eggo Bag Mpl Flvr*	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
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		489	16	518	5.00	3.00	365.0	1035	2.40	*58	12.20	98.59	6.40	1.19	0.00
% of Calories										*47.2%	10.0%	80.7%	11.8%	2.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 10/13/2020															
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
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		438	6	391	6.00	1.44	600.0	1500	61.20	*58	12.00	80.59	8.30	2.68	0.00
% of Calories										*52.7%	11.0%	73.6%	17.1%	5.5%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 10/14/2020															
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
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
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		525	22	618	4.00	1.09	512.2	682	2.40	*35	20.56	63.67	22.08	10.78	*0.00
% of Calories										*26.5%	15.7%	48.6%	37.9%	18.5%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 10/15/2020															
MacArthur Breakfast	Total														
Banana Bread Mini Loaf +	1 Loaf	160	0	140	1.00	1.08	10.0	0	0.0	16	3.0	27.0	4.5	1.00	0.00
Goldfish Cinn Graham - Lg, PF+	1 package	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Raisins, 1.5 oz Box*	1 Box	130	0	10	2.00	1.08	20.0	0	0.0	*N/A*	1.0	31.0	0.0	0.00	*N/A*
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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MacArthur Breakfast

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Page 4

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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)
Weighted Daily Average		518	6	456	4.00	3.96	410.0	500	1.20	*39	13.00	95.59	8.80	2.18	*0.00
% of Calories										*29.9%	10.0%	73.8%	15.3%	3.8%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 10/16/2020															
MacArthur Breakfast	Total														
Ultimate Bkfst Rnd CC 2.2oz \$	1 (2.2 oz)	270	5	180	6.00	1.08	20.0	0	0.0	19	5.0	44.0	8.0	2.50	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*
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
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% of Calories										*36.5%	15.8%	59.3%	24.0%	10.8%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 10/19/2020															
MacArthur Breakfast	Total														
Pancakes, Eggo Bag Mpl Flvr*	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
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		489	16	518	5.00	3.00	365.0	1035	2.40	*58	12.20	98.59	6.40	1.19	0.00
% of Calories										*47.2%	10.0%	80.7%	11.8%	2.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 10/20/2020															
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
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		438	6	391	6.00	1.44	600.0	1500	61.20	*58	12.00	80.59	8.30	2.68	0.00
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Wed - 10/21/2020															
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
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
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		525	22	618	4.00	1.09	512.2	682	2.40	*35	20.56	63.67	22.08	10.78	*0.00
% of Calories										*26.5%	15.7%	48.6%	37.9%	18.5%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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MacArthur Breakfast	Total														
Pancakes, Eggo Bag Mpl Flvr*	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
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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Tue - 10/27/2020															
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
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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Nutrient Guideline		350-500		540										<10.00	

Wed - 10/28/2020															
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
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
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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Weighted Daily Average		525	22	618	4.00	1.09	512.2	682	2.40	*35	20.56	63.67	22.08	10.78	*0.00
% of Calories										*26.5%	15.7%	48.6%	37.9%	18.5%	*0.0%
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Thu - 10/29/2020															
MacArthur Breakfast	Total														
Banana Bread Mini Loaf +	1 Loaf	160	0	140	1.00	1.08	10.0	0	0.0	16	3.0	27.0	4.5	1.00	0.00
Goldfish Cinn Graham - Lg, PF+	1 package	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Raisins, 1.5 oz Box*	1 Box	130	0	10	2.00	1.08	20.0	0	0.0	*N/A*	1.0	31.0	0.0	0.00	*N/A*
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		518	6	456	4.00	3.96	410.0	500	1.20	*39	13.00	95.59	8.80	2.18	*0.00
% of Calories										*29.9%	10.0%	73.8%	15.3%	3.8%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 10/30/2020															
MacArthur Breakfast	Total														
Ultimate Bkfst Rnd CC 2.2oz \$	1 (2.2 oz)	270	5	180	6.00	1.08	20.0	0	0.0	19	5.0	44.0	8.0	2.50	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*
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		524	27	509	6.00	1.15	527.2	647	2.40	*48	20.69	77.67	13.98	6.27	*0.00
% of Calories										*36.5%	15.8%	59.3%	24.0%	10.8%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Weighted Average		499	15	499	5.00	2.13	482.9	873	13.92	*47	15.69	83.22	11.91	4.62	*0.00
										*85.4%	12.6%	66.8%	21.5%	8.3%	*0.0%

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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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

MacArthur 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 ¹ (g)	Error Messages (if any)	
			Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	499		350 - 500	100%														
Cholesterol (mg)	15																	
Sodium 1 (mg)	499		540															
Sodium 2 (mg)	499		485						14									Correction Required - Sodium too High
Fiber (g)	5.00																	
Iron (mg)	2.13																	
Calcium (mg)	482.9																	
Vitamin A (IU)	873																	
Sugars (g)	47	37.97%																
Vitamin C (mg)	13.92																	
Protein (g)	15.69	12.59%																
Carbohydrate (g)	83.22	66.77%																
Total Fat (g)	11.91	21.50%																
Saturated Fat (g)	4.62	8.34%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%																

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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