

Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 1

Generated on: 9/30/2020 8:29:32 AM

	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 - 10/01/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 10/02/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 10/05/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	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

Oct 1, 2020 thru Oct 30, 2020

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 ¹ (g)
Tue - 10/06/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 10/07/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 10/08/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 3

Generated on: 9/30/2020 8:29:32 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)
Fri - 10/09/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 10/12/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 10/13/2020															
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
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
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
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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GHS Breakfast

Portion Values - Detailed

Page 4

Generated on: 9/30/2020 8:29:32 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)
Weighted Daily Average		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 10/14/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 10/15/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
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Fri - 10/16/2020															
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
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
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
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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% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 10/19/2020															
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
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
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
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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% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 10/20/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 6

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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)
Wed - 10/21/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 10/26/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 10/27/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 7

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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)
Wed - 10/28/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 10/29/2020															
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
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
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
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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 10/30/2020															
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
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
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
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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	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		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
% of Calories										*38.0%	12.1%	70.3%	19.5%	7.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		469	50	551	5.88	2.86	477.4	1196	42.24	*45	14.21	82.47	10.18	3.81	0.00
										*85.4%	12.1%	70.3%	19.5%	7.3%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	469		450 - 600	100%				
Cholesterol (mg)	50							
Sodium 1 (mg)	551		640					
Sodium 2 (mg)	551		570					
Fiber (g)	5.88							
Iron (mg)	2.86							
Calcium (mg)	477.4							
Vitamin A (IU)	1196							
Sugars (g)	45	37.96%			Missing			
Vitamin C (mg)	42.24							
Protein (g)	14.21	12.11%						
Carbohydrate (g)	82.47	70.29%						
Total Fat (g)	10.18	19.52%						
Saturated Fat (g)	3.81	7.31%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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