

Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

KMS Breakfast

Portion Values - Detailed

Page 1

Generated on: 9/30/2020 8:23:16 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															
KMS 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
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		549	16	532	5.00	3.00	365.0	1035	3.60	*71	12.53	112.59	6.40	1.19	0.00
% of Calories										*51.5%	9.1%	82.0%	10.5%	2.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Fri - 10/02/2020															
KMS 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
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		498	6	405	6.00	1.44	600.0	1500	62.40	*71	12.33	94.59	8.30	2.68	0.00
% of Calories										*56.8%	9.9%	76.0%	15.0%	4.8%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Mon - 10/05/2020															
KMS 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
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		549	16	532	5.00	3.00	365.0	1035	3.60	*71	12.53	112.59	6.40	1.19	0.00
% of Calories										*51.5%	9.1%	82.0%	10.5%	2.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Base Menu Spreadsheet

KMS 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)
Tue - 10/06/2020															
KMS 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
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		498	6	405	6.00	1.44	600.0	1500	62.40	*71	12.33	94.59	8.30	2.68	0.00
% of Calories										*56.8%	9.9%	76.0%	15.0%	4.8%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Thu - 10/08/2020															
KMS 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
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										*51.5%	9.1%	82.0%	10.5%	2.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Fri - 10/09/2020															
KMS 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
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		498	6	405	6.00	1.44	600.0	1500	62.40	*71	12.33	94.59	8.30	2.68	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)
Mon - 10/12/2020															
KMS 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
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		549	16	532	5.00	3.00	365.0	1035	3.60	*71	12.53	112.59	6.40	1.19	0.00
% of Calories										*51.5%	9.1%	82.0%	10.5%	2.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 10/13/2020															
KMS 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
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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Nutrient Guideline		400-550		600										<10.00	

Thu - 10/15/2020															
KMS 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
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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KMS Breakfast

Portion Values - Detailed

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)
Fri - 10/16/2020															
KMS 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
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		498	6	405	6.00	1.44	600.0	1500	62.40	*71	12.33	94.59	8.30	2.68	0.00
% of Calories										*56.8%	9.9%	76.0%	15.0%	4.8%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Mon - 10/19/2020															
KMS 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
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										*51.5%	9.1%	82.0%	10.5%	2.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 10/20/2020															
KMS 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
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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Mon - 10/26/2020															
KMS 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
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										*51.5%	9.1%	82.0%	10.5%	2.0%	0.0%
Nutrient Guideline		400-550		600											<10.00

Tue - 10/27/2020															
KMS 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
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										*56.8%	9.9%	76.0%	15.0%	4.8%	0.0%
Nutrient Guideline		400-550		600											<10.00

Thu - 10/29/2020															
KMS 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
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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Nutrient Guideline		400-550		600											<10.00

Fri - 10/30/2020															
KMS 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
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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	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		498	6	405	6.00	1.44	600.0	1500	62.40	*71	12.33	94.59	8.30	2.68	0.00
% of Calories										*56.8%	9.9%	76.0%	15.0%	4.8%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Weighted Average		520	11	460	5.56	2.12	497.2	1297	36.67	*71 *122.4	12.42 9.5%	102.46 78.8%	7.47 12.9%	2.03 3.5%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	520		400 - 550	100%				
Cholesterol (mg)	11							
Sodium 1 (mg)	460		600					
Sodium 2 (mg)	460		535					
Fiber (g)	5.56							
Iron (mg)	2.12							
Calcium (mg)	497.2							
Vitamin A (IU)	1297							
Sugars (g)	71	54.39%			Missing			
Vitamin C (mg)	36.67							
Protein (g)	12.42	9.55%						
Carbohydrate (g)	102.46	78.79%						
Total Fat (g)	7.47	12.92%						
Saturated Fat (g)	2.03	3.51%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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