

Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/26/2020 11:17:47 AM

| | 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 - 09/01/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Muffin, Dbl Choc Chunk IW WG + | 1 Muffin | 25 | 180 | 10 | 105 | 2.00 | 1.44 | 20.0 | 0 | 0.0 | 14 | 3.0 | 27.0 | 6.0 | 1.05 | 0.00 |
| Yogurt, Dan Danimals StrawBan+ | 4 oz Cup | 25 | 70 | 5 | 60 | 0.00 | 0.00 | 150.0 | 0 | 0.0 | 10 | 4.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 25 | 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 | | | 406 | 21 | 342 | 2.00 | 1.44 | 470.0 | 500 | 2.16 | *50 | 15.27 | 70.79 | 6.30 | 1.23 | 0.00 |
| % of Calories | | | | | | | | | | | *49.4% | 15.0% | 69.8% | 14.0% | 2.7% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-------------|----|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|------|--------|
| Wed - 09/02/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Waffles, Blueberry Mini Pills+ | Package | 25 | 200 | 0 | 170 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | 10 | 4.0 | 36.0 | 6.0 | 1.00 | 0.00 |
| Syrup, Gordon Choice Cup Skip+ | 1 Cup | 25 | 120 | 0 | 30 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 19 | 0.0 | 31.0 | 0.0 | 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* |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 20 | 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 | | | 523 | 17 | 463 | 3.00 | 0.78 | 405.8 | 517 | 1.92 | *52 | 16.55 | 93.94 | 10.78 | 4.02 | *0.00 |
| % of Calories | | | | | | | | | | | *39.8% | 12.7% | 71.9% | 18.6% | 6.9% | *0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

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|--------------------------------|-------------|----|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|------|--------|
| Thu - 09/03/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Donut, Plain, Spr Bkry \$ | Donut | 25 | 250 | 5 | 250 | 0.00 | 5.40 | 200.0 | 2000 | 30.0 | 15 | 5.0 | 29.0 | 11.0 | 3.00 | 0.00 |
| Goldfish Cinn Graham - Lg, PF+ | 1 package | 25 | 120 | 0 | 140 | 1.00 | 1.80 | 80.0 | 0 | 0.0 | 7 | 1.0 | 19.0 | 4.0 | 1.00 | 0.00 |
| Applesauce - 4.5 oz Cup, Cmdty | 4.5 oz cup | 20 | 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 | 15 | 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 | 20 | 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 | | | 533 | 10 | 533 | 1.80 | 7.44 | 524.0 | 2428 | 32.64 | *52 | 12.76 | 82.47 | 15.32 | 4.15 | 0.00 |
| % of Calories | | | | | | | | | | | *39.0% | 9.6% | 61.9% | 25.9% | 7.0% | 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.

Germantown School District

Sep 1, 2020 thru Sep 30, 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/04/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Egg & Cheese EM Sand, WG, AP+ | 1 Sandwich | 25 | 210 | 75 | 390 | 2.00 | 1.44 | 150.0 | 750 | 1.2 | 1 | 9.0 | 24.0 | 8.0 | 3.50 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 20 | 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 | | | 344 | 80 | 534 | 2.00 | 1.44 | 390.0 | 1150 | 3.12 | *24 | 15.67 | 50.07 | 8.24 | 3.64 | 0.00 |
| % of Calories | | | | | | | | | | | *27.9% | 18.2% | 58.2% | 21.5% | 9.5% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

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|--------------------------------|-------------|----|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|------|--------|
| Tue - 09/08/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Muffin, Dbl Choc Chunk IW WG + | 1 Muffin | 25 | 180 | 10 | 105 | 2.00 | 1.44 | 20.0 | 0 | 0.0 | 14 | 3.0 | 27.0 | 6.0 | 1.05 | 0.00 |
| Yogurt, Dan Danimals StrawBan+ | 4 oz Cup | 25 | 70 | 5 | 60 | 0.00 | 0.00 | 150.0 | 0 | 0.0 | 10 | 4.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 25 | 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 | | | 406 | 21 | 342 | 2.00 | 1.44 | 470.0 | 500 | 2.16 | *50 | 15.27 | 70.79 | 6.30 | 1.23 | 0.00 |
| % of Calories | | | | | | | | | | | *49.4% | 15.0% | 69.8% | 14.0% | 2.7% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-------------|----|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|------|--------|
| Wed - 09/09/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Waffles, Blueberry Mini Pills+ | Package | 25 | 200 | 0 | 170 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | 10 | 4.0 | 36.0 | 6.0 | 1.00 | 0.00 |
| Syrup, Gordon Choice Cup Skip+ | 1 Cup | 25 | 120 | 0 | 30 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 19 | 0.0 | 31.0 | 0.0 | 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* |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 20 | 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 | | | 523 | 17 | 463 | 3.00 | 0.78 | 405.8 | 517 | 1.92 | *52 | 16.55 | 93.94 | 10.78 | 4.02 | *0.00 |
| % of Calories | | | | | | | | | | | *39.8% | 12.7% | 71.9% | 18.6% | 6.9% | *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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Sep 1, 2020 thru Sep 30, 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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/10/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Donut, Plain, Spr Bkry \$ | Donut | 25 | 250 | 5 | 250 | 0.00 | 5.40 | 200.0 | 2000 | 30.0 | 15 | 5.0 | 29.0 | 11.0 | 3.00 | 0.00 |
| Goldfish Cinn Graham - Lg, PF+ | 1 package | 25 | 120 | 0 | 140 | 1.00 | 1.80 | 80.0 | 0 | 0.0 | 7 | 1.0 | 19.0 | 4.0 | 1.00 | 0.00 |
| Applesauce - 4.5 oz Cup, Cmdty | 4.5 oz cup | 20 | 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 | 15 | 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 | 20 | 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 | | | 533 | 10 | 533 | 1.80 | 7.44 | 524.0 | 2428 | 32.64 | *52 | 12.76 | 82.47 | 15.32 | 4.15 | 0.00 |
| % of Calories | | | | | | | | | | | *39.0% | 9.6% | 61.9% | 25.9% | 7.0% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-------------|----|---------|----|-----|------|------|-------|------|------|--------|-------|-------|-------|------|--------|
| Fri - 09/11/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Egg & Cheese EM Sand, WG, AP+ | 1 Sandwich | 25 | 210 | 75 | 390 | 2.00 | 1.44 | 150.0 | 750 | 1.2 | 1 | 9.0 | 24.0 | 8.0 | 3.50 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 20 | 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 | | | 344 | 80 | 534 | 2.00 | 1.44 | 390.0 | 1150 | 3.12 | *24 | 15.67 | 50.07 | 8.24 | 3.64 | 0.00 |
| % of Calories | | | | | | | | | | | *27.9% | 18.2% | 58.2% | 21.5% | 9.5% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-----------------------------|-------------|----|---------|---|-----|------|------|-------|------|-------|--------|------|-------|-------|------|--------|
| Mon - 09/14/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Breakfast Kit - Apple Jacks | Kit | 25 | 270 | 0 | 245 | 6.00 | 4.32 | 200.0 | 1150 | 72.0 | 4 | 0.0 | 58.0 | 4.0 | 1.50 | 0.00 |
| Milk, SKIP - AVG - PF SKIP+ | 8 oz Carton | 25 | 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 | | | 378 | 6 | 411 | 6.00 | 4.32 | 500.0 | 1650 | 73.20 | *20 | 8.00 | 76.59 | 4.30 | 1.68 | 0.00 |
| % of Calories | | | | | | | | | | | *20.9% | 8.5% | 81.1% | 10.2% | 4.0% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-------------|----|-----|----|-----|------|------|-------|-----|-----|-----|------|-------|-----|------|------|
| Tue - 09/15/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Muffin, Dbl Choc Chunk IW WG + | 1 Muffin | 25 | 180 | 10 | 105 | 2.00 | 1.44 | 20.0 | 0 | 0.0 | 14 | 3.0 | 27.0 | 6.0 | 1.05 | 0.00 |
| Yogurt, Dan Danimals StrawBan+ | 4 oz Cup | 25 | 70 | 5 | 60 | 0.00 | 0.00 | 150.0 | 0 | 0.0 | 10 | 4.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 25 | 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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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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 406 | 21 | 342 | 2.00 | 1.44 | 470.0 | 500 | 2.16 | *50 *49.4% | 15.27 15.0% | 70.79 69.8% | 6.30 14.0% | 1.23 2.7% | 0.00 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| Wed - 09/16/2020 | | | | | | | | | | | | | | | | |
|---|-----------------------------|----------------|------------------|--------------|------------------|----------------------|----------------------|---------------------|---------------|-------------------|-------------------|--------------------|----------------------|--------------------|----------------------|-----------------------|
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Waffles, Blueberry Mini Pills+ Syrup, Gordon Choice Cup Skip+ String Cheese | Package 1 Cup 1 Piece | 25 25 20 | 200 120 86 | 0 0 15 | 170 30 150 | 3.00 0.00 0.00 | 0.72 0.00 0.07 | 0.0 0.0 207.2 | 0 0 147 | 0.0 0.0 0.0 | 10 19 *N/A* | 4.0 0.0 7.36 | 36.0 31.0 1.09 | 6.0 0.0 5.68 | 1.00 0.00 3.59 | 0.00 0.00 *N/A* |
| Juice, Cup, Assorted \$ Milk, SKIP - AVG - PF SKIP+ | 1 - 4 oz Cu 8 oz Carton | 20 20 | 60 108 | 0 6 | 13 166 | 0.00 0.00 | 0.00 0.00 | 0.0 300.0 | 0 500 | 1.2 1.2 | 13 *16 | 0.33 8.0 | 14.0 18.59 | 0.0 0.3 | 0.00 0.18 | 0.00 0.00 |
| Weighted Daily Average % of Calories | | | 523 | 17 | 463 | 3.00 | 0.78 | 405.8 | 517 | 1.92 | *52 *39.8% | 16.55 12.7% | 93.94 71.9% | 10.78 18.6% | 4.02 6.9% | *0.00 *0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| Thu - 09/17/2020 | | | | | | | | | | | | | | | | |
|---|--|----------------------------|-------------------------------|-----------------------|------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|-----------------------------|----------------------------------|----------------------------|----------------------------------|---------------------------------------|----------------------------------|--------------------------------------|--------------------------------------|
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Donut, Plain, Spr Bkry \$ Goldfish Cinn Graham - Lg, PF+ Applesauce - 4.5 oz Cup, Cmdty Juice, Cup, Assorted \$ Milk, SKIP - AVG - PF SKIP+ | Donut 1 package 4.5 oz cup 1 - 4 oz Cu 8 oz Carton | 25 25 20 15 20 | 250 120 51 60 108 | 5 0 0 0 6 | 250 140 2 13 166 | 0.00 1.00 1.00 0.00 0.00 | 5.40 1.80 0.30 0.00 0.00 | 200.0 80.0 5.0 0.0 300.0 | 2000 0 35 0 500 | 30.0 0.0 1.2 1.2 1.2 | 15 7 12 13 *16 | 5.0 1.0 0.2 0.33 8.0 | 29.0 19.0 14.0 14.0 18.59 | 11.0 4.0 0.1 0.0 0.3 | 3.00 1.00 0.01 0.00 0.18 | 0.00 0.00 0.00 0.00 0.00 |
| Weighted Daily Average % of Calories | | | 533 | 10 | 533 | 1.80 | 7.44 | 524.0 | 2428 | 32.64 | *52 *39.0% | 12.76 9.6% | 82.47 61.9% | 15.32 25.9% | 4.15 7.0% | 0.00 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| Fri - 09/18/2020 | | | | | | | | | | | | | | | | |
|---|--|----------------|------------------|--------------|------------------|----------------------|----------------------|-----------------------|-----------------|-------------------|----------------|--------------------|-----------------------|-------------------|----------------------|----------------------|
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Egg & Cheese EM Sand, WG, AP+ Juice, Cup, Assorted \$ Milk, SKIP - AVG - PF SKIP+ | 1 Sandwich 1 - 4 oz Cu 8 oz Carton | 25 20 20 | 210 60 108 | 75 0 6 | 390 13 166 | 2.00 0.00 0.00 | 1.44 0.00 0.00 | 150.0 0.0 300.0 | 750 0 500 | 1.2 1.2 1.2 | 1 13 *16 | 9.0 0.33 8.0 | 24.0 14.0 18.59 | 8.0 0.0 0.3 | 3.50 0.00 0.18 | 0.00 0.00 0.00 |
| Weighted Daily Average % of Calories | | | 344 | 80 | 534 | 2.00 | 1.44 | 390.0 | 1150 | 3.12 | *24 *27.9% | 15.67 18.2% | 50.07 58.2% | 8.24 21.5% | 3.64 9.5% | 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

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Portion Values - Detailed

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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) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/21/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Breakfast Kit - Apple Jacks | Kit | 25 | 270 | 0 | 245 | 6.00 | 4.32 | 200.0 | 1150 | 72.0 | 4 | 0.0 | 58.0 | 4.0 | 1.50 | 0.00 |
| Milk, SKIP - AVG - PF SKIP+ | 8 oz Carton | 25 | 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 | | | 378 | 6 | 411 | 6.00 | 4.32 | 500.0 | 1650 | 73.20 | *20 | 8.00 | 76.59 | 4.30 | 1.68 | 0.00 |
| % of Calories | | | | | | | | | | | *20.9% | 8.5% | 81.1% | 10.2% | 4.0% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-------------|----|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|------|--------|
| Tue - 09/22/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Muffin, Dbl Choc Chunk IW WG + | 1 Muffin | 25 | 180 | 10 | 105 | 2.00 | 1.44 | 20.0 | 0 | 0.0 | 14 | 3.0 | 27.0 | 6.0 | 1.05 | 0.00 |
| Yogurt, Dan Danimals StrawBan+ | 4 oz Cup | 25 | 70 | 5 | 60 | 0.00 | 0.00 | 150.0 | 0 | 0.0 | 10 | 4.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 25 | 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 | | | 406 | 21 | 342 | 2.00 | 1.44 | 470.0 | 500 | 2.16 | *50 | 15.27 | 70.79 | 6.30 | 1.23 | 0.00 |
| % of Calories | | | | | | | | | | | *49.4% | 15.0% | 69.8% | 14.0% | 2.7% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-------------|----|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|------|--------|
| Wed - 09/23/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Waffles, Blueberry Mini Pills+ | Package | 25 | 200 | 0 | 170 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | 10 | 4.0 | 36.0 | 6.0 | 1.00 | 0.00 |
| Syrup, Gordon Choice Cup Skip+ | 1 Cup | 25 | 120 | 0 | 30 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 19 | 0.0 | 31.0 | 0.0 | 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* |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 20 | 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 | | | 523 | 17 | 463 | 3.00 | 0.78 | 405.8 | 517 | 1.92 | *52 | 16.55 | 93.94 | 10.78 | 4.02 | *0.00 |
| % of Calories | | | | | | | | | | | *39.8% | 12.7% | 71.9% | 18.6% | 6.9% | *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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Germantown School District

Sep 1, 2020 thru Sep 30, 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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/24/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Donut, Plain, Spr Bkry \$ | Donut | 25 | 250 | 5 | 250 | 0.00 | 5.40 | 200.0 | 2000 | 30.0 | 15 | 5.0 | 29.0 | 11.0 | 3.00 | 0.00 |
| Goldfish Cinn Graham - Lg, PF+ | 1 package | 25 | 120 | 0 | 140 | 1.00 | 1.80 | 80.0 | 0 | 0.0 | 7 | 1.0 | 19.0 | 4.0 | 1.00 | 0.00 |
| Applesauce - 4.5 oz Cup, Cmdty | 4.5 oz cup | 20 | 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 | 15 | 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 | 20 | 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 | | | 533 | 10 | 533 | 1.80 | 7.44 | 524.0 | 2428 | 32.64 | *52 | 12.76 | 82.47 | 15.32 | 4.15 | 0.00 |
| % of Calories | | | | | | | | | | | *39.0% | 9.6% | 61.9% | 25.9% | 7.0% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-------------|----|---------|----|-----|------|------|-------|------|------|--------|-------|-------|-------|------|--------|
| Fri - 09/25/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Egg & Cheese EM Sand, WG, AP+ | 1 Sandwich | 25 | 210 | 75 | 390 | 2.00 | 1.44 | 150.0 | 750 | 1.2 | 1 | 9.0 | 24.0 | 8.0 | 3.50 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 20 | 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 | | | 344 | 80 | 534 | 2.00 | 1.44 | 390.0 | 1150 | 3.12 | *24 | 15.67 | 50.07 | 8.24 | 3.64 | 0.00 |
| % of Calories | | | | | | | | | | | *27.9% | 18.2% | 58.2% | 21.5% | 9.5% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-----------------------------|-------------|----|---------|---|-----|------|------|-------|------|-------|--------|------|-------|-------|------|--------|
| Mon - 09/28/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Breakfast Kit - Apple Jacks | Kit | 25 | 270 | 0 | 245 | 6.00 | 4.32 | 200.0 | 1150 | 72.0 | 4 | 0.0 | 58.0 | 4.0 | 1.50 | 0.00 |
| Milk, SKIP - AVG - PF SKIP+ | 8 oz Carton | 25 | 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 | | | 378 | 6 | 411 | 6.00 | 4.32 | 500.0 | 1650 | 73.20 | *20 | 8.00 | 76.59 | 4.30 | 1.68 | 0.00 |
| % of Calories | | | | | | | | | | | *20.9% | 8.5% | 81.1% | 10.2% | 4.0% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-------------|----|-----|----|-----|------|------|-------|-----|-----|-----|------|-------|-----|------|------|
| Tue - 09/29/2020 | | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Muffin, Dbl Choc Chunk IW WG + | 1 Muffin | 25 | 180 | 10 | 105 | 2.00 | 1.44 | 20.0 | 0 | 0.0 | 14 | 3.0 | 27.0 | 6.0 | 1.05 | 0.00 |
| Yogurt, Dan Danimals StrawBan+ | 4 oz Cup | 25 | 70 | 5 | 60 | 0.00 | 0.00 | 150.0 | 0 | 0.0 | 10 | 4.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 25 | 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

Sep 1, 2020 thru Sep 30, 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 406 | 21 | 342 | 2.00 | 1.44 | 470.0 | 500 | 2.16 | *50 | 15.27 | 70.79 | 6.30 | 1.23 | 0.00 |
| % of Calories | | | | | | | | | | | *49.4% | 15.0% | 69.8% | 14.0% | 2.7% | 0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | <10.00 | |

| Wed - 09/30/2020 | | | | | | | | | | | | | | | | |
|--------------------------------|-------------|----|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|--------|-------|
| MacArthur Breakfast | Total | 25 | | | | | | | | | | | | | | |
| Waffles, Blueberry Mini Pills+ | Package | 25 | 200 | 0 | 170 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | 10 | 4.0 | 36.0 | 6.0 | 1.00 | 0.00 |
| Syrup, Gordon Choice Cup Skip+ | 1 Cup | 25 | 120 | 0 | 30 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 19 | 0.0 | 31.0 | 0.0 | 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* |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 20 | 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 | 20 | 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 | | | 523 | 17 | 463 | 3.00 | 0.78 | 405.8 | 517 | 1.92 | *52 | 16.55 | 93.94 | 10.78 | 4.02 | *0.00 |
| % of Calories | | | | | | | | | | | *39.8% | 12.7% | 71.9% | 18.6% | 6.9% | *0.0% |
| Nutrient Guideline | | | 350-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average | | | 442 | 27 | 454 | 2.77 | 2.84 | 454.0 | 1159 | 18.24 | *42 | 14.13 | 75.41 | 9.17 | 2.97 | *0.00 |
| | | | | | | | | | | | *84.7% | 12.8% | 68.2% | 18.7% | 6.1% | *0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 442 | | 350 - 500 | 100% | | | | |
| Cholesterol (mg) | 27 | | | | | | | |
| Sodium 1 (mg) | 454 | | 540 | | | | | |
| Sodium 2 (mg) | 454 | | 485 | | | | | |
| Fiber (g) | 2.77 | | | | | | | |
| Iron (mg) | 2.84 | | | | | | | |
| Calcium (mg) | 454.0 | | | | | | | |
| Vitamin A (IU) | 1159 | | | | | | | |
| Sugars (g) | 42 | 37.63% | | | Missing | | | |
| Vitamin C (mg) | 18.24 | | | | | | | |
| Protein (g) | 14.13 | 12.78% | | | | | | |
| Carbohydrate (g) | 75.41 | 68.21% | | | | | | |
| Total Fat (g) | 9.17 | 18.66% | | | | | | |
| Saturated Fat (g) | 2.97 | 6.05% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | |

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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