

Germantown School District

Sep 1, 2020 thru Sep 30, 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)
Tue - 09/01/2020																
GHS Breakfast	Total	25														
Muffin, Dbl Choc Chunk IW WG +	1 Muffin	20	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	20	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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			425	41	445	2.24	1.57	477.2	558	2.26	*47	17.03	69.71	8.22	2.25	0.00
% of Calories											*44.1%	16.0%	65.7%	17.4%	4.8%	0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 09/02/2020																
GHS Breakfast	Total	25														
Waffles, Blueberry Mini Pills+	Package	20	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	20	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	18	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	24	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	23	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			539	39	568	3.04	1.04	466.4	624	2.26	*51	19.32	90.92	12.28	4.78	*0.00
% of Calories											*37.6%	14.3%	67.5%	20.5%	8.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 09/03/2020																
GHS Breakfast	Total	25														
Donut, Plain, Spr Bkry \$	Donut	20	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	18	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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	22	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	24	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			548	33	609	2.16	6.27	550.8	2166	27.17	*54	15.99	84.25	15.17	4.53	0.00
% of Calories											*39.2%	11.7%	61.5%	24.9%	7.4%	0.0%
Nutrient Guideline			450-600		640											<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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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)
Fri - 09/04/2020																
GHS 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	23	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	22	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			360	80	549	2.00	1.44	414.0	1190	3.36	*27	16.35	53.24	8.26	3.66	0.00
% of Calories											*29.8%	18.2%	59.1%	20.7%	9.1%	0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 09/08/2020																
GHS Breakfast	Total	25														
Muffin, Dbl Choc Chunk IW WG +	1 Muffin	20	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	20	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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			425	41	445	2.24	1.57	477.2	558	2.26	*47	17.03	69.71	8.22	2.25	0.00
% of Calories											*44.1%	16.0%	65.7%	17.4%	4.8%	0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 09/09/2020																
GHS Breakfast	Total	25														
Waffles, Blueberry Mini Pills+	Package	20	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	20	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	18	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	24	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	23	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			539	39	568	3.04	1.04	466.4	624	2.26	*51	19.32	90.92	12.28	4.78	*0.00
% of Calories											*37.6%	14.3%	67.5%	20.5%	8.0%	*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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	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																
GHS Breakfast	Total	25														
Donut, Plain, Spr Bkry \$	Donut	20	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	18	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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	22	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	24	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			548	33	609	2.16	6.27	550.8	2166	27.17	*54	15.99	84.25	15.17	4.53	0.00
% of Calories											*39.2%	11.7%	61.5%	24.9%	7.4%	0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 09/11/2020																
GHS 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	23	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	22	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			360	80	549	2.00	1.44	414.0	1190	3.36	*27	16.35	53.24	8.26	3.66	0.00
% of Calories											*29.8%	18.2%	59.1%	20.7%	9.1%	0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 09/14/2020																
GHS Breakfast	Total	25														
Breakfast Kit - Apple Jacks	Kit	20	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
String Cheese	1 Piece	18	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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			450	40	605	5.44	3.92	650.4	1584	58.80	*19	16.44	71.77	10.71	5.20	*0.00
% of Calories											*17.3%	14.6%	63.9%	21.4%	10.4%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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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)
Tue - 09/15/2020																
GHS Breakfast	Total	25														
Muffin, Dbl Choc Chunk IW WG +	1 Muffin	20	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	20	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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			425	41	445	2.24	1.57	477.2	558	2.26	*47	17.03	69.71	8.22	2.25	0.00
% of Calories											*44.1%	16.0%	65.7%	17.4%	4.8%	0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 09/16/2020																
GHS Breakfast	Total	25														
Waffles, Blueberry Mini Pills+	Package	20	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	20	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	18	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	24	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	23	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			539	39	568	3.04	1.04	466.4	624	2.26	*51	19.32	90.92	12.28	4.78	*0.00
% of Calories											*37.6%	14.3%	67.5%	20.5%	8.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 09/17/2020																
GHS Breakfast	Total	25														
Donut, Plain, Spr Bkry \$	Donut	20	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	18	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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	22	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	24	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			548	33	609	2.16	6.27	550.8	2166	27.17	*54	15.99	84.25	15.17	4.53	0.00
% of Calories											*39.2%	11.7%	61.5%	24.9%	7.4%	0.0%
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Fri - 09/18/2020																
GHS 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	23	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	22	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			360	80	549	2.00	1.44	414.0	1190	3.36	*27	16.35	53.24	8.26	3.66	0.00
% of Calories											*29.8%	18.2%	59.1%	20.7%	9.1%	0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 09/21/2020																
GHS Breakfast	Total	25														
Breakfast Kit - Apple Jacks	Kit	20	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
String Cheese	1 Piece	18	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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			450	40	605	5.44	3.92	650.4	1584	58.80	*19	16.44	71.77	10.71	5.20	*0.00
% of Calories											*17.3%	14.6%	63.9%	21.4%	10.4%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 09/22/2020																
GHS Breakfast	Total	25														
Muffin, Dbl Choc Chunk IW WG +	1 Muffin	20	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	20	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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
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Germantown School District

Sep 1, 2020 thru Sep 30, 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)
Wed - 09/23/2020																
GHS Breakfast	Total	25														
Waffles, Blueberry Mini Pills+	Package	20	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	20	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	18	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	24	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	23	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			539	39	568	3.04	1.04	466.4	624	2.26	*51	19.32	90.92	12.28	4.78	*0.00
% of Calories											*37.6%	14.3%	67.5%	20.5%	8.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 09/24/2020																
GHS Breakfast	Total	25														
Donut, Plain, Spr Bkry \$	Donut	20	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	18	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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	22	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	24	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			548	33	609	2.16	6.27	550.8	2166	27.17	*54	15.99	84.25	15.17	4.53	0.00
% of Calories											*39.2%	11.7%	61.5%	24.9%	7.4%	0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 09/25/2020																
GHS 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	23	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	22	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			360	80	549	2.00	1.44	414.0	1190	3.36	*27	16.35	53.24	8.26	3.66	0.00
% of Calories											*29.8%	18.2%	59.1%	20.7%	9.1%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Germantown School District

Sep 1, 2020 thru Sep 30, 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 - 09/28/2020																
GHS Breakfast	Total	25														
Breakfast Kit - Apple Jacks	Kit	20	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
String Cheese	1 Piece	18	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	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			450	40	605	5.44	3.92	650.4	1584	58.80	*19	16.44	71.77	10.71	5.20	*0.00
% of Calories											*17.3%	14.6%	63.9%	21.4%	10.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 09/29/2020																
GHS Breakfast	Total	25														
Muffin, Dbl Choc Chunk IW WG +	1 Muffin	20	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	20	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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			425	41	445	2.24	1.57	477.2	558	2.26	*47	17.03	69.71	8.22	2.25	0.00
% of Calories											*44.1%	16.0%	65.7%	17.4%	4.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 09/30/2020																
GHS Breakfast	Total	25														
Waffles, Blueberry Mini Pills+	Package	20	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	20	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	18	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Breakfast Sandwich, Warm Asst	1 Sandwich	5	320	113	675	3.20	2.09	206.0	290	0.0	*2	15.7	30.0	15.6	6.15	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	24	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	23	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			539	39	568	3.04	1.04	466.4	624	2.26	*51	19.32	90.92	12.28	4.78	*0.00
% of Calories											*37.6%	14.3%	67.5%	20.5%	8.0%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			466	46	548	2.83	2.65	501.4	1147	15.29	*41	17.16	74.69	10.87	3.98	*0.00
											*79.7%	14.7%	64.0%	21.0%	7.7%	*0.0%

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Germantown School District

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Base Menu Spreadsheet

GHS Breakfast

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)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	466		450 - 600	100%				
Cholesterol (mg)	46							
Sodium 1 (mg)	548		640					
Sodium 2 (mg)	548		570					
Fiber (g)	2.83							
Iron (mg)	2.65							
Calcium (mg)	501.4							
Vitamin A (IU)	1147							
Sugars (g)	41	35.42%			Missing			
Vitamin C (mg)	15.29							
Protein (g)	17.16	14.72%						
Carbohydrate (g)	74.69	64.05%						
Total Fat (g)	10.87	20.98%						
Saturated Fat (g)	3.98	7.67%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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