

Germantown School District

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

Page 1

Generated on: 3/23/2018 9:46:36 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 04/09/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Pizza, Brkfst w/Tky Sgs Tonys^ | 1 Piece | 223 | 16 | 372 | 3.20 | 1.98 | 110.0 | 0 | 0.0 | 5 | 9.0 | 28.7 | 7.4 | 2.10 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average | | 400 | 18 | 477 | 3.62 | 3.16 | 419.6 | 857 | 6.60 | *41 | 15.18 | 70.42 | 6.43 | 2.12 | *0.00 |
| % of Calories | | | | | | | | | | *40.6% | 15.2% | 70.4% | 14.5% | 4.8% | *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|-----------------|---------|-----|-----|------|------|-------|------|------|--------|-------|-------|-------|--------|-------|
| Tue - 04/10/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| EggStravaganza^ | 3oz Egg | 180 | 255 | 420 | 0.00 | 1.08 | 90.0 | 450 | 0.0 | 0 | 12.0 | 1.5 | 13.5 | 5.25 | 0.00 |
| Potatoes, Hash Brown Patty | 2.22 oz Pat | 130 | 0 | 230 | 2.00 | 0.36 | 0.0 | 0 | 4.8 | *N/A* | 1.0 | 13.99 | 7.99 | 2.00 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average | | 440 | 185 | 648 | 2.84 | 2.54 | 352.4 | 1026 | 9.02 | *34 | 17.13 | 57.15 | 16.07 | 5.59 | *0.00 |
| % of Calories | | | | | | | | | | *31.3% | 15.6% | 51.9% | 32.9% | 11.4% | *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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Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Wed - 04/11/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Egg, Sausage, Cheese Croissant | 1Cst/1E,S ge,Chs | 275 | 37 | 515 | 3.00 | 1.80 | 220.0 | 350 | 0.0 | *4 | 14.5 | 31.0 | 12.0 | 4.75 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 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* |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 0.00 |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 436 | 34 | 582 | 3.66 | 2.81 | 469.4 | 1006 | 6.09 | *39 *35.8% | 18.95 17.4% | 71.23 65.3% | 9.94 20.5% | 3.99 8.2% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------------|-----------------|---------|----|-----|------|------|-------|-----|------|---------------|----------------|----------------|---------------|--------------|----------------|
| Thu - 04/12/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Pancake Sausage on a Stick FF^ | 1 Pancake Stick | 200 | 25 | 310 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | 4 | 7.0 | 17.0 | 10.0 | 2.50 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 382 | 23 | 427 | 3.56 | 3.07 | 340.1 | 818 | 6.66 | *39 *41.0% | 13.37 14.0% | 62.88 65.8% | 8.07 19.0% | 2.41 5.7% | *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 Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Fri - 04/13/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Yogurt Parfait | 1 Container | 150 | 2 | 71 | 2.50 | 0.00 | 175.0 | 50 | 0.0 | 25 | 5.0 | 29.5 | 2.5 | 0.00 | 0.00 |
| Granola, 1oz bag, Fieldstone [^] | 1 bag | 120 | 0 | 75 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 6 | 3.0 | 20.0 | 3.5 | 0.00 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 434 | 9 | 327 | 4.71 | 2.06 | 444.0 | 809 | 6.05 | *57 *52.8% | 14.60 13.5% | 84.04 77.5% | 5.86 12.2% | 0.74 1.5% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|--|-----------------|---------|----|-----|------|------|-------|-----|------|---------------|----------------|----------------|---------------|--------------|----------------|
| Mon - 04/16/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Pizza, Brkfst w/Tky Sgs Tonys [^] | 1 Piece | 223 | 16 | 372 | 3.20 | 1.98 | 110.0 | 0 | 0.0 | 5 | 9.0 | 28.7 | 7.4 | 2.10 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 400 | 18 | 477 | 3.62 | 3.16 | 419.6 | 857 | 6.60 | *41 *40.6% | 15.18 15.2% | 70.42 70.4% | 6.43 14.5% | 2.12 4.8% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

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| | 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) |
|--------------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|---------------|-------------------------|
| Tue - 04/17/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| EggStravaganza^ | 3oz Egg | 180 | 255 | 420 | 0.00 | 1.08 | 90.0 | 450 | 0.0 | 0 | 12.0 | 1.5 | 13.5 | 5.25 | 0.00 |
| Potatoes, Hash Brown Patty | 2.22 oz Pat | 130 | 0 | 230 | 2.00 | 0.36 | 0.0 | 0 | 4.8 | *N/A* | 1.0 | 13.99 | 7.99 | 2.00 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 440 | 185 | 648 | 2.84 | 2.54 | 352.4 | 1026 | 9.02 | *34 *31.3% | 17.13 15.6% | 57.15 51.9% | 16.07 32.9% | 5.59 11.4% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|--------------------------------------|------------------|---------|----|-----|------|------|-------|------|------|---------------|----------------|----------------|---------------|--------------|----------------|
| Wed - 04/18/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Egg, Sausage, Cheese Croissant | 1Cst/1E,S ge,Chs | 275 | 37 | 515 | 3.00 | 1.80 | 220.0 | 350 | 0.0 | *4 | 14.5 | 31.0 | 12.0 | 4.75 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 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* |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 0.00 |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 436 | 34 | 582 | 3.66 | 2.81 | 469.4 | 1006 | 6.09 | *39 *35.8% | 18.95 17.4% | 71.23 65.3% | 9.94 20.5% | 3.99 8.2% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

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|--|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Thu - 04/19/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Pancake Sausage on a Stick FF [^] | 1 Pancake Stick | 200 | 25 | 310 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | 4 | 7.0 | 17.0 | 10.0 | 2.50 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 382 | 23 | 427 | 3.56 | 3.07 | 340.1 | 818 | 6.66 | *39 *41.0% | 13.37 14.0% | 62.88 65.8% | 8.07 19.0% | 2.41 5.7% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|---|-----------------|---------|----|-----|------|------|-------|-----|------|---------------|----------------|----------------|---------------|--------------|----------------|
| Fri - 04/20/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Yogurt Parfait | 1 Container | 150 | 2 | 71 | 2.50 | 0.00 | 175.0 | 50 | 0.0 | 25 | 5.0 | 29.5 | 2.5 | 0.00 | 0.00 |
| Granola, 1oz bag, Fieldstone [^] | 1 bag | 120 | 0 | 75 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 6 | 3.0 | 20.0 | 3.5 | 0.00 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 434 | 9 | 327 | 4.71 | 2.06 | 444.0 | 809 | 6.05 | *57 *52.8% | 14.60 13.5% | 84.04 77.5% | 5.86 12.2% | 0.74 1.5% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | <10.00 | |

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Germantown School District

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 04/23/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Pizza, Brkfst w/Tky Sgs Tonys^ | 1 Piece | 223 | 16 | 372 | 3.20 | 1.98 | 110.0 | 0 | 0.0 | 5 | 9.0 | 28.7 | 7.4 | 2.10 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average | | 400 | 18 | 477 | 3.62 | 3.16 | 419.6 | 857 | 6.60 | *41 | 15.18 | 70.42 | 6.43 | 2.12 | *0.00 |
| % of Calories | | | | | | | | | | *40.6% | 15.2% | 70.4% | 14.5% | 4.8% | *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|-----------------|---------|-----|-----|------|------|-------|------|------|--------|-------|-------|-------|--------|-------|
| Tue - 04/24/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| EggStravaganza^ | 3oz Egg | 180 | 255 | 420 | 0.00 | 1.08 | 90.0 | 450 | 0.0 | 0 | 12.0 | 1.5 | 13.5 | 5.25 | 0.00 |
| Potatoes, Hash Brown Patty | 2.22 oz Pat | 130 | 0 | 230 | 2.00 | 0.36 | 0.0 | 0 | 4.8 | *N/A* | 1.0 | 13.99 | 7.99 | 2.00 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average | | 440 | 185 | 648 | 2.84 | 2.54 | 352.4 | 1026 | 9.02 | *34 | 17.13 | 57.15 | 16.07 | 5.59 | *0.00 |
| % of Calories | | | | | | | | | | *31.3% | 15.6% | 51.9% | 32.9% | 11.4% | *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | <10.00 | |

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Germantown School District

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Wed - 04/25/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Egg, Sausage, Cheese Croissant | 1Cst/1E,S ge,Chs | 275 | 37 | 515 | 3.00 | 1.80 | 220.0 | 350 | 0.0 | *4 | 14.5 | 31.0 | 12.0 | 4.75 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 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* |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 0.00 |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 436 | 34 | 582 | 3.66 | 2.81 | 469.4 | 1006 | 6.09 | *39 *35.8% | 18.95 17.4% | 71.23 65.3% | 9.94 20.5% | 3.99 8.2% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------------|-----------------|---------|----|-----|------|------|-------|-----|------|---------------|----------------|----------------|---------------|--------------|----------------|
| Thu - 04/26/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Pancake Sausage on a Stick FF^ | 1 Pancake Stick | 200 | 25 | 310 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | 4 | 7.0 | 17.0 | 10.0 | 2.50 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 382 | 23 | 427 | 3.56 | 3.07 | 340.1 | 818 | 6.66 | *39 *41.0% | 13.37 14.0% | 62.88 65.8% | 8.07 19.0% | 2.41 5.7% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | <10.00 | |

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Germantown School District

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Fri - 04/27/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Yogurt Parfait | 1 Container | 150 | 2 | 71 | 2.50 | 0.00 | 175.0 | 50 | 0.0 | 25 | 5.0 | 29.5 | 2.5 | 0.00 | 0.00 |
| Granola, 1oz bag, Fieldstone [^] | 1 bag | 120 | 0 | 75 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 6 | 3.0 | 20.0 | 3.5 | 0.00 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 434 | 9 | 327 | 4.71 | 2.06 | 444.0 | 809 | 6.05 | *57 *52.8% | 14.60 13.5% | 84.04 77.5% | 5.86 12.2% | 0.74 1.5% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|--|-----------------|---------|----|-----|------|------|-------|-----|------|---------------|----------------|----------------|---------------|--------------|----------------|
| Mon - 04/30/2018 | | | | | | | | | | | | | | | |
| MacArthur Breakfast | Total | | | | | | | | | | | | | | |
| Pizza, Brkfst w/Tky Sgs Tonys [^] | 1 Piece | 223 | 16 | 372 | 3.20 | 1.98 | 110.0 | 0 | 0.0 | 5 | 9.0 | 28.7 | 7.4 | 2.10 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box | 110 | 0 | 160 | 2.00 | 3.60 | 80.0 | 400 | 4.8 | 8 | 1.0 | 22.0 | 3.0 | 0.50 | 0.00 |
| Cereal, Trix Box % | Box | 110 | 0 | 140 | 1.00 | 4.50 | 80.0 | 400 | 4.8 | 7 | 1.0 | 24.0 | 1.0 | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz | 4 oz Cup | 100 | 4 | 50 | 0.00 | 0.00 | 100.0 | 500 | 0.0 | *N/A* | 3.0 | 20.0 | 0.5 | 0.50 | 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* |
| Fruit, Assorted Chilled - 4 oz | #8 spoodl e-4oz | 65 | 0 | 7 | 1.38 | 0.42 | 8.3 | 184 | 3.3 | *12 | 0.51 | 16.84 | 0.04 | 0.00 | 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% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average % of Calories | | 400 | 18 | 477 | 3.62 | 3.16 | 419.6 | 857 | 6.60 | *41 *40.6% | 15.18 15.2% | 70.42 70.4% | 6.43 14.5% | 2.12 4.8% | *0.00 *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|-----|------|---------------|----------------|----------------|---------------|--------------|----------------|
| Weighted Average | | 417 | 52 | 491 | 3.67 | 2.75 | 406.0 | 901 | 6.86 | *42 *90.6% | 15.80 15.1% | 69.23 66.3% | 9.10 19.6% | 2.91 6.3% | *0.00 *0.0% |
|------------------|--|-----|----|-----|------|------|-------|-----|------|---------------|----------------|----------------|---------------|--------------|----------------|

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Germantown School District

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

| Nutrient | Menu AVG | 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) | Error Messages (if any) | |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------------------------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|--|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | | | | | | | | | | | |
| Calories | 417 | | 350 - 500 | 100% | | | | | | | | | | | | | | |
| Cholesterol (mg) | 52 | | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 491 | | 540 | | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 491 | | 485 | | | | | | | 6 | Correction Required - Sodium too High | | | | | | | |
| Fiber (g) | 3.67 | | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.75 | | | | | | | | | | | | | | | | | |
| Calcium (mg) | 406.0 | | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 901 | | | | | | | | | | | | | | | | | |
| Sugars (g) | 42 | 40.26% | | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 6.86 | | | | | | | | | | | | | | | | | |
| Protein (g) | 15.80 | 15.15% | | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 69.23 | 66.34% | | | | | | | | | | | | | | | | |
| Total Fat (g) | 9.10 | 19.61% | | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 2.91 | 6.28% | <10.00% | | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | Missing | | | | | | | | | | | | |

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