

Germantown School District

Feb 1, 2018 thru Feb 28, 2018

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)
Thu - 02/01/2018																
GHS Breakfast	Total	50														
Egg, Bacon*, Cheese Eng Mf@	1EM/1E/1 C/1Bcn	30	240	120	465	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	9.0	3.25	0.00
Cereal, Cinn Tst Crunch Box %	Box	10	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	10	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	10	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	10	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 1/2 C	#8 - 1/2 C	48	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	45	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			421	81	542	3.25	2.97	499.7	919	5.18	*42 *39.5%	18.86 17.9%	70.38 66.9%	7.80 16.7%	3.05 6.5%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 02/02/2018																
GHS Breakfast	Total	50														
EggStravaganza ^	3oz Egg	40	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 P atty	40	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	5	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	5	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	3	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	7	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, Fresh, Winter Mix	1 Piece	48	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			498	210	712	4.52	2.16	377.0	1061	32.68	*31 *24.7%	18.90 15.2%	64.83 52.1%	18.44 33.4%	6.32 11.4%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

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 - 02/05/2018																
GHS Breakfast	Total	50														
Pizza, Brkfst w/Tky Sgs #	1 Piece	35	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	5	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	10	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	3	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	12	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 1/2 C	#8 - 1/2 C	48	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	48	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			420	19	498	3.49	2.91	429.7	759	4.77	*44 *42.1%	15.93 15.2%	74.38 70.8%	6.53 14.0%	2.04 4.4%	*0.00 *0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 02/06/2018																
GHS Breakfast	Total	50														
Pancakes, Eggo Bag Mpl Flvr*	1 bag	35	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Sausage Links, 2, JTM ^	2 Sausage	35	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	34	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Potatoes, Hash Brown Patty	2.22 oz P atty	35	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	8	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	7	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	5	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	10	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			561	33	733	4.66	3.37	465.7	1370	6.91	*35 *25.3%	16.05 11.4%	82.46 58.8%	19.03 30.5%	5.45 8.7%	*0.00 *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 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 - 02/07/2018																
GHS Breakfast	Total	50														
Egg, Ham & Cheese Croissant	1Csst/1E/3H/1Ch	35	263	28	693	3.00	2.02	208.0	350	0.0	*4	15.34	32.21	9.61	4.35	0.00
Cereal, Cinn Tst Crunch Box %	Box	8	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	7	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	6	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	9	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, Fresh, Winter Mix	1 Piece	48	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			454	27	703	5.18	2.83	475.1	1014	29.32	*34 *30.2%	19.90 17.5%	78.14 68.8%	8.56 17.0%	3.84 7.6%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 02/08/2018																
GHS Breakfast	Total	50														
Egg, Bacon*, Cheese Eng Mf@	1EM/1E/1C/1Bcn	30	240	120	465	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	9.0	3.25	0.00
Cereal, Cinn Tst Crunch Box %	Box	10	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	10	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	10	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	10	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 1/2 C	#8 - 1/2 C	48	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	45	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			421	81	542	3.25	2.97	499.7	919	5.18	*42 *39.5%	18.86 17.9%	70.38 66.9%	7.80 16.7%	3.05 6.5%	*0.00 *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)
Fri - 02/09/2018																
GHS Breakfast	Total	50														
EggStravaganza ^	3oz Egg	40	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 Patty	40	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	5	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	5	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	3	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	7	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, Fresh, Winter Mix	1 Piece	48	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			498	210	712	4.52	2.16	377.0	1061	32.68	*31 *24.7%	18.90 15.2%	64.83 52.1%	18.44 33.4%	6.32 11.4%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 02/12/2018																
GHS Breakfast	Total	50														
Pizza, Brkfst w/Tky Sgs #	1 Piece	35	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	5	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	10	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	3	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	12	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 1/2 C	#8 - 1/2 C	48	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	48	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			420	19	498	3.49	2.91	429.7	759	4.77	*44 *42.1%	15.93 15.2%	74.38 70.8%	6.53 14.0%	2.04 4.4%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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	Portion Size	Reimb Qty	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 - 02/13/2018																
GHS Breakfast	Total	50														
Pancakes, Eggo Bag Mpl Flvr*	1 bag	35	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Sausage Links, 2, JTM ^	2 Sausage	35	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	34	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Potatoes, Hash Brown Patty	2.22 oz Patty	35	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	8	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	7	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	5	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	10	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			561	33	733	4.66	3.37	465.7	1370	6.91	*35	16.05	82.46	19.03	5.45	*0.00
% of Calories											*25.3%	11.4%	58.8%	30.5%	8.7%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 02/14/2018																
GHS Breakfast	Total	50														
Egg, Ham & Cheese Croissant	1Csst/1E/3H/1Ch	35	263	28	693	3.00	2.02	208.0	350	0.0	*4	15.34	32.21	9.61	4.35	0.00
Cereal, Cinn Tst Crunch Box %	Box	8	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	7	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	6	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	9	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, Fresh, Winter Mix	1 Piece	48	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			454	27	703	5.18	2.83	475.1	1014	29.32	*34	19.90	78.14	8.56	3.84	*0.00
% of Calories											*30.2%	17.5%	68.8%	17.0%	7.6%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 02/15/2018																
GHS Breakfast	Total	50														
Egg, Bacon*, Cheese Eng Mf@	1EM/1E/1 C/1Bcn	30	240	120	465	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	9.0	3.25	0.00
Cereal, Cinn Tst Crunch Box %	Box	10	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	10	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	10	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	10	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 1/2 C	#8 - 1/2 C	48	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	45	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			421	81	542	3.25	2.97	499.7	919	5.18	*42 *39.5%	18.86 17.9%	70.38 66.9%	7.80 16.7%	3.05 6.5%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 02/16/2018																
GHS Breakfast	Total	50														
EggStravaganza ^	3oz Egg	40	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 P atty	40	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	5	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	5	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	3	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	7	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, Fresh, Winter Mix	1 Piece	48	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			498	210	712	4.52	2.16	377.0	1061	32.68	*31 *24.7%	18.90 15.2%	64.83 52.1%	18.44 33.4%	6.32 11.4%	*0.00 *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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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

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 - 02/19/2018																
GHS Breakfast	Total	50														
Pizza, Brkfst w/Tky Sgs #	1 Piece	35	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	5	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	10	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	3	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	12	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 1/2 C	#8 - 1/2 C	48	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	48	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			420	19	498	3.49	2.91	429.7	759	4.77	*44	15.93	74.38	6.53	2.04	*0.00
% of Calories											*42.1%	15.2%	70.8%	14.0%	4.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 02/20/2018																
GHS Breakfast	Total	50														
Pancakes, Eggo Bag Mpl Flvr*	1 bag	35	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Sausage Links, 2, JTM ^	2 Sausage	35	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	34	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Potatoes, Hash Brown Patty	2.22 oz P atty	35	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	8	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	7	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	5	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	10	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			561	33	733	4.66	3.37	465.7	1370	6.91	*35	16.05	82.46	19.03	5.45	*0.00
% of Calories											*25.3%	11.4%	58.8%	30.5%	8.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/21/2018																
GHS Breakfast	Total	50														
Egg, Ham & Cheese Croissant	1Csst/1E/3H/1Ch	35	263	28	693	3.00	2.02	208.0	350	0.0	*4	15.34	32.21	9.61	4.35	0.00
Cereal, Cinn Tst Crunch Box %	Box	8	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	7	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	6	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	9	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, Fresh, Winter Mix	1 Piece	48	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			454	27	703	5.18	2.83	475.1	1014	29.32	*34 *30.2%	19.90 17.5%	78.14 68.8%	8.56 17.0%	3.84 7.6%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 02/22/2018																
GHS Breakfast	Total	50														
Egg, Bacon*, Cheese Eng Mf@	1EM/1E/1C/1Bcn	30	240	120	465	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	9.0	3.25	0.00
Cereal, Cinn Tst Crunch Box %	Box	10	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	10	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	10	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	10	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 1/2 C	#8 - 1/2 C	48	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	45	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			421	81	542	3.25	2.97	499.7	919	5.18	*42 *39.5%	18.86 17.9%	70.38 66.9%	7.80 16.7%	3.05 6.5%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

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)
Fri - 02/23/2018																
GHS Breakfast	Total	50														
EggStravaganza ^	3oz Egg	40	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 P atty	40	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	5	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	5	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	3	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	7	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, Fresh, Winter Mix	1 Piece	48	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			498	210	712	4.52	2.16	377.0	1061	32.68	*31 *24.7%	18.90 15.2%	64.83 52.1%	18.44 33.4%	6.32 11.4%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 02/26/2018																
GHS Breakfast	Total	50														
Pizza, Brkfst w/Tky Sgs #	1 Piece	35	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	5	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	10	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	3	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	12	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 1/2 C	#8 - 1/2 C	48	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	48	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			420	19	498	3.49	2.91	429.7	759	4.77	*44 *42.1%	15.93 15.2%	74.38 70.8%	6.53 14.0%	2.04 4.4%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

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)
Tue - 02/27/2018																
GHS Breakfast	Total	50														
Pancakes, Eggo Bag Mpl Flvr*	1 bag	35	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Sausage Links, 2, JTM ^	2 Sausage	35	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	34	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Potatoes, Hash Brown Patty	2.22 oz Patty	35	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	8	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	7	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	5	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	10	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			561	33	733	4.66	3.37	465.7	1370	6.91	*35	16.05	82.46	19.03	5.45	*0.00
% of Calories											*25.3%	11.4%	58.8%	30.5%	8.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 02/28/2018																
GHS Breakfast	Total	50														
Egg, Ham & Cheese Croissant	1Csst/1E/3H/1Ch	35	263	28	693	3.00	2.02	208.0	350	0.0	*4	15.34	32.21	9.61	4.35	0.00
Cereal, Cinn Tst Crunch Box %	Box	8	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	7	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	6	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	9	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, Fresh, Winter Mix	1 Piece	48	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	48	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	40	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			454	27	703	5.18	2.83	475.1	1014	29.32	*34	19.90	78.14	8.56	3.84	*0.00
% of Calories											*30.2%	17.5%	68.8%	17.0%	7.6%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			471	74	638	4.22	2.85	449.4	1024	15.77	*37	17.93	74.04	12.07	4.14	*0.00
											*71.2%	15.2%	62.9%	23.1%	7.9%	*0.0%

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	471		450 - 600	100%														
Cholesterol (mg)	74																	
Sodium 1 (mg)	638		640															
Sodium 2 (mg)	638		570						68	Correction Required - Sodium too High								
Fiber (g)	4.22																	
Iron (mg)	2.85																	
Calcium (mg)	449.4																	
Vitamin A (IU)	1024																	
Sugars (g)	37	31.65%				Missing												
Vitamin C (mg)	15.77																	
Protein (g)	17.93	15.24%																
Carbohydrate (g)	74.04	62.91%																
Total Fat (g)	12.07	23.08%																
Saturated Fat (g)	4.14	7.91%	<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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