

Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Ultimate Bkfst Round 2.5oz \$ | 1 (2.5 oz) | 30 | 250 | 5 | 200 | 6.15 | 0.90 | 1485.0 | 0 | 0.0 | 17 | 5.0 | 43.0 | 6.5 | 2.00 | 0.00 |
| String Cheese | 1 Piece | 30 | 86 | 15 | 150 | 0.00 | 0.07 | 207.2 | 147 | 0.0 | *N/A* | 7.36 | 1.09 | 5.68 | 3.59 | *N/A* |
| 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 | 8 | 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 | 35 | 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 | 38 | 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 | 43 | 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 | | | 447 | 21 | 457 | 4.91 | 2.40 | 1361.6 | 823 | 4.61 | *45 | 16.85 | 74.44 | 9.45 | 4.30 | *0.00 |
| % of Calories | | | | | | | | | | | *39.9% | 15.1% | 66.7% | 19.0% | 8.7% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-------------------|----|---------|-----|-----|------|------|-------|------|-------|--------|-------|-------|-------|-------|--------|
| Fri - 02/02/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| EggStravaganza ^ | 3oz Egg | 35 | 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 | 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 | 7 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 35 | 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 | 35 | 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 | 35 | 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 | | | 446 | 186 | 657 | 3.77 | 2.37 | 362.5 | 1009 | 25.27 | *25 | 17.39 | 56.74 | 16.91 | 5.92 | *0.00 |
| % of Calories | | | | | | | | | | | *22.8% | 15.6% | 50.9% | 34.1% | 11.9% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <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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KMS 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 | | | | | | | | | | | | | | | | |
| KMS 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 | 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 | 8 | 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 | 42 | 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 | 45 | 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 | 38 | 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 | | | 387 | 18 | 471 | 3.45 | 2.82 | 373.6 | 624 | 4.33 | *39 *40.3% | 14.49 15.0% | 66.84 69.0% | 6.87 16.0% | 2.21 5.1% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|-------------------|----|---------|----|-----|------|------|-------|------|------|---------------|----------------|----------------|----------------|--------------|----------------|
| Tue - 02/06/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Pancakes, Eggo Bag Mpl Flvr* | 1 bag | 30 | 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 | 28 | 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 | 30 | 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 | 25 | 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 | 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 | 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 | 42 | 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 | 38 | 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 | | | 493 | 28 | 636 | 4.00 | 3.44 | 431.9 | 1263 | 6.24 | *33 *26.7% | 14.35 11.7% | 74.91 60.8% | 15.46 28.2% | 4.43 8.1% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | <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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| | 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 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Egg, Ham & Cheese Croissant | 1Csst/1E/ 3H/1Ch | 30 | 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 | 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 | 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 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 40 | 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 | 40 | 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 | 43 | 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 | | | 426 | 25 | 657 | 4.58 | 3.01 | 478.5 | 1036 | 25.39 | *33 | 18.83 | 73.57 | 7.77 | 3.44 | *0.00 |
| % of Calories | | | | | | | | | | | *30.9% | 17.7% | 69.0% | 16.4% | 7.3% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | <10.00 | |

| | 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 - 02/08/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Ultimate Bkfst Round 2.5oz \$ | 1 (2.5 oz) | 30 | 250 | 5 | 200 | 6.15 | 0.90 | 1485.0 | 0 | 0.0 | 17 | 5.0 | 43.0 | 6.5 | 2.00 | 0.00 |
| String Cheese | 1 Piece | 30 | 86 | 15 | 150 | 0.00 | 0.07 | 207.2 | 147 | 0.0 | *N/A* | 7.36 | 1.09 | 5.68 | 3.59 | *N/A* |
| 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 | 8 | 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 | 35 | 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 | 38 | 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 | 43 | 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 | | | 447 | 21 | 457 | 4.91 | 2.40 | 1361.6 | 823 | 4.61 | *45 | 16.85 | 74.44 | 9.45 | 4.30 | *0.00 |
| % of Calories | | | | | | | | | | | *39.9% | 15.1% | 66.7% | 19.0% | 8.7% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | <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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|--------------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|---------------|-------------------------|
| Fri - 02/09/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| EggStravaganza ^ | 3oz Egg | 35 | 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 | 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 | 7 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 35 | 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 | 35 | 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 | 35 | 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 | | | 446 | 186 | 657 | 3.77 | 2.37 | 362.5 | 1009 | 25.27 | *25 *22.8% | 17.39 15.6% | 56.74 50.9% | 16.91 34.1% | 5.92 11.9% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|-------------|----|---------|----|-----|------|------|-------|-----|------|---------------|----------------|----------------|---------------|--------------|----------------|
| Mon - 02/12/2018 | | | | | | | | | | | | | | | | |
| KMS 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 | 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 | 8 | 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 | 42 | 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 | 45 | 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 | 38 | 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 | | | 387 | 18 | 471 | 3.45 | 2.82 | 373.6 | 624 | 4.33 | *39 *40.3% | 14.49 15.0% | 66.84 69.0% | 6.87 16.0% | 2.21 5.1% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

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|-------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/13/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Pancakes, Eggo Bag Mpl Flvr* | 1 bag | 30 | 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 | 28 | 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 | 30 | 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 | 25 | 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 | 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 | 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 | 42 | 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 | 38 | 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 | | | 493 | 28 | 636 | 4.00 | 3.44 | 431.9 | 1263 | 6.24 | *33 | 14.35 | 74.91 | 15.46 | 4.43 | *0.00 |
| % of Calories | | | | | | | | | | | *26.7% | 11.7% | 60.8% | 28.2% | 8.1% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-----------------|----|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|------|--------|
| Wed - 02/14/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Egg, Ham & Cheese Croissant | 1Csst/1E/3H/1Ch | 30 | 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 | 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 | 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 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 40 | 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 | 40 | 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 | 43 | 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 | | | 426 | 25 | 657 | 4.58 | 3.01 | 478.5 | 1036 | 25.39 | *33 | 18.83 | 73.57 | 7.77 | 3.44 | *0.00 |
| % of Calories | | | | | | | | | | | *30.9% | 17.7% | 69.0% | 16.4% | 7.3% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <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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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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 - 02/15/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Ultimate Bkfst Round 2.5oz \$ | 1 (2.5 oz) | 30 | 250 | 5 | 200 | 6.15 | 0.90 | 1485.0 | 0 | 0.0 | 17 | 5.0 | 43.0 | 6.5 | 2.00 | 0.00 |
| String Cheese | 1 Piece | 30 | 86 | 15 | 150 | 0.00 | 0.07 | 207.2 | 147 | 0.0 | *N/A* | 7.36 | 1.09 | 5.68 | 3.59 | *N/A* |
| 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 | 8 | 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 | 35 | 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 | 38 | 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 | 43 | 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 | | | 447 | 21 | 457 | 4.91 | 2.40 | 1361.6 | 823 | 4.61 | *45 | 16.85 | 74.44 | 9.45 | 4.30 | *0.00 |
| % of Calories | | | | | | | | | | | *39.9% | 15.1% | 66.7% | 19.0% | 8.7% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-------------------|----|---------|-----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Fri - 02/16/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| EggStravaganza ^ | 3oz Egg | 35 | 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 | 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 | 7 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 35 | 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 | 35 | 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 | 35 | 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 | | | 446 | 186 | 657 | 3.77 | 2.37 | 362.5 | 1009 | 25.27 | *25 | 17.39 | 56.74 | 16.91 | 5.92 | *0.00 |
| % of Calories | | | | | | | | | | | *22.8% | 15.6% | 50.9% | 34.1% | 11.9% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | <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

KMS 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Mon - 02/19/2018 | | | | | | | | | | | | | | | | |
| KMS 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 | 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 | 8 | 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 | 42 | 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 | 45 | 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 | 38 | 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 | | | 387 | 18 | 471 | 3.45 | 2.82 | 373.6 | 624 | 4.33 | *39 *40.3% | 14.49 15.0% | 66.84 69.0% | 6.87 16.0% | 2.21 5.1% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|-------------------|----|---------|----|-----|------|------|-------|------|------|---------------|----------------|----------------|----------------|--------------|----------------|
| Tue - 02/20/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Pancakes, Eggo Bag Mpl Flvr* | 1 bag | 30 | 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 | 28 | 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 | 30 | 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 | 25 | 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 | 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 | 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 | 42 | 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 | 38 | 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 | | | 493 | 28 | 636 | 4.00 | 3.44 | 431.9 | 1263 | 6.24 | *33 *26.7% | 14.35 11.7% | 74.91 60.8% | 15.46 28.2% | 4.43 8.1% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | <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

KMS 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 - 02/21/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Egg, Ham & Cheese Croissant | 1Csst/1E/ 3H/1Ch | 30 | 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 | 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 | 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 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 40 | 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 | 40 | 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 | 43 | 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 | | | 426 | 25 | 657 | 4.58 | 3.01 | 478.5 | 1036 | 25.39 | *33 | 18.83 | 73.57 | 7.77 | 3.44 | *0.00 |
| % of Calories | | | | | | | | | | | *30.9% | 17.7% | 69.0% | 16.4% | 7.3% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | 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 - 02/22/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Ultimate Bkfst Round 2.5oz \$ | 1 (2.5 oz) | 30 | 250 | 5 | 200 | 6.15 | 0.90 | 1485.0 | 0 | 0.0 | 17 | 5.0 | 43.0 | 6.5 | 2.00 | 0.00 |
| String Cheese | 1 Piece | 30 | 86 | 15 | 150 | 0.00 | 0.07 | 207.2 | 147 | 0.0 | *N/A* | 7.36 | 1.09 | 5.68 | 3.59 | *N/A* |
| 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 | 8 | 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 | 35 | 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 | 38 | 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 | 43 | 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 | | | 447 | 21 | 457 | 4.91 | 2.40 | 1361.6 | 823 | 4.61 | *45 | 16.85 | 74.44 | 9.45 | 4.30 | *0.00 |
| % of Calories | | | | | | | | | | | *39.9% | 15.1% | 66.7% | 19.0% | 8.7% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS Breakfast

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|--------------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|---------------|-------------------------|
| Fri - 02/23/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| EggStravaganza ^ | 3oz Egg | 35 | 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 | 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 | 7 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 35 | 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 | 35 | 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 | 35 | 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 | | | 446 | 186 | 657 | 3.77 | 2.37 | 362.5 | 1009 | 25.27 | *25 *22.8% | 17.39 15.6% | 56.74 50.9% | 16.91 34.1% | 5.92 11.9% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|-------------|----|---------|----|-----|------|------|-------|-----|------|---------------|----------------|----------------|---------------|--------------|----------------|
| Mon - 02/26/2018 | | | | | | | | | | | | | | | | |
| KMS 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 | 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 | 8 | 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 | 42 | 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 | 45 | 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 | 38 | 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 | | | 387 | 18 | 471 | 3.45 | 2.82 | 373.6 | 624 | 4.33 | *39 *40.3% | 14.49 15.0% | 66.84 69.0% | 6.87 16.0% | 2.21 5.1% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <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

KMS Breakfast

Portion Values - Detailed

Page 10

Generated on: 1/23/2018 8:39:35 AM

| | 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 - 02/27/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Pancakes, Eggo Bag Mpl Flvr* | 1 bag | 30 | 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 | 28 | 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 | 30 | 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 | 25 | 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 | 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 | 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 | 42 | 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 | 38 | 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 | | | 493 | 28 | 636 | 4.00 | 3.44 | 431.9 | 1263 | 6.24 | *33 | 14.35 | 74.91 | 15.46 | 4.43 | *0.00 |
| % of Calories | | | | | | | | | | | *26.7% | 11.7% | 60.8% | 28.2% | 8.1% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-----------------|----|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|------|--------|
| Wed - 02/28/2018 | | | | | | | | | | | | | | | | |
| KMS Breakfast | Total | 50 | | | | | | | | | | | | | | |
| Egg, Ham & Cheese Croissant | 1Csst/1E/3H/1Ch | 30 | 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 | 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 | 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 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 40 | 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 | 40 | 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 | 43 | 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 | | | 426 | 25 | 657 | 4.58 | 3.01 | 478.5 | 1036 | 25.39 | *33 | 18.83 | 73.57 | 7.77 | 3.44 | *0.00 |
| % of Calories | | | | | | | | | | | *30.9% | 17.7% | 69.0% | 16.4% | 7.3% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|------|-------|-----|-------|--------|-------|-------|-------|------|-------|
| Weighted Average | | | 440 | 56 | 575 | 4.14 | 2.81 | 601.6 | 951 | 13.17 | *35 | 16.38 | 69.30 | 11.29 | 4.06 | *0.00 |
| | | | | | | | | | | | *71.5% | 14.9% | 63.0% | 23.1% | 8.3% | *0.0% |

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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 | 440 | | 400 - 550 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 56 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 575 | | 600 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 575 | | 535 | | | | | | 40 | Correction Required - Sodium too High | | | | | | | |
| Fiber (g) | 4.14 | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.81 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 601.6 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 951 | | | | | | | | | | | | | | | | |
| Sugars (g) | 35 | 31.78% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 13.17 | | | | | | | | | | | | | | | | |
| Protein (g) | 16.38 | 14.90% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 69.30 | 63.03% | | | | | | | | | | | | | | | |
| Total Fat (g) | 11.29 | 23.11% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 4.06 | 8.30% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | Missing | | | | | | | | | | | |

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

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