

Germantown School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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Generated on: 2/20/2018 8:51:42 AM

| | 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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/05/2018 | | | | | | | | | | | | | | | |
| GHS Breakfast | Total | | | | | | | | | | | | | | |
| Waffle, Dutch 432588% | Waffle | 300 | 20 | 350 | 3.00 | 1.80 | 40.0 | 0 | 0.0 | 12 | 4.0 | 43.0 | 13.0 | 3.00 | 0.00 |
| Syrup, Heinz, LoCal 1oz Skip@ | 1 Cup | 50 | 0 | 15 | 0.00 | 0.03 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | *N/A* |
| Sausage Links, 2, JTM ^ | 2 Sausage | 123 | 27 | 176 | 0.00 | 0.00 | 170.0 | 550 | 0.0 | 0 | 6.0 | 1.0 | 11.0 | 3.80 | 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* |
| Applesauce - 1/2 C | #8 - 1/2 C | 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 | 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 | | 612 | 49 | 661 | 3.54 | 2.25 | 461.1 | 973 | 3.21 | *43 | 16.64 | 88.55 | 22.70 | 6.67 | *0.00 |
| % of Calories | | | | | | | | | | *28.2% | 10.9% | 57.9% | 33.4% | 9.8% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|-----------------|---------|-----|-----|------|------|-------|-----|-------|--------|-------|-------|-------|--------|------|
| Tue - 03/06/2018 | | | | | | | | | | | | | | | |
| GHS Breakfast | Total | | | | | | | | | | | | | | |
| Egg, Bacon*, Cheese Eng Mf@ | 1EM/1E/1 C/1Bcn | 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 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 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 | 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 | | 447 | 103 | 583 | 5.10 | 2.43 | 520.7 | 990 | 26.74 | *33 | 21.02 | 74.10 | 8.17 | 2.97 | 0.00 |
| % of Calories | | | | | | | | | | *29.6% | 18.8% | 66.4% | 16.5% | 6.0% | 0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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

* - 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

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

GHS 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 - 03/07/2018 | | | | | | | | | | | | | | | |
| GHS 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 |
| tortilla, 9" KMS/GHS | 1 Tortilla | 170 | 0 | 150 | 3.00 | 1.44 | 40.0 | 0 | 0.0 | *N/A* | 4.0 | 29.0 | 4.5 | 2.50 | 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 |
| 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 | | 592 | 189 | 824 | 5.00 | 3.56 | 471.5 | 1098 | 9.41 | *37 *25.1% | 22.74 15.4% | 79.39 53.6% | 20.85 31.7% | 8.16 12.4% | *0.00 *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

| | 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) |
|--------------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Thu - 03/08/2018 | | | | | | | | | | | | | | | |
| GHS 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 |
| 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 | | 456 | 33 | 593 | 3.64 | 2.82 | 496.6 | 1112 | 6.31 | *42 *36.6% | 19.56 17.2% | 76.53 67.1% | 9.43 18.6% | 3.70 7.3% | 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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| | Portion Size | 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) |
|---|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/09/2018 | | | | | | | | | | | | | | | |
| GHS 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 |
| 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* |
| 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 | | 415 | 11 | 352 | 3.90 | 1.40 | 491.4 | 639 | 3.29 | *55 | 16.23 | 75.25 | 6.64 | 0.95 | *0.00 |
| % of Calories | | | | | | | | | | *52.5% | 15.6% | 72.5% | 14.4% | 2.1% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|-------------|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|--------|-------|
| Mon - 03/12/2018 | | | | | | | | | | | | | | | |
| GHS Breakfast | Total | | | | | | | | | | | | | | |
| Waffle, Dutch 432588% | Waffle | 300 | 20 | 350 | 3.00 | 1.80 | 40.0 | 0 | 0.0 | 12 | 4.0 | 43.0 | 13.0 | 3.00 | 0.00 |
| Syrup, Heinz, LoCal 1oz Skip@ | 1 Cup | 50 | 0 | 15 | 0.00 | 0.03 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | *N/A* |
| Sausage Links, 2, JTM ^ | 2 Sausage | 123 | 27 | 176 | 0.00 | 0.00 | 170.0 | 550 | 0.0 | 0 | 6.0 | 1.0 | 11.0 | 3.80 | 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* |
| Applesauce - 1/2 C | #8 - 1/2 C | 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 | 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 | | 612 | 49 | 661 | 3.54 | 2.25 | 461.1 | 973 | 3.21 | *43 | 16.64 | 88.55 | 22.70 | 6.67 | *0.00 |
| % of Calories | | | | | | | | | | *28.2% | 10.9% | 57.9% | 33.4% | 9.8% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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Portion Values - Detailed

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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 - 03/13/2018 | | | | | | | | | | | | | | | |
| GHS Breakfast | Total | | | | | | | | | | | | | | |
| Egg, Bacon*, Cheese Eng Mf@ | 1EM/1E/1 C/1Bcn | 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 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 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 | 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 | | 447 | 103 | 583 | 5.10 | 2.43 | 520.7 | 990 | 26.74 | *33 | 21.02 | 74.10 | 8.17 | 2.97 | 0.00 |
| % of Calories | | | | | | | | | | *29.6% | 18.8% | 66.4% | 16.5% | 6.0% | 0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|-----------------|---------|-----|-----|------|------|-------|------|------|--------|-------|-------|-------|--------|-------|
| Wed - 03/14/2018 | | | | | | | | | | | | | | | |
| GHS 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 |
| tortilla, 9" KMS/GHS | 1 Tortilla | 170 | 0 | 150 | 3.00 | 1.44 | 40.0 | 0 | 0.0 | *N/A* | 4.0 | 29.0 | 4.5 | 2.50 | 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 |
| 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 | | 592 | 189 | 824 | 5.00 | 3.56 | 471.5 | 1098 | 9.41 | *37 | 22.74 | 79.39 | 20.85 | 8.16 | *0.00 |
| % of Calories | | | | | | | | | | *25.1% | 15.4% | 53.6% | 31.7% | 12.4% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/15/2018 | | | | | | | | | | | | | | | |
| GHS Breakfast | Total | | | | | | | | | | | | | | |
| Egg, Sausage, Cheese Croissant | 1Cst/1E,Sge,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 |
| 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 | | 456 | 33 | 593 | 3.64 | 2.82 | 496.6 | 1112 | 6.31 | *42 | 19.56 | 76.53 | 9.43 | 3.70 | 0.00 |
| % of Calories | | | | | | | | | | *36.6% | 17.2% | 67.1% | 18.6% | 7.3% | 0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|-------------|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|--------|-------|
| Fri - 03/16/2018 | | | | | | | | | | | | | | | |
| GHS 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 |
| 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* |
| 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 | | 415 | 11 | 352 | 3.90 | 1.40 | 491.4 | 639 | 3.29 | *55 | 16.23 | 75.25 | 6.64 | 0.95 | *0.00 |
| % of Calories | | | | | | | | | | *52.5% | 15.6% | 72.5% | 14.4% | 2.1% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

GHS 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) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/19/2018 | | | | | | | | | | | | | | | |
| GHS Breakfast | Total | | | | | | | | | | | | | | |
| Waffle, Dutch 432588% | Waffle | 300 | 20 | 350 | 3.00 | 1.80 | 40.0 | 0 | 0.0 | 12 | 4.0 | 43.0 | 13.0 | 3.00 | 0.00 |
| Syrup, Heinz, LoCal 1oz Skip@ | 1 Cup | 50 | 0 | 15 | 0.00 | 0.03 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | *N/A* |
| Sausage Links, 2, JTM ^ | 2 Sausage | 123 | 27 | 176 | 0.00 | 0.00 | 170.0 | 550 | 0.0 | 0 | 6.0 | 1.0 | 11.0 | 3.80 | 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* |
| Applesauce - 1/2 C | #8 - 1/2 C | 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 | 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 | | 612 | 49 | 661 | 3.54 | 2.25 | 461.1 | 973 | 3.21 | *43 | 16.64 | 88.55 | 22.70 | 6.67 | *0.00 |
| % of Calories | | | | | | | | | | *28.2% | 10.9% | 57.9% | 33.4% | 9.8% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|-----------------|---------|-----|-----|------|------|-------|-----|-------|--------|-------|-------|-------|--------|------|
| Tue - 03/20/2018 | | | | | | | | | | | | | | | |
| GHS Breakfast | Total | | | | | | | | | | | | | | |
| Egg, Bacon*, Cheese Eng Mf@ | 1EM/1E/1 C/1Bcn | 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 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 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 | 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 | | 447 | 103 | 583 | 5.10 | 2.43 | 520.7 | 990 | 26.74 | *33 | 21.02 | 74.10 | 8.17 | 2.97 | 0.00 |
| % of Calories | | | | | | | | | | *29.6% | 18.8% | 66.4% | 16.5% | 6.0% | 0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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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) |
|--------------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|---------------|-------------------------|
| Wed - 03/21/2018 | | | | | | | | | | | | | | | |
| GHS 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 |
| tortilla, 9" KMS/GHS | 1 Tortilla | 170 | 0 | 150 | 3.00 | 1.44 | 40.0 | 0 | 0.0 | *N/A* | 4.0 | 29.0 | 4.5 | 2.50 | 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 |
| 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 | | 592 | 189 | 824 | 5.00 | 3.56 | 471.5 | 1098 | 9.41 | *37 *25.1% | 22.74 15.4% | 79.39 53.6% | 20.85 31.7% | 8.16 12.4% | *0.00 *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

| | 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) |
|--------------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Thu - 03/22/2018 | | | | | | | | | | | | | | | |
| GHS 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 |
| 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 | | 456 | 33 | 593 | 3.64 | 2.82 | 496.6 | 1112 | 6.31 | *42 *36.6% | 19.56 17.2% | 76.53 67.1% | 9.43 18.6% | 3.70 7.3% | 0.00 0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

| | Portion Size | 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) |
|---|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/23/2018 | | | | | | | | | | | | | | | |
| GHS 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 |
| 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* |
| 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 | | 415 | 11 | 352 | 3.90 | 1.40 | 491.4 | 639 | 3.29 | *55 | 16.23 | 75.25 | 6.64 | 0.95 | *0.00 |
| % of Calories | | | | | | | | | | *52.5% | 15.6% | 72.5% | 14.4% | 2.1% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|-------------|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|--------|-------|
| Mon - 03/26/2018 | | | | | | | | | | | | | | | |
| GHS Breakfast | Total | | | | | | | | | | | | | | |
| Waffle, Dutch 432588% | Waffle | 300 | 20 | 350 | 3.00 | 1.80 | 40.0 | 0 | 0.0 | 12 | 4.0 | 43.0 | 13.0 | 3.00 | 0.00 |
| Syrup, Heinz, LoCal 1oz Skip@ | 1 Cup | 50 | 0 | 15 | 0.00 | 0.03 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | *N/A* |
| Sausage Links, 2, JTM ^ | 2 Sausage | 123 | 27 | 176 | 0.00 | 0.00 | 170.0 | 550 | 0.0 | 0 | 6.0 | 1.0 | 11.0 | 3.80 | 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* |
| Applesauce - 1/2 C | #8 - 1/2 C | 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 | 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 | | 612 | 49 | 661 | 3.54 | 2.25 | 461.1 | 973 | 3.21 | *43 | 16.64 | 88.55 | 22.70 | 6.67 | *0.00 |
| % of Calories | | | | | | | | | | *28.2% | 10.9% | 57.9% | 33.4% | 9.8% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

GHS 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) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/27/2018 | | | | | | | | | | | | | | | |
| GHS Breakfast | Total | | | | | | | | | | | | | | |
| Egg, Bacon*, Cheese Eng Mf@ | 1EM/1E/1 C/1Bcn | 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 | 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 |
| Fruit, Fresh, Winter Mix | 1 Piece | 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 | 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 | | 447 | 103 | 583 | 5.10 | 2.43 | 520.7 | 990 | 26.74 | *33 | 21.02 | 74.10 | 8.17 | 2.97 | 0.00 |
| % of Calories | | | | | | | | | | *29.6% | 18.8% | 66.4% | 16.5% | 6.0% | 0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|-----------------|---------|-----|-----|------|------|-------|------|------|--------|-------|-------|-------|--------|-------|
| Wed - 03/28/2018 | | | | | | | | | | | | | | | |
| GHS 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 |
| tortilla, 9" KMS/GHS | 1 Tortilla | 170 | 0 | 150 | 3.00 | 1.44 | 40.0 | 0 | 0.0 | *N/A* | 4.0 | 29.0 | 4.5 | 2.50 | 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 |
| 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 | | 592 | 189 | 824 | 5.00 | 3.56 | 471.5 | 1098 | 9.41 | *37 | 22.74 | 79.39 | 20.85 | 8.16 | *0.00 |
| % of Calories | | | | | | | | | | *25.1% | 15.4% | 53.6% | 31.7% | 12.4% | *0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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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) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/29/2018 | | | | | | | | | | | | | | | |
| GHS Breakfast | Total | | | | | | | | | | | | | | |
| Egg, Sausage, Cheese Croissant | 1Cst/1E,Sge,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 |
| 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 | | 456 | 33 | 593 | 3.64 | 2.82 | 496.6 | 1112 | 6.31 | *42 | 19.56 | 76.53 | 9.43 | 3.70 | 0.00 |
| % of Calories | | | | | | | | | | *36.6% | 17.2% | 67.1% | 18.6% | 7.3% | 0.0% |
| Nutrient Guideline | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|-----|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average | | 509 | 80 | 616 | 4.25 | 2.55 | 488.1 | 980 | 10.14 | *41 *72.9% | 19.40 15.2% | 78.95 62.0% | 13.92 24.6% | 4.68 8.3% | *0.00 *0.0% |
|------------------|--|-----|----|-----|------|------|-------|-----|-------|---------------|----------------|----------------|----------------|--------------|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---------------------------------------|
| Calories | 509 | | 450 - 600 | 100% | | | | |
| Cholesterol (mg) | 80 | | | | | | | |
| Sodium 1 (mg) | 616 | | 640 | | | | | |
| Sodium 2 (mg) | 616 | | 570 | | | | 46 | Correction Required - Sodium too High |
| Fiber (g) | 4.25 | | | | | | | |
| Iron (mg) | 2.55 | | | | | | | |
| Calcium (mg) | 488.1 | | | | | | | |
| Vitamin A (IU) | 980 | | | | | | | |
| Sugars (g) | 41 | 32.41% | | | Missing | | | |
| Vitamin C (mg) | 10.14 | | | | | | | |
| Protein (g) | 19.40 | 15.24% | | | | | | |
| Carbohydrate (g) | 78.95 | 62.03% | | | | | | |
| Total Fat (g) | 13.92 | 24.61% | | | | | | |
| Saturated Fat (g) | 4.68 | 8.27% | <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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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