

Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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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)
Mon - 05/01/2017															
MacArthur Breakfast	Total														
Pizza, Brkfst w/Tky Sgs #	1 Piece	210	15	480	2.00	1.80	100.0	200	0.0	*N/A*	9.0	26.0	7.0	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*
Applesauce - 4.5 oz Cup, Com\$	4 oz	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	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		353	21	548	2.40	2.92	408.6	724	4.20	*29	15.40	54.57	8.12	3.23	*0.00
% of Calories										*33.3%	17.5%	61.8%	20.7%	8.2%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 05/02/2017															
MacArthur Breakfast	Total														
Fr Tst, Cinn, WG 1PC \$	1 Tst	200	109	290	2.50	1.44	70.0	250	0.0	11	7.8	25.0	8.0	1.50	0.00
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
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	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*
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, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		495	103	545	3.39	2.33	461.0	1241	24.04	*47	17.75	73.62	15.25	4.58	*0.00
% of Calories										*38.2%	14.3%	59.5%	27.7%	8.3%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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

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

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Germantown School District

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Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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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)
Wed - 05/03/2017															
MacArthur Breakfast	Total														
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Potatoes, Hash Brown Patty	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		372	139	403	3.37	2.40	351.8	1097	34.78	*33	12.99	61.18	9.22	2.87	0.00
% of Calories										*35.5%	14.0%	65.9%	22.3%	6.9%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 05/04/2017															
MacArthur Breakfast	Total														
Pancakes, Eggo Bag Mpl Flvr*	1 bag	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	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*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Com\$	4 oz	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	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		444	23	511	3.74	3.32	417.9	976	3.48	*44	14.13	76.47	9.30	3.63	*0.00
% of Calories										*40.1%	12.7%	68.9%	18.9%	7.4%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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MacArthur 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 - 05/05/2017															
MacArthur Breakfast	Total														
Donut Holes - 3 (ELEM)	3 Donut Holes	309	15	350	10.00	1.45	20.1	0	0.0	*13	3.0	40.6	15.0	8.00	*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
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		459	19	455	8.62	2.35	331.0	918	23.92	*34 *29.2%	10.98 9.6%	75.68 66.0%	12.55 24.6%	6.66 13.1%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 05/08/2017															
MacArthur Breakfast	Total														
Pizza, Brkfst w/Tky Sgs #	1 Piece	210	15	480	2.00	1.80	100.0	200	0.0	*N/A*	9.0	26.0	7.0	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*
Applesauce - 4.5 oz Cup, Com\$	4 oz	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	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		353	21	548	2.40	2.92	408.6	724	4.20	*29 *33.3%	15.40 17.5%	54.57 61.8%	8.12 20.7%	3.23 8.2%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

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MacArthur 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)
Tue - 05/09/2017															
MacArthur Breakfast	Total														
Fr Tst, Cinn, WG 1PC \$	1 Tst	200	109	290	2.50	1.44	70.0	250	0.0	11	7.8	25.0	8.0	1.50	0.00
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
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	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*
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, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		495	103	545	3.39	2.33	461.0	1241	24.04	*47 *38.2%	17.75 14.3%	73.62 59.5%	15.25 27.7%	4.58 8.3%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 05/10/2017															
MacArthur Breakfast	Total														
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Potatoes, Hash Brown Patty	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		372	139	403	3.37	2.40	351.8	1097	34.78	*33 *35.5%	12.99 14.0%	61.18 65.9%	9.22 22.3%	2.87 6.9%	0.00 0.0%
Nutrient Guideline		350-500		540										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 05/11/2017															
MacArthur Breakfast	Total														
Pancakes, Eggo Bag Mpl Flvr*	1 bag	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	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*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Com\$	4 oz	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	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		444	23	511	3.74	3.32	417.9	976	3.48	*44	14.13	76.47	9.30	3.63	*0.00
% of Calories										*40.1%	12.7%	68.9%	18.9%	7.4%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 05/15/2017															
MacArthur Breakfast	Total														
Pizza, Brkfst w/Tky Sgs #	1 Piece	210	15	480	2.00	1.80	100.0	200	0.0	*N/A*	9.0	26.0	7.0	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*
Applesauce - 4.5 oz Cup, Com\$	4 oz	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	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		353	21	548	2.40	2.92	408.6	724	4.20	*29	15.40	54.57	8.12	3.23	*0.00
% of Calories										*33.3%	17.5%	61.8%	20.7%	8.2%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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MacArthur 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)
Tue - 05/16/2017															
MacArthur Breakfast	Total														
Fr Tst, Cinn, WG 1PC \$	1 Tst	200	109	290	2.50	1.44	70.0	250	0.0	11	7.8	25.0	8.0	1.50	0.00
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
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	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*
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, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		495	103	545	3.39	2.33	461.0	1241	24.04	*47 *38.2%	17.75 14.3%	73.62 59.5%	15.25 27.7%	4.58 8.3%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 05/17/2017															
MacArthur Breakfast	Total														
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Potatoes, Hash Brown Patty	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		372	139	403	3.37	2.40	351.8	1097	34.78	*33 *35.5%	12.99 14.0%	61.18 65.9%	9.22 22.3%	2.87 6.9%	0.00 0.0%
Nutrient Guideline		350-500		540										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

MacArthur 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)
Thu - 05/18/2017															
MacArthur Breakfast	Total														
Pancakes, Eggo Bag Mpl Flvr*	1 bag	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	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*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Com\$	4 oz	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	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		444	23	511	3.74	3.32	417.9	976	3.48	*44 *40.1%	14.13 12.7%	76.47 68.9%	9.30 18.9%	3.63 7.4%	*0.00 *0.0%
Nutrient Guideline		350-500		540											<10.00

Fri - 05/19/2017															
MacArthur Breakfast	Total														
Donut Holes - 3 (ELEM)	3 Donut Holes	309	15	350	10.00	1.45	20.1	0	0.0	*13	3.0	40.6	15.0	8.00	*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
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		459	19	455	8.62	2.35	331.0	918	23.92	*34 *29.2%	10.98 9.6%	75.68 66.0%	12.55 24.6%	6.66 13.1%	*0.00 *0.0%
Nutrient Guideline		350-500		540											<10.00

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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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)
Mon - 05/22/2017															
MacArthur Breakfast	Total														
Pizza, Brkfst w/Tky Sgs #	1 Piece	210	15	480	2.00	1.80	100.0	200	0.0	*N/A*	9.0	26.0	7.0	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*
Applesauce - 4.5 oz Cup, Com\$	4 oz	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	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		353	21	548	2.40	2.92	408.6	724	4.20	*29	15.40	54.57	8.12	3.23	*0.00
% of Calories										*33.3%	17.5%	61.8%	20.7%	8.2%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 05/23/2017															
MacArthur Breakfast	Total														
Fr Tst, Cinn, WG 1PC \$	1 Tst	200	109	290	2.50	1.44	70.0	250	0.0	11	7.8	25.0	8.0	1.50	0.00
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
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	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*
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, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		495	103	545	3.39	2.33	461.0	1241	24.04	*47	17.75	73.62	15.25	4.58	*0.00
% of Calories										*38.2%	14.3%	59.5%	27.7%	8.3%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

MacArthur 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)
Wed - 05/24/2017															
MacArthur Breakfast	Total														
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Potatoes, Hash Brown Patty	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		372	139	403	3.37	2.40	351.8	1097	34.78	*33	12.99	61.18	9.22	2.87	0.00
% of Calories										*35.5%	14.0%	65.9%	22.3%	6.9%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 05/25/2017															
MacArthur Breakfast	Total														
Pancakes, Eggo Bag Mpl Flvr*	1 bag	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	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*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Com\$	4 oz	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	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		444	23	511	3.74	3.32	417.9	976	3.48	*44	14.13	76.47	9.30	3.63	*0.00
% of Calories										*40.1%	12.7%	68.9%	18.9%	7.4%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

MacArthur 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 - 05/26/2017															
MacArthur Breakfast	Total														
Donut Holes - 3 (ELEM)	3 Donut Holes	309	15	350	10.00	1.45	20.1	0	0.0	*13	3.0	40.6	15.0	8.00	*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
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		459	19	455	8.62	2.35	331.0	918	23.92	*34 *29.2%	10.98 9.6%	75.68 66.0%	12.55 24.6%	6.66 13.1%	*0.00 *0.0%
Nutrient Guideline		350-500		540											<10.00

Tue - 05/30/2017															
MacArthur Breakfast	Total														
Fr Tst, Cinn, WG 1PC \$	1 Tst	200	109	290	2.50	1.44	70.0	250	0.0	11	7.8	25.0	8.0	1.50	0.00
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
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	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*
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, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		495	103	545	3.39	2.33	461.0	1241	24.04	*47 *38.2%	17.75 14.3%	73.62 59.5%	15.25 27.7%	4.58 8.3%	*0.00 *0.0%
Nutrient Guideline		350-500		540											<10.00

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

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

MacArthur 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)
Wed - 05/31/2017															
MacArthur Breakfast	Total														
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Potatoes, Hash Brown Patty	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	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		372	139	403	3.37	2.40	351.8	1097	34.78	*33	12.99	61.18	9.22	2.87	0.00
% of Calories										*35.5%	14.0%	65.9%	22.3%	6.9%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Weighted Average		424	69	492	4.01	2.65	398.2	1011	18.89	*38	14.51	67.87	10.93	4.03	*0.00
										*80.7%	13.7%	64.1%	23.2%	8.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	424		350 - 500	100%				
Cholesterol (mg)	69							
Sodium (mg)	492		540					
Fiber (g)	4.01							
Iron (mg)	2.65							
Calcium (mg)	398.2							
Vitamin A (IU)	1011							
Sugars (g)	38	35.86%			Missing			
Vitamin C (mg)	18.89							
Protein (g)	14.51	13.70%						
Carbohydrate (g)	67.87	64.08%						
Total Fat (g)	10.93	23.23%						
Saturated Fat (g)	4.03	8.56%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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