

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

MacArthur 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)
Tue - 05/01/2018															
MacArthur 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
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		414	30	541	3.45	3.03	445.5	983	6.30	*37 *35.9%	17.43 16.9%	68.26 66.0%	9.25 20.1%	3.74 8.1%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 05/02/2018															
MacArthur Breakfast	Total														
Crescent, Filled, Chocolate	Crescent	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	1.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		446	16	494	2.91	2.61	443.7	819	5.88	*41 *37.1%	17.15 15.4%	73.58 66.0%	10.60 21.4%	3.91 7.9%	*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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MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/03/2018															
MacArthur Breakfast	Total														
EggStravaganza^	3oz Egg	180	255	420	0.00	1.08	90.0	450	0.0	0	12.0	1.5	13.5	5.25	0.00
Potatoes, Hash Brown Patty	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		436	186	651	2.73	2.51	357.8	1025	8.71	*33 *30.2%	17.28 15.8%	55.67 51.0%	16.19 33.4%	5.67 11.7%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 05/04/2018															
MacArthur Breakfast	Total														
Donut, Chocolate Mini WG - 6 \$	package of	320	0	270	2.00	1.80	40.0	0	0.0	19	5.0	41.0	15.0	7.00	0.00
Donut, Pwd Sgr Mini WG - 6 \$	package of	270	0	230	2.00	0.72	60.0	0	0.0	21	4.0	41.0	11.0	3.00	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, 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		468	9	403	2.76	2.68	388.8	1009	6.05	*45 *38.9%	12.74 10.9%	82.67 70.7%	9.98 19.2%	4.07 7.8%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/07/2018															
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, 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*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		446	86	495	3.15	2.83	434.2	1202	6.25	*41	16.16	70.16	12.13	3.56	*0.00
% of Calories										*36.5%	14.5%	62.9%	24.5%	7.2%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 05/08/2018															
MacArthur Breakfast	Total														
Egg, Sausage, Cheese Croissant	1Cst/1E,S ge,Chs	275	37	515	3.00	1.80	220.0	350	0.0	*4	14.5	31.0	12.0	4.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		414	30	541	3.45	3.03	445.5	983	6.30	*37	17.43	68.26	9.25	3.74	*0.00
% of Calories										*35.9%	16.9%	66.0%	20.1%	8.1%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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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 - 05/09/2018															
MacArthur Breakfast	Total														
Crescent, Filled, Chocolate	Crescent	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	1.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		446	16	494	2.91	2.61	443.7	819	5.88	*41 *37.1%	17.15 15.4%	73.58 66.0%	10.60 21.4%	3.91 7.9%	*0.00 *0.0%
Nutrient Guideline		350-500		540											<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 - 05/10/2018															
MacArthur Breakfast	Total														
EggStravaganza^	3oz Egg	180	255	420	0.00	1.08	90.0	450	0.0	0	12.0	1.5	13.5	5.25	0.00
Potatoes, Hash Brown Patty	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		436	186	651	2.73	2.51	357.8	1025	8.71	*33 *30.2%	17.28 15.8%	55.67 51.0%	16.19 33.4%	5.67 11.7%	*0.00 *0.0%
Nutrient Guideline		350-500		540											<10.00

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Mon - 05/14/2018															
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, 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*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		446	86	495	3.15	2.83	434.2	1202	6.25	*41	16.16	70.16	12.13	3.56	*0.00
% of Calories										*36.5%	14.5%	62.9%	24.5%	7.2%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 05/15/2018															
MacArthur Breakfast	Total														
Egg, Sausage, Cheese Croissant	1Cst/1E,S ge,Chs	275	37	515	3.00	1.80	220.0	350	0.0	*4	14.5	31.0	12.0	4.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		414	30	541	3.45	3.03	445.5	983	6.30	*37	17.43	68.26	9.25	3.74	*0.00
% of Calories										*35.9%	16.9%	66.0%	20.1%	8.1%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/16/2018															
MacArthur Breakfast	Total														
Crescent, Filled, Chocolate	Crescent	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	1.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		446	16	494	2.91	2.61	443.7	819	5.88	*41 *37.1%	17.15 15.4%	73.58 66.0%	10.60 21.4%	3.91 7.9%	*0.00 *0.0%
Nutrient Guideline		350-500		540											<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 - 05/17/2018															
MacArthur Breakfast	Total														
EggStravaganza^	3oz Egg	180	255	420	0.00	1.08	90.0	450	0.0	0	12.0	1.5	13.5	5.25	0.00
Potatoes, Hash Brown Patty	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		436	186	651	2.73	2.51	357.8	1025	8.71	*33 *30.2%	17.28 15.8%	55.67 51.0%	16.19 33.4%	5.67 11.7%	*0.00 *0.0%
Nutrient Guideline		350-500		540											<10.00

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Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/18/2018															
MacArthur Breakfast	Total														
Donut, Chocolate Mini WG - 6 \$	package of	320	0	270	2.00	1.80	40.0	0	0.0	19	5.0	41.0	15.0	7.00	0.00
Donut, Pwd Sgr Mini WG - 6 \$	package of	270	0	230	2.00	0.72	60.0	0	0.0	21	4.0	41.0	11.0	3.00	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, 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		468	9	403	2.76	2.68	388.8	1009	6.05	*45	12.74	82.67	9.98	4.07	*0.00
% of Calories										*38.9%	10.9%	70.7%	19.2%	7.8%	*0.0%
Nutrient Guideline		350-500		540											<10.00

Mon - 05/21/2018															
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, 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*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		446	86	495	3.15	2.83	434.2	1202	6.25	*41	16.16	70.16	12.13	3.56	*0.00
% of Calories										*36.5%	14.5%	62.9%	24.5%	7.2%	*0.0%
Nutrient Guideline		350-500		540											<10.00

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Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018															
MacArthur Breakfast	Total														
Egg, Sausage, Cheese Croissant	1Cst/1E,S ge,Chs	275	37	515	3.00	1.80	220.0	350	0.0	*4	14.5	31.0	12.0	4.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		414	30	541	3.45	3.03	445.5	983	6.30	*37 *35.9%	17.43 16.9%	68.26 66.0%	9.25 20.1%	3.74 8.1%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 05/23/2018															
MacArthur Breakfast	Total														
Crescent, Filled, Chocolate	Crescent	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	1.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		446	16	494	2.91	2.61	443.7	819	5.88	*41 *37.1%	17.15 15.4%	73.58 66.0%	10.60 21.4%	3.91 7.9%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/24/2018															
MacArthur Breakfast	Total														
EggStravaganza^	3oz Egg	180	255	420	0.00	1.08	90.0	450	0.0	0	12.0	1.5	13.5	5.25	0.00
Potatoes, Hash Brown Patty	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		436	186	651	2.73	2.51	357.8	1025	8.71	*33 *30.2%	17.28 15.8%	55.67 51.0%	16.19 33.4%	5.67 11.7%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 05/25/2018															
MacArthur Breakfast	Total														
Donut, Chocolate Mini WG - 6 \$	package of	320	0	270	2.00	1.80	40.0	0	0.0	19	5.0	41.0	15.0	7.00	0.00
Donut, Pwd Sgr Mini WG - 6 \$	package of	270	0	230	2.00	0.72	60.0	0	0.0	21	4.0	41.0	11.0	3.00	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, 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		468	9	403	2.76	2.68	388.8	1009	6.05	*45 *38.9%	12.74 10.9%	82.67 70.7%	9.98 19.2%	4.07 7.8%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

Weighted Average		440	68	524	3.00	2.73	414.3	997	6.69	*39 *80.0%	16.34 14.8%	69.36 63.0%	11.69 23.9%	4.23 8.7%	*0.00 *0.0%
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Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	440		350 - 500	100%														
Cholesterol (mg)	68																	
Sodium 1 (mg)	524		540															
Sodium 2 (mg)	524		485						39		Correction Required - Sodium too High							
Fiber (g)	3.00																	
Iron (mg)	2.73																	
Calcium (mg)	414.3																	
Vitamin A (IU)	997																	
Sugars (g)	39	35.54%				Missing												
Vitamin C (mg)	6.69																	
Protein (g)	16.34	14.85%																
Carbohydrate (g)	69.36	63.03%																
Total Fat (g)	11.69	23.91%																
Saturated Fat (g)	4.23	8.65%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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