

# Germantown School District

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
Mon - 08/28/2017															
KMS Breakfast	Total														
Egg, Bacon, Cheese Eng Mf@	1EM/1E/1 C/1Bcn	225	118	440	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	7.0	2.25	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
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		385	88	509	3.27	2.68	441.6	820	4.33	*37	17.89	65.83	5.94	1.91	0.00
% of Calories										*38.4%	18.6%	68.4%	13.9%	4.5%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 08/29/2017															
KMS 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, 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*
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		527	24	502	3.59	2.83	360.5	703	5.87	*57	12.36	94.75	11.66	3.40	*0.00
% of Calories										*43.3%	9.4%	72.0%	19.9%	5.8%	*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

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
Wed - 08/30/2017															
KMS Breakfast	Total														
Egg, Ham & Cheese Bagel@	1B/1E/3H/1Ch	265	143	590	4.00	2.70	160.0	250	0.6	*1	20.0	31.5	7.75	3.00	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, 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		430	97	625	5.18	3.43	485.4	921	25.77	*31	22.95	69.76	7.93	3.39	*0.00
% of Calories										*29.2%	21.4%	64.9%	16.6%	7.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Thu - 08/31/2017															
KMS Breakfast	Total														
Mini Cinnis - Pillsbury%	Package	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	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
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 - 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		406	6	424	2.61	2.18	309.6	595	3.85	*47	11.58	76.95	7.21	1.90	0.00
% of Calories										*46.0%	11.4%	75.8%	16.0%	4.2%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Fri - 09/01/2017															
KMS 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
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, 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

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

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# Germantown School District

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
Weighted Daily Average		464	8	401	4.10	1.98	352.1	624	24.40	*45	12.40	77.97	12.27	4.89	*0.00
% of Calories										*38.4%	10.7%	67.3%	23.8%	9.5%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 09/05/2017															
KMS 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, 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*
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		527	24	502	3.59	2.83	360.5	703	5.87	*57	12.36	94.75	11.66	3.40	*0.00
% of Calories										*43.3%	9.4%	72.0%	19.9%	5.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 09/06/2017															
KMS Breakfast	Total														
Egg, Ham & Cheese Bagel@	1B/1E/3H/1Ch	265	143	590	4.00	2.70	160.0	250	0.6	*1	20.0	31.5	7.75	3.00	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, 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		430	97	625	5.18	3.43	485.4	921	25.77	*31	22.95	69.76	7.93	3.39	*0.00
% of Calories										*29.2%	21.4%	64.9%	16.6%	7.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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**Germantown School District**

**Aug 28, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
<b>Thu - 09/07/2017</b>															
KMS Breakfast	Total														
Mini Cinnis - Pillsbury%	Package	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	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
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 - 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		406	6	424	2.61	2.18	309.6	595	3.85	*47	11.58	76.95	7.21	1.90	0.00
% of Calories										*46.0%	11.4%	75.8%	16.0%	4.2%	0.0%
Nutrient Guideline		400-550		600										<10.00	

<b>Fri - 09/08/2017</b>															
KMS 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
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, 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		464	8	401	4.10	1.98	352.1	624	24.40	*45	12.40	77.97	12.27	4.89	*0.00
% of Calories										*38.4%	10.7%	67.3%	23.8%	9.5%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

<b>Mon - 09/11/2017</b>															
KMS Breakfast	Total														
Egg, Bacon, Cheese Eng Mf@	1EM/1E/1 C/1Bcn	225	118	440	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	7.0	2.25	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
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

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Weighted Daily Average % of Calories		385	88	509	3.27	2.68	441.6	820	4.33	*37 *38.4%	17.89 18.6%	65.83 68.4%	5.94 13.9%	1.91 4.5%	0.00 0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 09/12/2017															
KMS 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, 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*
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		527	24	502	3.59	2.83	360.5	703	5.87	*57 *43.3%	12.36 9.4%	94.75 72.0%	11.66 19.9%	3.40 5.8%	*0.00 *0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 09/13/2017															
KMS Breakfast	Total														
Egg, Ham & Cheese Bagel@	1B/1E/3H/1Ch	265	143	590	4.00	2.70	160.0	250	0.6	*1	20.0	31.5	7.75	3.00	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, 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 % of Calories		430	97	625	5.18	3.43	485.4	921	25.77	*31 *29.2%	22.95 21.4%	69.76 64.9%	7.93 16.6%	3.39 7.1%	*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  
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**Germantown School District**

**Aug 28, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
<b>Thu - 09/14/2017</b>															
KMS Breakfast	Total														
Mini Cinnis - Pillsbury%	Package	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	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
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 - 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		406	6	424	2.61	2.18	309.6	595	3.85	*47	11.58	76.95	7.21	1.90	0.00
% of Calories										*46.0%	11.4%	75.8%	16.0%	4.2%	0.0%
Nutrient Guideline		400-550		600										<10.00	

<b>Fri - 09/15/2017</b>															
KMS 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
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, 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		464	8	401	4.10	1.98	352.1	624	24.40	*45	12.40	77.97	12.27	4.89	*0.00
% of Calories										*38.4%	10.7%	67.3%	23.8%	9.5%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

<b>Mon - 09/18/2017</b>															
KMS Breakfast	Total														
Egg, Bacon, Cheese Eng Mf@	1EM/1E/1 C/1Bcn	225	118	440	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	7.0	2.25	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
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

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

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**Germantown School District**

**Aug 28, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
Weighted Daily Average		385	88	509	3.27	2.68	441.6	820	4.33	*37	17.89	65.83	5.94	1.91	0.00
% of Calories										*38.4%	18.6%	68.4%	13.9%	4.5%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 09/19/2017															
KMS 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, 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*
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		527	24	502	3.59	2.83	360.5	703	5.87	*57	12.36	94.75	11.66	3.40	*0.00
% of Calories										*43.3%	9.4%	72.0%	19.9%	5.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 09/20/2017															
KMS Breakfast	Total														
Egg, Ham & Cheese Bagel@	1B/1E/3H/1Ch	265	143	590	4.00	2.70	160.0	250	0.6	*1	20.0	31.5	7.75	3.00	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, 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		430	97	625	5.18	3.43	485.4	921	25.77	*31	22.95	69.76	7.93	3.39	*0.00
% of Calories										*29.2%	21.4%	64.9%	16.6%	7.1%	*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**

**Aug 28, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
<b>Thu - 09/21/2017</b>															
KMS Breakfast	Total														
Mini Cinnis - Pillsbury%	Package	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	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
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 - 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		406	6	424	2.61	2.18	309.6	595	3.85	*47	11.58	76.95	7.21	1.90	0.00
% of Calories										*46.0%	11.4%	75.8%	16.0%	4.2%	0.0%
Nutrient Guideline		400-550		600										<10.00	

<b>Fri - 09/22/2017</b>															
KMS 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
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, 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		464	8	401	4.10	1.98	352.1	624	24.40	*45	12.40	77.97	12.27	4.89	*0.00
% of Calories										*38.4%	10.7%	67.3%	23.8%	9.5%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

<b>Mon - 09/25/2017</b>															
KMS Breakfast	Total														
Egg, Bacon, Cheese Eng Mf@	1EM/1E/1 C/1Bcn	225	118	440	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	7.0	2.25	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
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

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

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**Germantown School District**

**Aug 28, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
Weighted Daily Average		385	88	509	3.27	2.68	441.6	820	4.33	*37	17.89	65.83	5.94	1.91	0.00
% of Calories										*38.4%	18.6%	68.4%	13.9%	4.5%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 09/26/2017															
KMS 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, 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*
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		527	24	502	3.59	2.83	360.5	703	5.87	*57	12.36	94.75	11.66	3.40	*0.00
% of Calories										*43.3%	9.4%	72.0%	19.9%	5.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 09/27/2017															
KMS Breakfast	Total														
Egg, Ham & Cheese Bagel@	1B/1E/3H/1Ch	265	143	590	4.00	2.70	160.0	250	0.6	*1	20.0	31.5	7.75	3.00	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, 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		430	97	625	5.18	3.43	485.4	921	25.77	*31	22.95	69.76	7.93	3.39	*0.00
% of Calories										*29.2%	21.4%	64.9%	16.6%	7.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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**Germantown School District**

**Aug 28, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
<b>Thu - 09/28/2017</b>															
KMS Breakfast	Total														
Mini Cinnis - Pillsbury%	Package	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	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
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 - 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		406	6	424	2.61	2.18	309.6	595	3.85	*47	11.58	76.95	7.21	1.90	0.00
% of Calories										*46.0%	11.4%	75.8%	16.0%	4.2%	0.0%
Nutrient Guideline		400-550		600										<10.00	

<b>Fri - 09/29/2017</b>															
KMS 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
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, 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		464	8	401	4.10	1.98	352.1	624	24.40	*45	12.40	77.97	12.27	4.89	*0.00
% of Calories										*38.4%	10.7%	67.3%	23.8%	9.5%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Weighted Average		445	43	492	3.77	2.62	387.7	729	13.20	*44	15.34	77.52	9.13	3.15	*0.00
										*88.3%	13.8%	69.7%	18.5%	6.4%	*0.0%

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

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**Germantown School District**

**Aug 28, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

KMS Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	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 <sup>1</sup> (g)	Error Messages (if any)
Calories	445		400 - 550		100%												
Cholesterol (mg)	43																
Sodium (mg)	492		600														
Fiber (g)	3.77																
Iron (mg)	2.62																
Calcium (mg)	387.7																
Vitamin A (IU)	729																
Sugars (g)	44	39.22%				Missing											
Vitamin C (mg)	13.20																
Protein (g)	15.34	13.80%															
Carbohydrate (g)	77.52	69.74%															
Total Fat (g)	9.13	18.48%															
Saturated Fat (g)	3.15	6.37%		<10.00%													
Trans Fat <sup>1</sup> (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*  
*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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