

Germantown School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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Generated on: 3/19/2019 10:25:32 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 - 04/01/2019															
MacArthur Breakfast	Total														
Ultimate Bkfst Round 2.5oz \$	1 (2.5 oz)	240	5	210	6.00	0.72	20.0	0	0.0	17	5.0	43.0	6.0	2.00	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*
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	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		388	18	403	5.14	2.03	367.3	552	3.70	*39	13.99	64.85	8.90	4.06	*0.00
% of Calories										*39.9%	14.4%	66.9%	20.7%	9.4%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 04/02/2019															
MacArthur Breakfast	Total														
Fr Tst Stks, WG Papp, 3	3 Sticks	200	105	290	2.00	1.08	40.0	0	0.0	11	9.32	26.0	9.0	2.00	0.00
Sausage, Patty, JTM, 1	1 Patty	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	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
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		427	84	466	3.44	2.40	289.7	732	19.47	*29	15.94	66.49	12.66	3.81	*0.00
% of Calories										*27.6%	14.9%	62.2%	26.6%	8.0%	*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

Apr 1, 2019 thru Apr 30, 2019

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)
Wed - 04/03/2019															
MacArthur Breakfast	Total														
Egg, Can Bac & Cheese Eng Mfn	1EM/2E/1 CB/1Ch	269	228	524	3.00	2.45	244.0	350	0.0	*2	18.92	27.6	9.3	3.55	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 - 4.5 oz Cup, Com\$	4 oz	204	0	8	4.00	1.20	20.0	140	4.8	48	0.8	56.0	0.4	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		457	141	501	4.80	3.81	400.4	904	6.24	*51	18.13	84.41	6.96	2.52	0.00
% of Calories										*44.3%	15.9%	73.9%	13.7%	5.0%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 04/04/2019															
MacArthur 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
Sausage Links, JTM, 1	1 Sausage	61	13	88	0.00	0.00	85.0	275	0.0	0	3.0	0.5	5.5	1.90	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*
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		431	22	447	3.39	2.75	288.4	571	4.86	*35	10.23	73.69	11.40	3.20	*0.00
% of Calories										*32.8%	9.5%	68.5%	23.8%	6.7%	*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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MacArthur Breakfast

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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)
Fri - 04/05/2019															
MacArthur Breakfast	Total														
Donut, Raised WG, Richs 461983	Donut	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	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, 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
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
Yogurt, Trix - 4 oz SKIP	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		417	7	391	4.04	2.18	310.1	869	19.59	*29	11.27	69.66	11.01	4.73	0.00
% of Calories										*27.5%	10.8%	66.8%	23.7%	10.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 04/08/2019															
MacArthur Breakfast	Total														
Ultimate Bkfst Round 2.5oz \$	1 (2.5 oz)	240	5	210	6.00	0.72	20.0	0	0.0	17	5.0	43.0	6.0	2.00	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*
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	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		388	18	403	5.14	2.03	367.3	552	3.70	*39	13.99	64.85	8.90	4.06	*0.00
% of Calories										*39.9%	14.4%	66.9%	20.7%	9.4%	*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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/09/2019															
MacArthur Breakfast	Total														
Fr Tst Stks, WG Papp, 3	3 Sticks	200	105	290	2.00	1.08	40.0	0	0.0	11	9.32	26.0	9.0	2.00	0.00
Sausage, Patty, JTM, 1	1 Patty	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	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
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		427	84	466	3.44	2.40	289.7	732	19.47	*29	15.94	66.49	12.66	3.81	*0.00
% of Calories										*27.6%	14.9%	62.2%	26.6%	8.0%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 04/10/2019															
MacArthur Breakfast	Total														
Egg, Can Bac & Cheese Eng Mfn	1EM/2E/1 CB/1Ch	269	228	524	3.00	2.45	244.0	350	0.0	*2	18.92	27.6	9.3	3.55	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 - 4.5 oz Cup, Com\$	4 oz	204	0	8	4.00	1.20	20.0	140	4.8	48	0.8	56.0	0.4	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		457	141	501	4.80	3.81	400.4	904	6.24	*51	18.13	84.41	6.96	2.52	0.00
% of Calories										*44.3%	15.9%	73.9%	13.7%	5.0%	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)
Thu - 04/11/2019															
MacArthur 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
Sausage Links, JTM, 1	1 Sausage	61	13	88	0.00	0.00	85.0	275	0.0	0	3.0	0.5	5.5	1.90	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*
Fruit, Assorted Chilled - 4 oz	#8 spoondl 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		431	22	447	3.39	2.75	288.4	571	4.86	*35 *32.8%	10.23 9.5%	73.69 68.5%	11.40 23.8%	3.20 6.7%	*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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/12/2019															
MacArthur Breakfast	Total														
Donut, Raised WG, Richs 461983	Donut	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	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, 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
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
Yogurt, Trix - 4 oz SKIP	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 % of Calories		417	7	391	4.04	2.18	310.1	869	19.59	*29 *27.5%	11.27 10.8%	69.66 66.8%	11.01 23.7%	4.73 10.2%	0.00 0.0%
Nutrient Guideline		350-500		540											<10.00

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Mon - 04/15/2019															
MacArthur Breakfast	Total														
Ultimate Bkfst Round 2.5oz \$	1 (2.5 oz)	240	5	210	6.00	0.72	20.0	0	0.0	17	5.0	43.0	6.0	2.00	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*
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	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		388	18	403	5.14	2.03	367.3	552	3.70	*39	13.99	64.85	8.90	4.06	*0.00
% of Calories										*39.9%	14.4%	66.9%	20.7%	9.4%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 04/16/2019															
MacArthur Breakfast	Total														
Fr Tst Stks, WG Papp, 3	3 Sticks	200	105	290	2.00	1.08	40.0	0	0.0	11	9.32	26.0	9.0	2.00	0.00
Sausage, Patty, JTM, 1	1 Patty	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	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
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		427	84	466	3.44	2.40	289.7	732	19.47	*29	15.94	66.49	12.66	3.81	*0.00
% of Calories										*27.6%	14.9%	62.2%	26.6%	8.0%	*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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Germantown School District

Apr 1, 2019 thru Apr 30, 2019

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)
Wed - 04/17/2019															
MacArthur Breakfast	Total														
Egg, Can Bac & Cheese Eng Mfn	1EM/2E/1 CB/1Ch	269	228	524	3.00	2.45	244.0	350	0.0	*2	18.92	27.6	9.3	3.55	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 - 4.5 oz Cup, Com\$	4 oz	204	0	8	4.00	1.20	20.0	140	4.8	48	0.8	56.0	0.4	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		457	141	501	4.80	3.81	400.4	904	6.24	*51	18.13	84.41	6.96	2.52	0.00
% of Calories										*44.3%	15.9%	73.9%	13.7%	5.0%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 04/22/2019															
MacArthur Breakfast	Total														
Ultimate Bkfst Round 2.5oz \$	1 (2.5 oz)	240	5	210	6.00	0.72	20.0	0	0.0	17	5.0	43.0	6.0	2.00	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*
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	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		388	18	403	5.14	2.03	367.3	552	3.70	*39	13.99	64.85	8.90	4.06	*0.00
% of Calories										*39.9%	14.4%	66.9%	20.7%	9.4%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

Apr 1, 2019 thru Apr 30, 2019

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/23/2019															
MacArthur Breakfast	Total														
Fr Tst Stks, WG Papp, 3	3 Sticks	200	105	290	2.00	1.08	40.0	0	0.0	11	9.32	26.0	9.0	2.00	0.00
Sausage, Patty, JTM, 1	1 Patty	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	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
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		427	84	466	3.44	2.40	289.7	732	19.47	*29	15.94	66.49	12.66	3.81	*0.00
% of Calories										*27.6%	14.9%	62.2%	26.6%	8.0%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 04/24/2019															
MacArthur Breakfast	Total														
Egg, Can Bac & Cheese Eng Mfn	1EM/2E/1 CB/1Ch	269	228	524	3.00	2.45	244.0	350	0.0	*2	18.92	27.6	9.3	3.55	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 - 4.5 oz Cup, Com\$	4 oz	204	0	8	4.00	1.20	20.0	140	4.8	48	0.8	56.0	0.4	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		457	141	501	4.80	3.81	400.4	904	6.24	*51	18.13	84.41	6.96	2.52	0.00
% of Calories										*44.3%	15.9%	73.9%	13.7%	5.0%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

Apr 1, 2019 thru Apr 30, 2019

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)
Thu - 04/25/2019															
MacArthur 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
Sausage Links, JTM, 1	1 Sausage	61	13	88	0.00	0.00	85.0	275	0.0	0	3.0	0.5	5.5	1.90	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*
Fruit, Assorted Chilled - 4 oz	#8 spoondl 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		431	22	447	3.39	2.75	288.4	571	4.86	*35 *32.8%	10.23 9.5%	73.69 68.5%	11.40 23.8%	3.20 6.7%	*0.00 *0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 04/26/2019															
MacArthur Breakfast	Total														
Donut, Raised WG, Richs 461983	Donut	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	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, 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
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
Yogurt, Trix - 4 oz SKIP	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 % of Calories		417	7	391	4.04	2.18	310.1	869	19.59	*29 *27.5%	11.27 10.8%	69.66 66.8%	11.01 23.7%	4.73 10.2%	0.00 0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

Apr 1, 2019 thru Apr 30, 2019

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/29/2019															
MacArthur Breakfast	Total														
Ultimate Bkfst Round 2.5oz \$	1 (2.5 oz)	240	5	210	6.00	0.72	20.0	0	0.0	17	5.0	43.0	6.0	2.00	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*
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	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		388	18	403	5.14	2.03	367.3	552	3.70	*39	13.99	64.85	8.90	4.06	*0.00
% of Calories										*39.9%	14.4%	66.9%	20.7%	9.4%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 04/30/2019															
MacArthur Breakfast	Total														
Fr Tst Stks, WG Papp, 3	3 Sticks	200	105	290	2.00	1.08	40.0	0	0.0	11	9.32	26.0	9.0	2.00	0.00
Sausage, Patty, JTM, 1	1 Patty	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	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
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		427	84	466	3.44	2.40	289.7	732	19.47	*29	15.94	66.49	12.66	3.81	*0.00
% of Calories										*27.6%	14.9%	62.2%	26.6%	8.0%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Weighted Average		422	58	443	4.22	2.61	334.1	718	10.71	*37	14.33	71.22	10.14	3.66	*0.00
										*78.3%	13.6%	67.4%	21.6%	7.8%	*0.0%

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Germantown School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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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	422		350 - 500	100%													
Cholesterol (mg)	58																
Sodium 1 (mg)	443		540														
Sodium 2 (mg)	443		485														
Fiber (g)	4.22																
Iron (mg)	2.61																
Calcium (mg)	334.1																
Vitamin A (IU)	718																
Sugars (g)	37	34.80%				Missing											
Vitamin C (mg)	10.71																
Protein (g)	14.33	13.57%															
Carbohydrate (g)	71.22	67.44%															
Total Fat (g)	10.14	21.61%															
Saturated Fat (g)	3.66	7.80%	<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.