

**Germantown School District**

**May 1, 2019 thru May 31, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/26/2019 9:47:26 AM

|                                | 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 05/01/2019               |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| GHS Breakfast                  | Total        |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| Pizza, Brkfst w/Tky Sgs Tonys^ | 1 Piece      | 223         | 16          | 372       | 3.20      | 1.98      | 110.0      | 0          | 0.0        | 5          | 9.0        | 28.7     | 7.4       | 2.10      | 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, Cmdty | 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         |              | 512         | 17          | 463       | 5.88      | 3.57      | 375.0      | 762        | 7.20       | *68        | 14.50      | 103.06   | 6.47      | 1.87      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *52.8%     | 11.3%      | 80.4%    | 11.4%     | 3.3%      | 0.0%                    |
| Nutrient Guideline             |              | 450-600     |             | 640       |           |           |            |            |            |            |            |          |           | <10.00    |                         |

|                                |                 |         |    |     |      |      |       |      |      |        |       |       |       |        |       |
|--------------------------------|-----------------|---------|----|-----|------|------|-------|------|------|--------|-------|-------|-------|--------|-------|
| Thu - 05/02/2019               |                 |         |    |     |      |      |       |      |      |        |       |       |       |        |       |
| GHS Breakfast                  | Total           |         |    |     |      |      |       |      |      |        |       |       |       |        |       |
| Cook's Choice                  | 1 Serving       | 0       | 0  | 0   | 0.00 | 0.00 | 0.0   | 0    | 0.0  | 0      | 0.0   | 0.0   | 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         |                 | 369     | 18 | 430 | 2.66 | 4.29 | 511.1 | 1082 | 9.33 | *41    | 14.56 | 63.14 | 7.20  | 3.47   | *0.00 |
| % of Calories                  |                 |         |    |     |      |      |       |      |      | *44.6% | 15.8% | 68.5% | 17.6% | 8.5%   | *0.0% |
| Nutrient Guideline             |                 | 450-600 |    | 640 |      |      |       |      |      |        |       |       |       | <10.00 |       |

|                               |                 |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
|-------------------------------|-----------------|-----|-----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|------|------|
| Fri - 05/03/2019              |                 |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
| GHS Breakfast                 | Total           |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
| Egg, Ham & Cheese Croissant+  | 1Csst/1E/3H/1Ch | 303 | 133 | 733 | 3.00 | 2.38 | 228.0 | 450 | 0.0   | *4    | 18.34 | 33.21 | 12.11 | 5.35 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box             | 110 | 0   | 160 | 2.00 | 3.60 | 80.0  | 400 | 4.8   | 8     | 1.0   | 22.0  | 3.0   | 0.50 | 0.00 |
| Cereal, Trix Box %            | Box             | 110 | 0   | 140 | 1.00 | 4.50 | 80.0  | 400 | 4.8   | 7     | 1.0   | 24.0  | 1.0   | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz           | 4 oz Cup        | 100 | 4   | 50  | 0.00 | 0.00 | 100.0 | 500 | 0.0   | *N/A* | 3.0   | 20.0  | 0.5   | 0.50 | 0.00 |
| Fruit, Fresh, Winter Mix      | 1 Piece         | 70  | 0   | 1   | 2.73 | 0.21 | 23.5  | 148 | 26.84 | *4    | 0.75  | 18.06 | 0.2   | 0.04 | 0.00 |
| Juice, Cup, Assorted \$       | 1 - 4 oz Cu     | 60  | 0   | 13  | 0.00 | 0.00 | 0.0   | 0   | 1.2   | 13    | 0.33  | 14.0  | 0.0   | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF%        | 8 oz Carton     | 105 | 6   | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2   | 16    | 8.0   | 17.75 | 0.31  | 0.19 | 0.00 |

\*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**

**May 1, 2019 thru May 31, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

|                                      | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g)    | Protn (g)      | Carb (g)       | T-Fat (g)     | S-Fat (g)    | Tr-Fat <sup>1</sup> (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Weighted Daily Average % of Calories |              | 464         | 96          | 706       | 4.96      | 3.12      | 475.8      | 1117       | 27.59      | *32<br>*27.4% | 21.12<br>18.2% | 77.03<br>66.4% | 9.41<br>18.3% | 4.04<br>7.8% | 0.00<br>0.0%            |
| Nutrient Guideline                   |              | 450-600     |             | 640       |           |           |            |            |            |               |                |                |               | <10.00       |                         |

| Mon - 05/06/2019                     |             |         |     |     |      |      |       |      |       |               |                |                |                |              |                |
|--------------------------------------|-------------|---------|-----|-----|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| GHS 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, JTM, 2                | 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           |
| 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 % of Calories |             | 499     | 88  | 515 | 4.39 | 2.68 | 477.7 | 1334 | 26.56 | *38<br>*30.7% | 17.23<br>13.8% | 81.28<br>65.2% | 12.78<br>23.1% | 3.62<br>6.5% | *0.00<br>*0.0% |
| Nutrient Guideline                   |             | 450-600 |     | 640 |      |      |       |      |       |               |                |                |                | <10.00       |                |

| Tue - 05/07/2019                     |                |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
|--------------------------------------|----------------|---------|-----|-----|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|--------------|
| GHS Breakfast                        | Total          |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
| Egg, Sausage & Cheese Eng Mfn+       | 1EM/1E/1 S/1Ch | 265     | 143 | 445 | 3.00 | 2.16 | 240.0 | 250  | 0.0   | *2            | 18.5           | 26.0           | 10.0          | 3.25         | 0.00         |
| Cereal, Cinn Tst Crunch Box %        | Box            | 110     | 0   | 160 | 2.00 | 3.60 | 80.0  | 400  | 4.8   | 8             | 1.0            | 22.0           | 3.0           | 0.50         | 0.00         |
| Cereal, Trix Box %                   | Box            | 110     | 0   | 140 | 1.00 | 4.50 | 80.0  | 400  | 4.8   | 7             | 1.0            | 24.0           | 1.0           | 0.00         | 0.00         |
| Yogurt, Trix - 4 oz                  | 4 oz Cup       | 100     | 4   | 50  | 0.00 | 0.00 | 100.0 | 500  | 0.0   | *N/A*         | 3.0            | 20.0           | 0.5           | 0.50         | 0.00         |
| Fruit, Fresh, Winter Mix             | 1 Piece        | 70      | 0   | 1   | 2.73 | 0.21 | 23.5  | 148  | 26.84 | *4            | 0.75           | 18.06          | 0.2           | 0.04         | 0.00         |
| Juice, Cup, Assorted \$              | 1 - 4 oz Cu    | 60      | 0   | 13  | 0.00 | 0.00 | 0.0   | 0    | 1.2   | 13            | 0.33           | 14.0           | 0.0           | 0.00         | 0.00         |
| Milk, SKIP - AVG - PF%               | 8 oz Carton    | 105     | 6   | 165 | 0.00 | 0.00 | 300.0 | 500  | 1.2   | 16            | 8.0            | 17.75          | 0.31          | 0.19         | 0.00         |
| Weighted Daily Average % of Calories |                | 442     | 92  | 500 | 4.69 | 3.09 | 489.7 | 1044 | 26.58 | *33<br>*30.0% | 20.39<br>18.5% | 75.04<br>67.9% | 7.41<br>15.1% | 2.43<br>4.9% | 0.00<br>0.0% |
| Nutrient Guideline                   |                | 450-600 |     | 640 |      |      |       |      |       |               |                |                |               | <10.00       |              |

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

**May 1, 2019 thru May 31, 2019**

Base Menu Spreadsheet

GHS 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 - 05/08/2019                           |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| GHS Breakfast                              | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Pizza, Brkfst w/Tky Sgs Tonys <sup>A</sup> | 1 Piece      | 223         | 16          | 372       | 3.20      | 1.98      | 110.0     | 0          | 0.0        | 5          | 9.0       | 28.7     | 7.4       | 2.10      | 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, Cmdty             | 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                     |              | 512         | 17          | 463       | 5.88      | 3.57      | 375.0     | 762        | 7.20       | *68        | 14.50     | 103.06   | 6.47      | 1.87      | 0.00                    |
| % of Calories                              |              |             |             |           |           |           |           |            |            | *52.8%     | 11.3%     | 80.4%    | 11.4%     | 3.3%      | 0.0%                    |
| Nutrient Guideline                         |              | 450-600     |             | 640       |           |           |           |            |            |            |           |          |           | <10.00    |                         |

|                                |                 |         |    |     |      |      |       |      |      |        |       |       |       |        |       |
|--------------------------------|-----------------|---------|----|-----|------|------|-------|------|------|--------|-------|-------|-------|--------|-------|
| Thu - 05/09/2019               |                 |         |    |     |      |      |       |      |      |        |       |       |       |        |       |
| GHS Breakfast                  | Total           |         |    |     |      |      |       |      |      |        |       |       |       |        |       |
| Cook's Choice                  | 1 Serving       | 0       | 0  | 0   | 0.00 | 0.00 | 0.0   | 0    | 0.0  | 0      | 0.0   | 0.0   | 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         |                 | 369     | 18 | 430 | 2.66 | 4.29 | 511.1 | 1082 | 9.33 | *41    | 14.56 | 63.14 | 7.20  | 3.47   | *0.00 |
| % of Calories                  |                 |         |    |     |      |      |       |      |      | *44.6% | 15.8% | 68.5% | 17.6% | 8.5%   | *0.0% |
| Nutrient Guideline             |                 | 450-600 |    | 640 |      |      |       |      |      |        |       |       |       | <10.00 |       |

|                               |                 |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
|-------------------------------|-----------------|-----|-----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|------|------|
| Fri - 05/10/2019              |                 |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
| GHS Breakfast                 | Total           |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
| Egg, Ham & Cheese Croissant+  | 1Csst/1E/3H/1Ch | 303 | 133 | 733 | 3.00 | 2.38 | 228.0 | 450 | 0.0   | *4    | 18.34 | 33.21 | 12.11 | 5.35 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box             | 110 | 0   | 160 | 2.00 | 3.60 | 80.0  | 400 | 4.8   | 8     | 1.0   | 22.0  | 3.0   | 0.50 | 0.00 |
| Cereal, Trix Box %            | Box             | 110 | 0   | 140 | 1.00 | 4.50 | 80.0  | 400 | 4.8   | 7     | 1.0   | 24.0  | 1.0   | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz           | 4 oz Cup        | 100 | 4   | 50  | 0.00 | 0.00 | 100.0 | 500 | 0.0   | *N/A* | 3.0   | 20.0  | 0.5   | 0.50 | 0.00 |
| Fruit, Fresh, Winter Mix      | 1 Piece         | 70  | 0   | 1   | 2.73 | 0.21 | 23.5  | 148 | 26.84 | *4    | 0.75  | 18.06 | 0.2   | 0.04 | 0.00 |
| Juice, Cup, Assorted \$       | 1 - 4 oz Cu     | 60  | 0   | 13  | 0.00 | 0.00 | 0.0   | 0   | 1.2   | 13    | 0.33  | 14.0  | 0.0   | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF%        | 8 oz Carton     | 105 | 6   | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2   | 16    | 8.0   | 17.75 | 0.31  | 0.19 | 0.00 |

\*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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May 1, 2019 thru May 31, 2019

## Base Menu Spreadsheet

GHS Breakfast

### Portion Values - Detailed

|                                      | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g)    | Protn (g)      | Carb (g)       | T-Fat (g)     | S-Fat (g)    | Tr-Fat <sup>1</sup> (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Weighted Daily Average % of Calories |              | 464         | 96          | 706       | 4.96      | 3.12      | 475.8      | 1117       | 27.59      | *32<br>*27.4% | 21.12<br>18.2% | 77.03<br>66.4% | 9.41<br>18.3% | 4.04<br>7.8% | 0.00<br>0.0%            |
| Nutrient Guideline                   |              | 450-600     |             | 640       |           |           |            |            |            |               |                |                |               |              | <10.00                  |

| Mon - 05/13/2019                     |             |         |     |     |      |      |       |      |       |               |                |                |                |              |                |
|--------------------------------------|-------------|---------|-----|-----|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| GHS 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, JTM, 2                | 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           |
| 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 % of Calories |             | 499     | 88  | 515 | 4.39 | 2.68 | 477.7 | 1334 | 26.56 | *38<br>*30.7% | 17.23<br>13.8% | 81.28<br>65.2% | 12.78<br>23.1% | 3.62<br>6.5% | *0.00<br>*0.0% |
| Nutrient Guideline                   |             | 450-600 |     | 640 |      |      |       |      |       |               |                |                |                |              | <10.00         |

| Tue - 05/14/2019                     |                |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
|--------------------------------------|----------------|---------|-----|-----|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|--------------|
| GHS Breakfast                        | Total          |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
| Egg, Sausage & Cheese Eng Mfn+       | 1EM/1E/1 S/1Ch | 265     | 143 | 445 | 3.00 | 2.16 | 240.0 | 250  | 0.0   | *2            | 18.5           | 26.0           | 10.0          | 3.25         | 0.00         |
| Cereal, Cinn Tst Crunch Box %        | Box            | 110     | 0   | 160 | 2.00 | 3.60 | 80.0  | 400  | 4.8   | 8             | 1.0            | 22.0           | 3.0           | 0.50         | 0.00         |
| Cereal, Trix Box %                   | Box            | 110     | 0   | 140 | 1.00 | 4.50 | 80.0  | 400  | 4.8   | 7             | 1.0            | 24.0           | 1.0           | 0.00         | 0.00         |
| Yogurt, Trix - 4 oz                  | 4 oz Cup       | 100     | 4   | 50  | 0.00 | 0.00 | 100.0 | 500  | 0.0   | *N/A*         | 3.0            | 20.0           | 0.5           | 0.50         | 0.00         |
| Fruit, Fresh, Winter Mix             | 1 Piece        | 70      | 0   | 1   | 2.73 | 0.21 | 23.5  | 148  | 26.84 | *4            | 0.75           | 18.06          | 0.2           | 0.04         | 0.00         |
| Juice, Cup, Assorted \$              | 1 - 4 oz Cu    | 60      | 0   | 13  | 0.00 | 0.00 | 0.0   | 0    | 1.2   | 13            | 0.33           | 14.0           | 0.0           | 0.00         | 0.00         |
| Milk, SKIP - AVG - PF%               | 8 oz Carton    | 105     | 6   | 165 | 0.00 | 0.00 | 300.0 | 500  | 1.2   | 16            | 8.0            | 17.75          | 0.31          | 0.19         | 0.00         |
| Weighted Daily Average % of Calories |                | 442     | 92  | 500 | 4.69 | 3.09 | 489.7 | 1044 | 26.58 | *33<br>*30.0% | 20.39<br>18.5% | 75.04<br>67.9% | 7.41<br>15.1% | 2.43<br>4.9% | 0.00<br>0.0% |
| Nutrient Guideline                   |                | 450-600 |     | 640 |      |      |       |      |       |               |                |                |               |              | <10.00       |

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

**May 1, 2019 thru May 31, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 05/15/2019               |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| GHS Breakfast                  | Total        |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| Pizza, Brkfst w/Tky Sgs Tonys^ | 1 Piece      | 223         | 16          | 372       | 3.20      | 1.98      | 110.0      | 0          | 0.0        | 5          | 9.0        | 28.7     | 7.4       | 2.10      | 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, Cmdty | 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         |              | 512         | 17          | 463       | 5.88      | 3.57      | 375.0      | 762        | 7.20       | *68        | 14.50      | 103.06   | 6.47      | 1.87      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *52.8%     | 11.3%      | 80.4%    | 11.4%     | 3.3%      | 0.0%                    |
| Nutrient Guideline             |              | 450-600     |             | 640       |           |           |            |            |            |            |            |          |           |           | <10.00                  |

|                                |                 |         |    |     |      |      |       |      |      |        |       |       |       |      |        |
|--------------------------------|-----------------|---------|----|-----|------|------|-------|------|------|--------|-------|-------|-------|------|--------|
| Thu - 05/16/2019               |                 |         |    |     |      |      |       |      |      |        |       |       |       |      |        |
| GHS Breakfast                  | Total           |         |    |     |      |      |       |      |      |        |       |       |       |      |        |
| Cook's Choice                  | 1 Serving       | 0       | 0  | 0   | 0.00 | 0.00 | 0.0   | 0    | 0.0  | 0      | 0.0   | 0.0   | 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         |                 | 369     | 18 | 430 | 2.66 | 4.29 | 511.1 | 1082 | 9.33 | *41    | 14.56 | 63.14 | 7.20  | 3.47 | *0.00  |
| % of Calories                  |                 |         |    |     |      |      |       |      |      | *44.6% | 15.8% | 68.5% | 17.6% | 8.5% | *0.0%  |
| Nutrient Guideline             |                 | 450-600 |    | 640 |      |      |       |      |      |        |       |       |       |      | <10.00 |

|                               |                 |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
|-------------------------------|-----------------|-----|-----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|------|------|
| Fri - 05/17/2019              |                 |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
| GHS Breakfast                 | Total           |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
| Egg, Ham & Cheese Croissant+  | 1Csst/1E/3H/1Ch | 303 | 133 | 733 | 3.00 | 2.38 | 228.0 | 450 | 0.0   | *4    | 18.34 | 33.21 | 12.11 | 5.35 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box             | 110 | 0   | 160 | 2.00 | 3.60 | 80.0  | 400 | 4.8   | 8     | 1.0   | 22.0  | 3.0   | 0.50 | 0.00 |
| Cereal, Trix Box %            | Box             | 110 | 0   | 140 | 1.00 | 4.50 | 80.0  | 400 | 4.8   | 7     | 1.0   | 24.0  | 1.0   | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz           | 4 oz Cup        | 100 | 4   | 50  | 0.00 | 0.00 | 100.0 | 500 | 0.0   | *N/A* | 3.0   | 20.0  | 0.5   | 0.50 | 0.00 |
| Fruit, Fresh, Winter Mix      | 1 Piece         | 70  | 0   | 1   | 2.73 | 0.21 | 23.5  | 148 | 26.84 | *4    | 0.75  | 18.06 | 0.2   | 0.04 | 0.00 |
| Juice, Cup, Assorted \$       | 1 - 4 oz Cu     | 60  | 0   | 13  | 0.00 | 0.00 | 0.0   | 0   | 1.2   | 13    | 0.33  | 14.0  | 0.0   | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF%        | 8 oz Carton     | 105 | 6   | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2   | 16    | 8.0   | 17.75 | 0.31  | 0.19 | 0.00 |

\*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, 2019 thru May 31, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

|                                      | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g)    | Protn (g)      | Carb (g)       | T-Fat (g)     | S-Fat (g)    | Tr-Fat <sup>1</sup> (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Weighted Daily Average % of Calories |              | 464         | 96          | 706       | 4.96      | 3.12      | 475.8      | 1117       | 27.59      | *32<br>*27.4% | 21.12<br>18.2% | 77.03<br>66.4% | 9.41<br>18.3% | 4.04<br>7.8% | 0.00<br>0.0%            |
| Nutrient Guideline                   |              | 450-600     |             | 640       |           |           |            |            |            |               |                |                |               |              | <10.00                  |

| Mon - 05/20/2019                     |             |         |     |     |      |      |       |      |       |               |                |                |                |              |                |
|--------------------------------------|-------------|---------|-----|-----|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| GHS 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, JTM, 2                | 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           |
| 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 % of Calories |             | 499     | 88  | 515 | 4.39 | 2.68 | 477.7 | 1334 | 26.56 | *38<br>*30.7% | 17.23<br>13.8% | 81.28<br>65.2% | 12.78<br>23.1% | 3.62<br>6.5% | *0.00<br>*0.0% |
| Nutrient Guideline                   |             | 450-600 |     | 640 |      |      |       |      |       |               |                |                |                |              | <10.00         |

| Tue - 05/21/2019                     |                |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
|--------------------------------------|----------------|---------|-----|-----|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|--------------|
| GHS Breakfast                        | Total          |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
| Egg, Sausage & Cheese Eng Mfn+       | 1EM/1E/1 S/1Ch | 265     | 143 | 445 | 3.00 | 2.16 | 240.0 | 250  | 0.0   | *2            | 18.5           | 26.0           | 10.0          | 3.25         | 0.00         |
| Cereal, Cinn Tst Crunch Box %        | Box            | 110     | 0   | 160 | 2.00 | 3.60 | 80.0  | 400  | 4.8   | 8             | 1.0            | 22.0           | 3.0           | 0.50         | 0.00         |
| Cereal, Trix Box %                   | Box            | 110     | 0   | 140 | 1.00 | 4.50 | 80.0  | 400  | 4.8   | 7             | 1.0            | 24.0           | 1.0           | 0.00         | 0.00         |
| Yogurt, Trix - 4 oz                  | 4 oz Cup       | 100     | 4   | 50  | 0.00 | 0.00 | 100.0 | 500  | 0.0   | *N/A*         | 3.0            | 20.0           | 0.5           | 0.50         | 0.00         |
| Fruit, Fresh, Winter Mix             | 1 Piece        | 70      | 0   | 1   | 2.73 | 0.21 | 23.5  | 148  | 26.84 | *4            | 0.75           | 18.06          | 0.2           | 0.04         | 0.00         |
| Juice, Cup, Assorted \$              | 1 - 4 oz Cu    | 60      | 0   | 13  | 0.00 | 0.00 | 0.0   | 0    | 1.2   | 13            | 0.33           | 14.0           | 0.0           | 0.00         | 0.00         |
| Milk, SKIP - AVG - PF%               | 8 oz Carton    | 105     | 6   | 165 | 0.00 | 0.00 | 300.0 | 500  | 1.2   | 16            | 8.0            | 17.75          | 0.31          | 0.19         | 0.00         |
| Weighted Daily Average % of Calories |                | 442     | 92  | 500 | 4.69 | 3.09 | 489.7 | 1044 | 26.58 | *33<br>*30.0% | 20.39<br>18.5% | 75.04<br>67.9% | 7.41<br>15.1% | 2.43<br>4.9% | 0.00<br>0.0% |
| Nutrient Guideline                   |                | 450-600 |     | 640 |      |      |       |      |       |               |                |                |               |              | <10.00       |

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**Germantown School District**

**May 1, 2019 thru May 31, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

|                                | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Wed - 05/22/2019</b>        |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| GHS Breakfast                  | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Pizza, Brkfst w/Tky Sgs Tonys^ | 1 Piece      | 223         | 16          | 372       | 3.20      | 1.98      | 110.0     | 0          | 0.0        | 5          | 9.0       | 28.7     | 7.4       | 2.10      | 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, Cmdty | 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         |              | 512         | 17          | 463       | 5.88      | 3.57      | 375.0     | 762        | 7.20       | *68        | 14.50     | 103.06   | 6.47      | 1.87      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |           |            |            | *52.8%     | 11.3%     | 80.4%    | 11.4%     | 3.3%      | 0.0%                    |
| Nutrient Guideline             |              | 450-600     |             | 640       |           |           |           |            |            |            |           |          |           |           | <10.00                  |

|                                |                 |         |    |     |      |      |       |      |      |        |       |       |       |      |        |
|--------------------------------|-----------------|---------|----|-----|------|------|-------|------|------|--------|-------|-------|-------|------|--------|
| <b>Thu - 05/23/2019</b>        |                 |         |    |     |      |      |       |      |      |        |       |       |       |      |        |
| GHS Breakfast                  | Total           |         |    |     |      |      |       |      |      |        |       |       |       |      |        |
| Cook's Choice                  | 1 Serving       | 0       | 0  | 0   | 0.00 | 0.00 | 0.0   | 0    | 0.0  | 0      | 0.0   | 0.0   | 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         |                 | 369     | 18 | 430 | 2.66 | 4.29 | 511.1 | 1082 | 9.33 | *41    | 14.56 | 63.14 | 7.20  | 3.47 | *0.00  |
| % of Calories                  |                 |         |    |     |      |      |       |      |      | *44.6% | 15.8% | 68.5% | 17.6% | 8.5% | *0.0%  |
| Nutrient Guideline             |                 | 450-600 |    | 640 |      |      |       |      |      |        |       |       |       |      | <10.00 |

|                               |                 |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
|-------------------------------|-----------------|-----|-----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|------|------|
| <b>Fri - 05/24/2019</b>       |                 |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
| GHS Breakfast                 | Total           |     |     |     |      |      |       |     |       |       |       |       |       |      |      |
| Egg, Ham & Cheese Croissant+  | 1Csst/1E/3H/1Ch | 303 | 133 | 733 | 3.00 | 2.38 | 228.0 | 450 | 0.0   | *4    | 18.34 | 33.21 | 12.11 | 5.35 | 0.00 |
| Cereal, Cinn Tst Crunch Box % | Box             | 110 | 0   | 160 | 2.00 | 3.60 | 80.0  | 400 | 4.8   | 8     | 1.0   | 22.0  | 3.0   | 0.50 | 0.00 |
| Cereal, Trix Box %            | Box             | 110 | 0   | 140 | 1.00 | 4.50 | 80.0  | 400 | 4.8   | 7     | 1.0   | 24.0  | 1.0   | 0.00 | 0.00 |
| Yogurt, Trix - 4 oz           | 4 oz Cup        | 100 | 4   | 50  | 0.00 | 0.00 | 100.0 | 500 | 0.0   | *N/A* | 3.0   | 20.0  | 0.5   | 0.50 | 0.00 |
| Fruit, Fresh, Winter Mix      | 1 Piece         | 70  | 0   | 1   | 2.73 | 0.21 | 23.5  | 148 | 26.84 | *4    | 0.75  | 18.06 | 0.2   | 0.04 | 0.00 |
| Juice, Cup, Assorted \$       | 1 - 4 oz Cu     | 60  | 0   | 13  | 0.00 | 0.00 | 0.0   | 0   | 1.2   | 13    | 0.33  | 14.0  | 0.0   | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF%        | 8 oz Carton     | 105 | 6   | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2   | 16    | 8.0   | 17.75 | 0.31  | 0.19 | 0.00 |

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**Germantown School District**

**May 1, 2019 thru May 31, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

|                                      | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g)    | Protn (g)      | Carb (g)       | T-Fat (g)     | S-Fat (g)    | Tr-Fat <sup>1</sup> (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Weighted Daily Average % of Calories |              | 464         | 96          | 706       | 4.96      | 3.12      | 475.8      | 1117       | 27.59      | *32<br>*27.4% | 21.12<br>18.2% | 77.03<br>66.4% | 9.41<br>18.3% | 4.04<br>7.8% | 0.00<br>0.0%            |
| Nutrient Guideline                   |              | 450-600     |             | 640       |           |           |            |            |            |               |                |                |               |              | <10.00                  |

| Tue - 05/28/2019                     |                |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
|--------------------------------------|----------------|---------|-----|-----|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|--------------|
| GHS Breakfast                        | Total          |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
| Egg, Sausage & Cheese Eng Mfn+       | 1EM/1E/1 S/1Ch | 265     | 143 | 445 | 3.00 | 2.16 | 240.0 | 250  | 0.0   | *2            | 18.5           | 26.0           | 10.0          | 3.25         | 0.00         |
| Cereal, Cinn Tst Crunch Box %        | Box            | 110     | 0   | 160 | 2.00 | 3.60 | 80.0  | 400  | 4.8   | 8             | 1.0            | 22.0           | 3.0           | 0.50         | 0.00         |
| Cereal, Trix Box %                   | Box            | 110     | 0   | 140 | 1.00 | 4.50 | 80.0  | 400  | 4.8   | 7             | 1.0            | 24.0           | 1.0           | 0.00         | 0.00         |
| Yogurt, Trix - 4 oz                  | 4 oz Cup       | 100     | 4   | 50  | 0.00 | 0.00 | 100.0 | 500  | 0.0   | *N/A*         | 3.0            | 20.0           | 0.5           | 0.50         | 0.00         |
| Fruit, Fresh, Winter Mix             | 1 Piece        | 70      | 0   | 1   | 2.73 | 0.21 | 23.5  | 148  | 26.84 | *4            | 0.75           | 18.06          | 0.2           | 0.04         | 0.00         |
| Juice, Cup, Assorted \$              | 1 - 4 oz Cu    | 60      | 0   | 13  | 0.00 | 0.00 | 0.0   | 0    | 1.2   | 13            | 0.33           | 14.0           | 0.0           | 0.00         | 0.00         |
| Milk, SKIP - AVG - PF%               | 8 oz Carton    | 105     | 6   | 165 | 0.00 | 0.00 | 300.0 | 500  | 1.2   | 16            | 8.0            | 17.75          | 0.31          | 0.19         | 0.00         |
| Weighted Daily Average % of Calories |                | 442     | 92  | 500 | 4.69 | 3.09 | 489.7 | 1044 | 26.58 | *33<br>*30.0% | 20.39<br>18.5% | 75.04<br>67.9% | 7.41<br>15.1% | 2.43<br>4.9% | 0.00<br>0.0% |
| Nutrient Guideline                   |                | 450-600 |     | 640 |      |      |       |      |       |               |                |                |               |              | <10.00       |

| Wed - 05/29/2019                     |             |         |    |     |      |      |       |     |      |               |                |                 |               |              |              |
|--------------------------------------|-------------|---------|----|-----|------|------|-------|-----|------|---------------|----------------|-----------------|---------------|--------------|--------------|
| GHS Breakfast                        | Total       |         |    |     |      |      |       |     |      |               |                |                 |               |              |              |
| Pizza, Brkfst w/Tky Sgs Tonys^       | 1 Piece     | 223     | 16 | 372 | 3.20 | 1.98 | 110.0 | 0   | 0.0  | 5             | 9.0            | 28.7            | 7.4           | 2.10         | 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, Cmdty       | 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 % of Calories |             | 512     | 17 | 463 | 5.88 | 3.57 | 375.0 | 762 | 7.20 | *68<br>*52.8% | 14.50<br>11.3% | 103.06<br>80.4% | 6.47<br>11.4% | 1.87<br>3.3% | 0.00<br>0.0% |
| Nutrient Guideline                   |             | 450-600 |    | 640 |      |      |       |     |      |               |                |                 |               |              | <10.00       |

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**Germantown School District**

**May 1, 2019 thru May 31, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

|                                      | Portion Size    | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g)    | Protn (g)      | Carb (g)       | T-Fat (g)     | S-Fat (g)    | Tr-Fat <sup>1</sup> (g) |
|--------------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| <b>Thu - 05/30/2019</b>              |                 |             |             |           |           |           |            |            |            |               |                |                |               |              |                         |
| GHS Breakfast                        | Total           |             |             |           |           |           |            |            |            |               |                |                |               |              |                         |
| Cook's Choice                        | 1 Serving       | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0             | 0.0            | 0.0            | 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 |                 | 369         | 18          | 430       | 2.66      | 4.29      | 511.1      | 1082       | 9.33       | *41<br>*44.6% | 14.56<br>15.8% | 63.14<br>68.5% | 7.20<br>17.6% | 3.47<br>8.5% | *0.00<br>*0.0%          |
| Nutrient Guideline                   |                 | 450-600     |             | 640       |           |           |            |            |            |               |                |                |               | <10.00       |                         |

|                                      |                 |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
|--------------------------------------|-----------------|---------|-----|-----|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|--------------|
| <b>Fri - 05/31/2019</b>              |                 |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
| GHS Breakfast                        | Total           |         |     |     |      |      |       |      |       |               |                |                |               |              |              |
| Egg, Ham & Cheese Croissant+         | 1Csst/1E/3H/1Ch | 303     | 133 | 733 | 3.00 | 2.38 | 228.0 | 450  | 0.0   | *4            | 18.34          | 33.21          | 12.11         | 5.35         | 0.00         |
| Cereal, Cinn Tst Crunch Box %        | Box             | 110     | 0   | 160 | 2.00 | 3.60 | 80.0  | 400  | 4.8   | 8             | 1.0            | 22.0           | 3.0           | 0.50         | 0.00         |
| Cereal, Trix Box %                   | Box             | 110     | 0   | 140 | 1.00 | 4.50 | 80.0  | 400  | 4.8   | 7             | 1.0            | 24.0           | 1.0           | 0.00         | 0.00         |
| Yogurt, Trix - 4 oz                  | 4 oz Cup        | 100     | 4   | 50  | 0.00 | 0.00 | 100.0 | 500  | 0.0   | *N/A*         | 3.0            | 20.0           | 0.5           | 0.50         | 0.00         |
| Fruit, Fresh, Winter Mix             | 1 Piece         | 70      | 0   | 1   | 2.73 | 0.21 | 23.5  | 148  | 26.84 | *4            | 0.75           | 18.06          | 0.2           | 0.04         | 0.00         |
| Juice, Cup, Assorted \$              | 1 - 4 oz Cu     | 60      | 0   | 13  | 0.00 | 0.00 | 0.0   | 0    | 1.2   | 13            | 0.33           | 14.0           | 0.0           | 0.00         | 0.00         |
| Milk, SKIP - AVG - PF%               | 8 oz Carton     | 105     | 6   | 165 | 0.00 | 0.00 | 300.0 | 500  | 1.2   | 16            | 8.0            | 17.75          | 0.31          | 0.19         | 0.00         |
| Weighted Daily Average % of Calories |                 | 464     | 96  | 706 | 4.96 | 3.12 | 475.8 | 1117 | 27.59 | *32<br>*27.4% | 21.12<br>18.2% | 77.03<br>66.4% | 9.41<br>18.3% | 4.04<br>7.8% | 0.00<br>0.0% |
| Nutrient Guideline                   |                 | 450-600 |     | 640 |      |      |       |      |       |               |                |                |               | <10.00       |              |

|                  |  |     |    |     |      |      |       |      |       |               |                |                |               |              |                |
|------------------|--|-----|----|-----|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|----------------|
| Weighted Average |  | 454 | 59 | 525 | 4.52 | 3.42 | 463.7 | 1045 | 18.48 | *43<br>*85.6% | 17.46<br>15.4% | 80.01<br>70.5% | 8.33<br>16.5% | 3.07<br>6.1% | *0.00<br>*0.0% |
|------------------|--|-----|----|-----|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|----------------|

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**Germantown School District**

**May 1, 2019 thru May 31, 2019**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g) | Error Messages (if any) |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|
|                            |          | % of Cals    | Weekly Target | % of Target | Miss Data | Shortfall | Overage   |            |            |            |            |           |          |           |           |                         |                         |
| Calories                   | 454      |              | 450 - 600     | 100%        |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Cholesterol (mg)           | 59       |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Sodium 1 (mg)              | 525      |              | 640           |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Sodium 2 (mg)              | 525      |              | 570           |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Fiber (g)                  | 4.52     |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Iron (mg)                  | 3.42     |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Calcium (mg)               | 463.7    |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Vitamin A (IU)             | 1045     |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Sugars (g)                 | 43       | 38.05%       |               |             | Missing   |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Vitamin C (mg)             | 18.48    |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Protein (g)                | 17.46    | 15.38%       |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Carbohydrate (g)           | 80.01    | 70.48%       |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Total Fat (g)              | 8.33     | 16.52%       |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Saturated Fat (g)          | 3.07     | 6.08%        | <10.00%       |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%        |               |             | Missing   |           |           |            |            |            |            |           |          |           |           |                         |                         |

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