

**Germantown School District**

**Sep 2, 2019 thru Sep 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 <sup>1</sup> (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| <b>Tue - 09/03/2019</b>       |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| MacArthur Breakfast           | Total        |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| Fr Tst, Cinn, WG 1PC \$       | 1 Tst        | 200         | 100         | 280       | 2.00      | 1.08      | 40.0       | 0          | 0.0        | 10         | 7.8        | 26.0     | 8.0       | 2.00      | 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        |              | 434         | 81          | 464       | 3.44      | 2.41      | 382.1      | 1029       | 19.47      | *29        | 15.03      | 67.79    | 12.65     | 3.87      | *0.00                   |
| % of Calories                 |              |             |             |           |           |           |            |            |            | *26.6%     | 13.9%      | 62.5%    | 26.3%     | 8.0%      | *0.0%                   |
| Nutrient Guideline            |              | 350-500     |             | 540       |           |           |            |            |            |            |            |          |           | <10.00    |                         |

|                                |             |         |     |     |      |      |       |     |      |        |       |       |       |        |      |
|--------------------------------|-------------|---------|-----|-----|------|------|-------|-----|------|--------|-------|-------|-------|--------|------|
| <b>Wed - 09/04/2019</b>        |             |         |     |     |      |      |       |     |      |        |       |       |       |        |      |
| MacArthur Breakfast            | Total       |         |     |     |      |      |       |     |      |        |       |       |       |        |      |
| Eggs, Scrambled 2 oz#          | #16         | 70      | 220 | 70  | 0.00 | 0.72 | 40.0  | 300 | 0.0  | *N/A*  | 6.0   | 2.0   | 5.0   | 2.00   | 0.00 |
| Potatoes, Hash Brown Patty +   | 2.22 oz Pat | 130     | 0   | 230 | 2.00 | 0.36 | 0.0   | 0   | 4.8  | *N/A*  | 1.0   | 13.99 | 7.99  | 2.00   | 0.00 |
| Cereal, Cinn Tst Crunch Box %  | Box         | 110     | 0   | 160 | 2.00 | 3.60 | 80.0  | 400 | 4.8  | 8      | 1.0   | 22.0  | 3.0   | 0.50   | 0.00 |
| Cereal, Trix Box %             | Box         | 110     | 0   | 140 | 1.00 | 4.50 | 80.0  | 400 | 4.8  | 7      | 1.0   | 24.0  | 1.0   | 0.00   | 0.00 |
| Yogurt, Trix - 4 oz            | 4 oz Cup    | 100     | 4   | 50  | 0.00 | 0.00 | 100.0 | 500 | 0.0  | *N/A*  | 3.0   | 20.0  | 0.5   | 0.50   | 0.00 |
| 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         |             | 402     | 137 | 344 | 4.00 | 2.95 | 278.0 | 874 | 8.64 | *49    | 10.88 | 76.04 | 8.37  | 2.59   | 0.00 |
| % of Calories                  |             |         |     |     |      |      |       |     |      | *49.1% | 10.8% | 75.6% | 18.7% | 5.8%   | 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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Germantown School District**

**Sep 2, 2019 thru Sep 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 <sup>1</sup> (g) |
|--------------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Thu - 09/05/2019                     |                 |             |             |           |           |           |            |            |            |               |                |                |                |              |                         |
| MacArthur Breakfast                  | Total           |             |             |           |           |           |            |            |            |               |                |                |                |              |                         |
| Pancakes, Confetti Eggo Mini         | 1 Pkg           | 220         | 10          | 300       | 4.00      | 3.60      | 60.0       | 0          | 0.0        | 11            | 4.0            | 36.0           | 7.0            | 1.00         | 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                    |
| 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 |                 | 467         | 34          | 543       | 4.07      | 4.04      | 432.1      | 959        | 4.86       | *35<br>*29.6% | 14.81<br>12.7% | 70.10<br>60.1% | 15.09<br>29.1% | 4.62<br>8.9% | *0.00<br>*0.0%          |
| Nutrient Guideline                   |                 | 350-500     |             | 540       |           |           |            |            |            |               |                |                |                | <10.00       |                         |

|                                      |             |         |    |     |      |      |       |     |       |               |                |                |                |               |                |
|--------------------------------------|-------------|---------|----|-----|------|------|-------|-----|-------|---------------|----------------|----------------|----------------|---------------|----------------|
| Fri - 09/06/2019                     |             |         |    |     |      |      |       |     |       |               |                |                |                |               |                |
| 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           |
| 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, 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 |             | 428     | 12 | 439 | 4.04 | 2.20 | 369.0 | 807 | 19.59 | *29<br>*26.9% | 13.49<br>12.6% | 65.30<br>61.1% | 13.16<br>27.7% | 6.04<br>12.7% | *0.00<br>*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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|                                | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 09/09/2019               |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| MacArthur 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                    |
| 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, Cmdty | 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         |              | 334         | 18          | 439       | 3.24      | 2.85      | 324.8      | 478        | 3.70       | *31        | 13.03      | 54.58    | 7.01      | 2.33      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *36.9%     | 15.6%      | 65.5%    | 18.9%     | 6.3%      | *0.0%                   |
| Nutrient Guideline             |              | 350-500     |             | 540       |           |           |            |            |            |            |            |          |           | <10.00    |                         |

|                               |             |         |     |     |      |      |       |      |       |        |       |       |       |        |       |
|-------------------------------|-------------|---------|-----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Tue - 09/10/2019              |             |         |     |     |      |      |       |      |       |        |       |       |       |        |       |
| MacArthur Breakfast           | Total       |         |     |     |      |      |       |      |       |        |       |       |       |        |       |
| Fr Tst, Cinn, WG 1PC \$       | 1 Tst       | 200     | 100 | 280 | 2.00 | 1.08 | 40.0  | 0    | 0.0   | 10     | 7.8   | 26.0  | 8.0   | 2.00   | 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        |             | 434     | 81  | 464 | 3.44 | 2.41 | 382.1 | 1029 | 19.47 | *29    | 15.03 | 67.79 | 12.65 | 3.87   | *0.00 |
| % of Calories                 |             |         |     |     |      |      |       |      |       | *26.6% | 13.9% | 62.5% | 26.3% | 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**

**Sep 2, 2019 thru Sep 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/11/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| MacArthur Breakfast            | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Eggs, Scrambled 2 oz#          | #16          | 70          | 220         | 70        | 0.00      | 0.72      | 40.0       | 300        | 0.0        | *N/A*      | 6.0       | 2.0      | 5.0       | 2.00      | 0.00                    |
| Potatoes, Hash Brown Patty +   | 2.22 oz Pat  | 130         | 0           | 230       | 2.00      | 0.36      | 0.0        | 0          | 4.8        | *N/A*      | 1.0       | 13.99    | 7.99      | 2.00      | 0.00                    |
| Cereal, Cinn Tst Crunch Box %  | Box          | 110         | 0           | 160       | 2.00      | 3.60      | 80.0       | 400        | 4.8        | 8          | 1.0       | 22.0     | 3.0       | 0.50      | 0.00                    |
| Cereal, Trix Box %             | Box          | 110         | 0           | 140       | 1.00      | 4.50      | 80.0       | 400        | 4.8        | 7          | 1.0       | 24.0     | 1.0       | 0.00      | 0.00                    |
| Yogurt, Trix - 4 oz            | 4 oz Cup     | 100         | 4           | 50        | 0.00      | 0.00      | 100.0      | 500        | 0.0        | *N/A*      | 3.0       | 20.0     | 0.5       | 0.50      | 0.00                    |
| 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         |              | 402         | 137         | 344       | 4.00      | 2.95      | 278.0      | 874        | 8.64       | *49        | 10.88     | 76.04    | 8.37      | 2.59      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *49.1%     | 10.8%     | 75.6%    | 18.7%     | 5.8%      | 0.0%                    |
| Nutrient Guideline             |              | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                                |                 |         |    |     |      |      |       |     |      |        |       |       |       |        |       |
|--------------------------------|-----------------|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|--------|-------|
| Thu - 09/12/2019               |                 |         |    |     |      |      |       |     |      |        |       |       |       |        |       |
| MacArthur Breakfast            | Total           |         |    |     |      |      |       |     |      |        |       |       |       |        |       |
| Pancakes, Confetti Eggo Mini   | 1 Pkg           | 220     | 10 | 300 | 4.00 | 3.60 | 60.0  | 0   | 0.0  | 11     | 4.0   | 36.0  | 7.0   | 1.00   | 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  |
| 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         |                 | 467     | 34 | 543 | 4.07 | 4.04 | 432.1 | 959 | 4.86 | *35    | 14.81 | 70.10 | 15.09 | 4.62   | *0.00 |
| % of Calories                  |                 |         |    |     |      |      |       |     |      | *29.6% | 12.7% | 60.1% | 29.1% | 8.9%   | *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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Germantown School District**

**Sep 2, 2019 thru Sep 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/13/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |
| 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, 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         |              | 428         | 12          | 439       | 4.04      | 2.20      | 369.0      | 807        | 19.59      | *29        | 13.49     | 65.30    | 13.16     | 6.04      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *26.9%     | 12.6%     | 61.1%    | 27.7%     | 12.7%     | *0.0%                   |
| Nutrient Guideline             |              | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                                |             |         |    |     |      |      |       |     |      |        |       |       |       |        |       |
|--------------------------------|-------------|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|--------|-------|
| Mon - 09/16/2019               |             |         |    |     |      |      |       |     |      |        |       |       |       |        |       |
| MacArthur 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  |
| 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, Cmdty | 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         |             | 334     | 18 | 439 | 3.24 | 2.85 | 324.8 | 478 | 3.70 | *31    | 13.03 | 54.58 | 7.01  | 2.33   | *0.00 |
| % of Calories                  |             |         |    |     |      |      |       |     |      | *36.9% | 15.6% | 65.5% | 18.9% | 6.3%   | *0.0% |
| Nutrient Guideline             |             | 350-500 |    | 540 |      |      |       |     |      |        |       |       |       | <10.00 |       |

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 <sup>1</sup> (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/17/2019              |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| MacArthur Breakfast           | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Fr Tst, Cinn, WG 1PC \$       | 1 Tst        | 200         | 100         | 280       | 2.00      | 1.08      | 40.0       | 0          | 0.0        | 10         | 7.8       | 26.0     | 8.0       | 2.00      | 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        |              | 434         | 81          | 464       | 3.44      | 2.41      | 382.1      | 1029       | 19.47      | *29        | 15.03     | 67.79    | 12.65     | 3.87      | *0.00                   |
| % of Calories                 |              |             |             |           |           |           |            |            |            | *26.6%     | 13.9%     | 62.5%    | 26.3%     | 8.0%      | *0.0%                   |
| Nutrient Guideline            |              | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                                |             |         |     |     |      |      |       |     |      |        |       |       |       |        |      |
|--------------------------------|-------------|---------|-----|-----|------|------|-------|-----|------|--------|-------|-------|-------|--------|------|
| Wed - 09/18/2019               |             |         |     |     |      |      |       |     |      |        |       |       |       |        |      |
| MacArthur Breakfast            | Total       |         |     |     |      |      |       |     |      |        |       |       |       |        |      |
| Eggs, Scrambled 2 oz#          | #16         | 70      | 220 | 70  | 0.00 | 0.72 | 40.0  | 300 | 0.0  | *N/A*  | 6.0   | 2.0   | 5.0   | 2.00   | 0.00 |
| Potatoes, Hash Brown Patty +   | 2.22 oz Pat | 130     | 0   | 230 | 2.00 | 0.36 | 0.0   | 0   | 4.8  | *N/A*  | 1.0   | 13.99 | 7.99  | 2.00   | 0.00 |
| Cereal, Cinn Tst Crunch Box %  | Box         | 110     | 0   | 160 | 2.00 | 3.60 | 80.0  | 400 | 4.8  | 8      | 1.0   | 22.0  | 3.0   | 0.50   | 0.00 |
| Cereal, Trix Box %             | Box         | 110     | 0   | 140 | 1.00 | 4.50 | 80.0  | 400 | 4.8  | 7      | 1.0   | 24.0  | 1.0   | 0.00   | 0.00 |
| Yogurt, Trix - 4 oz            | 4 oz Cup    | 100     | 4   | 50  | 0.00 | 0.00 | 100.0 | 500 | 0.0  | *N/A*  | 3.0   | 20.0  | 0.5   | 0.50   | 0.00 |
| 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         |             | 402     | 137 | 344 | 4.00 | 2.95 | 278.0 | 874 | 8.64 | *49    | 10.88 | 76.04 | 8.37  | 2.59   | 0.00 |
| % of Calories                  |             |         |     |     |      |      |       |     |      | *49.1% | 10.8% | 75.6% | 18.7% | 5.8%   | 0.0% |
| Nutrient Guideline             |             | 350-500 |     | 540 |      |      |       |     |      |        |       |       |       | <10.00 |      |

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**Germantown School District**

**Sep 2, 2019 thru Sep 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 <sup>1</sup> (g) |
|--------------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Thu - 09/19/2019                     |                 |             |             |           |           |           |            |            |            |               |                |                |                |              |                         |
| MacArthur Breakfast                  | Total           |             |             |           |           |           |            |            |            |               |                |                |                |              |                         |
| Pancakes, Confetti Eggo Mini         | 1 Pkg           | 220         | 10          | 300       | 4.00      | 3.60      | 60.0       | 0          | 0.0        | 11            | 4.0            | 36.0           | 7.0            | 1.00         | 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                    |
| 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 |                 | 467         | 34          | 543       | 4.07      | 4.04      | 432.1      | 959        | 4.86       | *35<br>*29.6% | 14.81<br>12.7% | 70.10<br>60.1% | 15.09<br>29.1% | 4.62<br>8.9% | *0.00<br>*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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|---------------|-------------------------|
| Fri - 09/20/2019                     |              |             |             |           |           |           |            |            |            |               |                |                |                |               |                         |
| 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                    |
| 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, 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 |              | 428         | 12          | 439       | 4.04      | 2.20      | 369.0      | 807        | 19.59      | *29<br>*26.9% | 13.49<br>12.6% | 65.30<br>61.1% | 13.16<br>27.7% | 6.04<br>12.7% | *0.00<br>*0.0%          |
| Nutrient Guideline                   |              | 350-500     |             | 540       |           |           |            |            |            |               |                |                |                | <10.00        |                         |

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**Germantown School District**

**Sep 2, 2019 thru Sep 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Mon - 09/23/2019</b>        |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| MacArthur 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                    |
| 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, Cmdty | 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         |              | 334         | 18          | 439       | 3.24      | 2.85      | 324.8      | 478        | 3.70       | *31        | 13.03     | 54.58    | 7.01      | 2.33      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *36.9%     | 15.6%     | 65.5%    | 18.9%     | 6.3%      | *0.0%                   |
| Nutrient Guideline             |              | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                               |             |         |     |     |      |      |       |      |       |        |       |       |       |        |       |
|-------------------------------|-------------|---------|-----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| <b>Tue - 09/24/2019</b>       |             |         |     |     |      |      |       |      |       |        |       |       |       |        |       |
| MacArthur Breakfast           | Total       |         |     |     |      |      |       |      |       |        |       |       |       |        |       |
| Fr Tst, Cinn, WG 1PC \$       | 1 Tst       | 200     | 100 | 280 | 2.00 | 1.08 | 40.0  | 0    | 0.0   | 10     | 7.8   | 26.0  | 8.0   | 2.00   | 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        |             | 434     | 81  | 464 | 3.44 | 2.41 | 382.1 | 1029 | 19.47 | *29    | 15.03 | 67.79 | 12.65 | 3.87   | *0.00 |
| % of Calories                 |             |         |     |     |      |      |       |      |       | *26.6% | 13.9% | 62.5% | 26.3% | 8.0%   | *0.0% |
| Nutrient Guideline            |             | 350-500 |     | 540 |      |      |       |      |       |        |       |       |       | <10.00 |       |

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**Germantown School District**

**Sep 2, 2019 thru Sep 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/25/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| MacArthur Breakfast            | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Eggs, Scrambled 2 oz#          | #16          | 70          | 220         | 70        | 0.00      | 0.72      | 40.0       | 300        | 0.0        | *N/A*      | 6.0       | 2.0      | 5.0       | 2.00      | 0.00                    |
| Potatoes, Hash Brown Patty +   | 2.22 oz Pat  | 130         | 0           | 230       | 2.00      | 0.36      | 0.0        | 0          | 4.8        | *N/A*      | 1.0       | 13.99    | 7.99      | 2.00      | 0.00                    |
| Cereal, Cinn Tst Crunch Box %  | Box          | 110         | 0           | 160       | 2.00      | 3.60      | 80.0       | 400        | 4.8        | 8          | 1.0       | 22.0     | 3.0       | 0.50      | 0.00                    |
| Cereal, Trix Box %             | Box          | 110         | 0           | 140       | 1.00      | 4.50      | 80.0       | 400        | 4.8        | 7          | 1.0       | 24.0     | 1.0       | 0.00      | 0.00                    |
| Yogurt, Trix - 4 oz            | 4 oz Cup     | 100         | 4           | 50        | 0.00      | 0.00      | 100.0      | 500        | 0.0        | *N/A*      | 3.0       | 20.0     | 0.5       | 0.50      | 0.00                    |
| 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         |              | 402         | 137         | 344       | 4.00      | 2.95      | 278.0      | 874        | 8.64       | *49        | 10.88     | 76.04    | 8.37      | 2.59      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *49.1%     | 10.8%     | 75.6%    | 18.7%     | 5.8%      | 0.0%                    |
| Nutrient Guideline             |              | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                                |                 |         |    |     |      |      |       |     |      |        |       |       |       |        |       |
|--------------------------------|-----------------|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|--------|-------|
| Thu - 09/26/2019               |                 |         |    |     |      |      |       |     |      |        |       |       |       |        |       |
| MacArthur Breakfast            | Total           |         |    |     |      |      |       |     |      |        |       |       |       |        |       |
| Pancakes, Confetti Eggo Mini   | 1 Pkg           | 220     | 10 | 300 | 4.00 | 3.60 | 60.0  | 0   | 0.0  | 11     | 4.0   | 36.0  | 7.0   | 1.00   | 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  |
| 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         |                 | 467     | 34 | 543 | 4.07 | 4.04 | 432.1 | 959 | 4.86 | *35    | 14.81 | 70.10 | 15.09 | 4.62   | *0.00 |
| % of Calories                  |                 |         |    |     |      |      |       |     |      | *29.6% | 12.7% | 60.1% | 29.1% | 8.9%   | *0.0% |
| Nutrient Guideline             |                 | 350-500 |    | 540 |      |      |       |     |      |        |       |       |       | <10.00 |       |

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**Germantown School District**

**Sep 2, 2019 thru Sep 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/27/2019               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |
| 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, 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         |              | 428         | 12          | 439       | 4.04      | 2.20      | 369.0      | 807        | 19.59      | *29        | 13.49     | 65.30    | 13.16     | 6.04      | *0.00                   |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *26.9%     | 12.6%     | 61.1%    | 27.7%     | 12.7%     | *0.0%                   |
| Nutrient Guideline             |              | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                                |             |         |    |     |      |      |       |     |      |        |       |       |       |        |       |
|--------------------------------|-------------|---------|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|--------|-------|
| Mon - 09/30/2019               |             |         |    |     |      |      |       |     |      |        |       |       |       |        |       |
| MacArthur 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  |
| 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, Cmdty | 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         |             | 334     | 18 | 439 | 3.24 | 2.85 | 324.8 | 478 | 3.70 | *31    | 13.03 | 54.58 | 7.01  | 2.33   | *0.00 |
| % of Calories                  |             |         |    |     |      |      |       |     |      | *36.9% | 15.6% | 65.5% | 18.9% | 6.3%   | *0.0% |
| Nutrient Guideline             |             | 350-500 |    | 540 |      |      |       |     |      |        |       |       |       | <10.00 |       |

|                  |  |     |    |     |      |      |       |     |       |        |       |       |       |      |       |
|------------------|--|-----|----|-----|------|------|-------|-----|-------|--------|-------|-------|-------|------|-------|
| Weighted Average |  | 413 | 56 | 446 | 3.76 | 2.89 | 357.2 | 829 | 11.25 | *34    | 13.45 | 66.76 | 11.26 | 3.89 | *0.00 |
|                  |  |     |    |     |      |      |       |     |       | *75.1% | 13.0% | 64.7% | 24.6% | 8.5% | *0.0% |

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# Germantown School District

Sep 2, 2019 thru Sep 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 <sup>1</sup> (g) | Error Messages (if any) |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|
|                            |          | % of Cals    | Weekly Target | % of Target | Miss Data | Shortfall | Overage   |            |            |            |            |           |          |           |           |                         |                         |
| Calories                   | 413      |              | 350 - 500     | 100%        |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Cholesterol (mg)           | 56       |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Sodium 1 (mg)              | 446      |              | 540           |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Sodium 2 (mg)              | 446      |              | 485           |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Fiber (g)                  | 3.76     |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Iron (mg)                  | 2.89     |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Calcium (mg)               | 357.2    |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Vitamin A (IU)             | 829      |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Sugars (g)                 | 34       | 33.38%       |               |             |           | Missing   |           |            |            |            |            |           |          |           |           |                         |                         |
| Vitamin C (mg)             | 11.25    |              |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Protein (g)                | 13.45    | 13.03%       |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Carbohydrate (g)           | 66.76    | 64.70%       |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Total Fat (g)              | 11.26    | 24.55%       |               |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Saturated Fat (g)          | 3.89     | 8.48%        | <10.00%       |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%        |               |             |           | Missing   |           |            |            |            |            |           |          |           |           |                         |                         |

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

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