

Germantown School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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Generated on: 8/27/2019 3:00:57 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/09/2019															
GHS Breakfast	Total														
Egg, Bacon, Cheese Eng Mfn+	1EM/2E/1 C/1Bcn	280	225	505	3.00	2.16	240.0	350	0.0	*2	17.5	27.0	11.5	4.25	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
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		462	189	636	3.56	2.81	541.7	899	4.22	*41	23.82	68.10	11.12	4.36	*0.00
% of Calories										*35.3%	20.6%	59.0%	21.7%	8.5%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 09/10/2019															
GHS 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		537	108	573	3.97	1.85	481.9	1152	23.57	*39	19.65	82.07	16.10	4.97	*0.00
% of Calories										*29.2%	14.6%	61.1%	27.0%	8.3%	*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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Wed - 09/11/2019															
GHS 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		513	174	443	5.00	2.74	377.6	1036	10.63	*67	14.85	95.79	10.77	3.35	0.00
% of Calories										*52.3%	11.6%	74.7%	18.9%	5.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 09/12/2019															
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
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		460	123	589	3.97	2.94	539.1	948	6.13	*40	24.74	69.56	9.87	3.55	*0.00
% of Calories										*34.9%	21.5%	60.5%	19.3%	6.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/13/2019															
GHS Breakfast	Total														
Egg, Ham* & Cheese Croissant+	1Csst/1E/ 1H/1Ch	285	128	765	3.00	1.98	220.0	450	0.0	*5	16.0	32.5	11.5	5.25	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Yogurt, Trix - 4 oz SKIP	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		488	109	822	5.27	2.59	518.1	1139	28.45	*36	22.17	80.70	10.16	4.55	0.00
% of Calories										*29.8%	18.2%	66.2%	18.8%	8.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		492	141	612	4.35	2.59	491.7	1035	14.60	*45	21.05	79.24	11.61	4.15	*0.00
										*81.8%	17.1%	64.4%	21.2%	7.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	492		450 - 600	100%				
Cholesterol (mg)	141							
Sodium 1 (mg)	612		640					
Sodium 2 (mg)	612		570				42	Correction Required - Sodium too High
Fiber (g)	4.35							
Iron (mg)	2.59							
Calcium (mg)	491.7							
Vitamin A (IU)	1035							
Sugars (g)	45	36.34%			Missing			
Vitamin C (mg)	14.60							
Protein (g)	21.05	17.12%						
Carbohydrate (g)	79.24	64.45%						
Total Fat (g)	11.61	21.24%						
Saturated Fat (g)	4.15	7.60%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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