

Germantown School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS Breakfast

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2019															
KMS 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		507	107	562	3.26	1.80	457.8	1084	16.40	*36	18.94	74.91	16.03	4.94	*0.00
% of Calories										*28.4%	14.9%	59.1%	28.5%	8.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/04/2019															
KMS 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		478	174	428	4.60	2.62	351.6	982	9.93	*60	14.09	87.37	10.71	3.33	0.00
% of Calories										*49.9%	11.8%	73.1%	20.2%	6.3%	0.0%
Nutrient Guideline		400-550		600										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Germantown School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS 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 ¹ (g)
Thu - 09/05/2019															
KMS 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		535	38	609	4.52	4.04	505.6	1115	5.39	*43 *32.5%	17.20 12.9%	82.45 61.7%	16.23 27.3%	4.77 8.0%	*0.00 *0.0%
Nutrient Guideline		400-550		600											<10.00

Fri - 09/06/2019															
KMS 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		520	18	545	4.77	1.60	465.4	814	23.38	*35 *26.7%	18.00 13.9%	73.10 56.3%	18.01 31.2%	8.65 15.0%	*0.00 *0.0%
Nutrient Guideline		400-550		600											<10.00

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KMS 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 ¹ (g)
Mon - 09/09/2019															
KMS 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		397	21	509	3.66	2.65	401.4	557	3.94	*40	16.03	65.65	7.80	2.61	*0.00
% of Calories										*40.2%	16.2%	66.2%	17.7%	5.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 09/10/2019															
KMS 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		507	107	562	3.26	1.80	457.8	1084	16.40	*36	18.94	74.91	16.03	4.94	*0.00
% of Calories										*28.4%	14.9%	59.1%	28.5%	8.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Base Menu Spreadsheet

KMS Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/11/2019															
KMS 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		478	174	428	4.60	2.62	351.6	982	9.93	*60	14.09	87.37	10.71	3.33	0.00
% of Calories										*49.9%	11.8%	73.1%	20.2%	6.3%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Thu - 09/12/2019															
KMS 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		535	38	609	4.52	4.04	505.6	1115	5.39	*43	17.20	82.45	16.23	4.77	*0.00
% of Calories										*32.5%	12.9%	61.7%	27.3%	8.0%	*0.0%
Nutrient Guideline		400-550		600										<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															
KMS 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		520	18	545	4.77	1.60	465.4	814	23.38	*35	18.00	73.10	18.01	8.65	*0.00
% of Calories										*26.7%	13.9%	56.3%	31.2%	15.0%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Mon - 09/16/2019															
KMS 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		397	21	509	3.66	2.65	401.4	557	3.94	*40	16.03	65.65	7.80	2.61	*0.00
% of Calories										*40.2%	16.2%	66.2%	17.7%	5.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/17/2019															
KMS 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		507	107	562	3.26	1.80	457.8	1084	16.40	*36	18.94	74.91	16.03	4.94	*0.00
% of Calories										*28.4%	14.9%	59.1%	28.5%	8.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/18/2019															
KMS 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		478	174	428	4.60	2.62	351.6	982	9.93	*60	14.09	87.37	10.71	3.33	0.00
% of Calories										*49.9%	11.8%	73.1%	20.2%	6.3%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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Germantown School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/19/2019															
KMS 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		535	38	609	4.52	4.04	505.6	1115	5.39	*43 *32.5%	17.20 12.9%	82.45 61.7%	16.23 27.3%	4.77 8.0%	*0.00 *0.0%
Nutrient Guideline		400-550		600											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/20/2019															
KMS 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		520	18	545	4.77	1.60	465.4	814	23.38	*35 *26.7%	18.00 13.9%	73.10 56.3%	18.01 31.2%	8.65 15.0%	*0.00 *0.0%
Nutrient Guideline		400-550		600											<10.00

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Germantown School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS 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 ¹ (g)
Mon - 09/23/2019															
KMS 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		397	21	509	3.66	2.65	401.4	557	3.94	*40	16.03	65.65	7.80	2.61	*0.00
% of Calories										*40.2%	16.2%	66.2%	17.7%	5.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 09/24/2019															
KMS 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		507	107	562	3.26	1.80	457.8	1084	16.40	*36	18.94	74.91	16.03	4.94	*0.00
% of Calories										*28.4%	14.9%	59.1%	28.5%	8.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Germantown School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS 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 ¹ (g)
Wed - 09/25/2019															
KMS 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		478	174	428	4.60	2.62	351.6	982	9.93	*60	14.09	87.37	10.71	3.33	0.00
% of Calories										*49.9%	11.8%	73.1%	20.2%	6.3%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Thu - 09/26/2019															
KMS 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		535	38	609	4.52	4.04	505.6	1115	5.39	*43	17.20	82.45	16.23	4.77	*0.00
% of Calories										*32.5%	12.9%	61.7%	27.3%	8.0%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Germantown School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/27/2019															
KMS 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		520	18	545	4.77	1.60	465.4	814	23.38	*35	18.00	73.10	18.01	8.65	*0.00
% of Calories										*26.7%	13.9%	56.3%	31.2%	15.0%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Mon - 09/30/2019															
KMS 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		397	21	509	3.66	2.65	401.4	557	3.94	*40	16.03	65.65	7.80	2.61	*0.00
% of Calories										*40.2%	16.2%	66.2%	17.7%	5.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Weighted Average		487	72	531	4.16	2.54	436.3	910	11.81	*43	16.85	76.69	13.76	4.86	*0.00
										*78.9%	13.8%	63.0%	25.4%	9.0%	*0.0%

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Germantown School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS 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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	487		400 - 550	100%													
Cholesterol (mg)	72																
Sodium 1 (mg)	531		600														
Sodium 2 (mg)	531		535														
Fiber (g)	4.16																
Iron (mg)	2.54																
Calcium (mg)	436.3																
Vitamin A (IU)	910																
Sugars (g)	43	35.06%			Missing												
Vitamin C (mg)	11.81																
Protein (g)	16.85	13.84%															
Carbohydrate (g)	76.69	62.97%															
Total Fat (g)	13.76	25.41%															
Saturated Fat (g)	4.86	8.98%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.