

Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/01/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks +	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cheerios MG +	Kit	280	0	180	5.00	8.28	90.0	0	0.0	24	4.0	58.0	6.0	0.00	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		422	5	352	6.48	4.79	444.8	1156	46.56	*46	9.28	85.51	6.40	1.53	0.00
% of Calories										*43.9%	8.8%	81.1%	13.7%	3.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/02/2021															
MacArthur Breakfast	Total														
Waffles, Eggo Mini Maple WG	1 pouch	200	0	220	4.00	3.60	200.0	1000	0.0	10	4.0	35.0	5.0	1.50	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
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
Cranberries, Dried %	1/4 Cup	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		467	5	385	4.84	3.78	443.0	1421	2.64	*57	10.52	96.03	5.30	1.65	0.00
% of Calories										*48.6%	9.0%	82.2%	10.2%	3.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/03/2021															
MacArthur Breakfast	Total														
Donut, Pwd Sgr Mini WG - 3 +	3 Mini Donuts	135	0	145	1.00	0.54	10.0	0	0.0	9	2.0	20.5	5.5	2.25	0.00
Yogurt, Dannon Danimals Straw+	4 oz Cup	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
String Cheese+	1 Piece	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
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	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		365	9	395	1.68	0.74	397.4	424	2.69	*46	13.46	63.93	6.89	3.12	0.00
% of Calories										*50.2%	14.7%	70.0%	17.0%	7.7%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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

* - 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

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Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/07/2021															
MacArthur Breakfast	Total														
Bagel, Mini Straw Crm Chs +	1	230	10	190	2.00	1.62	30.0	100	0.0	13	6.0	42.0	6.0	2.00	0.00
String Cheese Skip+	1 Piece	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
Cherries, Tart, Dried USDA+	1/4 Cup	133	0	5	1.00	0.00	0.0	0	0.0	27	1.0	32.0	0.0	0.00	0.00
Cranberries, Dried %	1/4 Cup	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		469	23	492	2.88	1.62	390.0	500	1.82	*48	18.24	82.63	8.64	3.74	0.00
% of Calories										*40.6%	15.5%	70.4%	16.6%	7.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 09/08/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks +	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cheerios MG +	Kit	280	0	180	5.00	8.28	90.0	0	0.0	24	4.0	58.0	6.0	0.00	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		422	5	352	6.48	4.79	444.8	1156	46.56	*46	9.28	85.51	6.40	1.53	0.00
% of Calories										*43.9%	8.8%	81.1%	13.7%	3.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 09/09/2021															
MacArthur Breakfast	Total														
Waffles, Eggo Mini Maple WG	1 pouch	200	0	220	4.00	3.60	200.0	1000	0.0	10	4.0	35.0	5.0	1.50	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
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
Cranberries, Dried %	1/4 Cup	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		467	5	385	4.84	3.78	443.0	1421	2.64	*57	10.52	96.03	5.30	1.65	0.00
% of Calories										*48.6%	9.0%	82.2%	10.2%	3.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/10/2021															
MacArthur Breakfast	Total														
Donut, Pwd Sgr Mini WG - 3 +	3 Mini Donuts	135	0	145	1.00	0.54	10.0	0	0.0	9	2.0	20.5	5.5	2.25	0.00
Yogurt, Dannon Danimals Straw+ String Cheese+	4 oz Cup	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
	1 Piece	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
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	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		365	9	395	1.68	0.74	397.4	424	2.69	*46	13.46	63.93	6.89	3.12	0.00
% of Calories										*50.2%	14.7%	70.0%	17.0%	7.7%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Mon - 09/13/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks +	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cheerios MG +	Kit	280	0	180	5.00	8.28	90.0	0	0.0	24	4.0	58.0	6.0	0.00	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		422	5	352	6.48	4.79	444.8	1156	46.56	*46	9.28	85.51	6.40	1.53	0.00
% of Calories										*43.9%	8.8%	81.1%	13.7%	3.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 09/14/2021															
MacArthur Breakfast	Total														
Bagel, Mini Straw Crm Chs +	1	230	10	190	2.00	1.62	30.0	100	0.0	13	6.0	42.0	6.0	2.00	0.00
String Cheese Skip+	1 Piece	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
Cherries, Tart, Dried USDA+	1/4 Cup	133	0	5	1.00	0.00	0.0	0	0.0	27	1.0	32.0	0.0	0.00	0.00
Cranberries, Dried %	1/4 Cup	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		469	23	492	2.88	1.62	390.0	500	1.82	*48	18.24	82.63	8.64	3.74	0.00
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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/15/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks +	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cheerios MG +	Kit	280	0	180	5.00	8.28	90.0	0	0.0	24	4.0	58.0	6.0	0.00	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
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% of Calories										*43.9%	8.8%	81.1%	13.7%	3.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 09/16/2021															
MacArthur Breakfast	Total														
Waffles, Eggo Mini Maple WG	1 pouch	200	0	220	4.00	3.60	200.0	1000	0.0	10	4.0	35.0	5.0	1.50	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
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
Cranberries, Dried %	1/4 Cup	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
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% of Calories										*48.6%	9.0%	82.2%	10.2%	3.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 09/17/2021															
MacArthur Breakfast	Total														
Donut, Pwd Sgr Mini WG - 3 +	3 Mini Donuts	135	0	145	1.00	0.54	10.0	0	0.0	9	2.0	20.5	5.5	2.25	0.00
Yogurt, Dannon Danimals Straw+	4 oz Cup	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
String Cheese+	1 Piece	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
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	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00

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Mon - 09/20/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks +	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cheerios MG +	Kit	280	0	180	5.00	8.28	90.0	0	0.0	24	4.0	58.0	6.0	0.00	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
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% of Calories										*43.9%	8.8%	81.1%	13.7%	3.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 09/21/2021															
MacArthur Breakfast	Total														
Bagel, Mini Straw Crm Chs +	1	230	10	190	2.00	1.62	30.0	100	0.0	13	6.0	42.0	6.0	2.00	0.00
String Cheese Skip+	1 Piece	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
Cherries, Tart, Dried USDA+	1/4 Cup	133	0	5	1.00	0.00	0.0	0	0.0	27	1.0	32.0	0.0	0.00	0.00
Cranberries, Dried %	1/4 Cup	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		469	23	492	2.88	1.62	390.0	500	1.82	*48	18.24	82.63	8.64	3.74	0.00
% of Calories										*40.6%	15.5%	70.4%	16.6%	7.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 09/22/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks +	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cheerios MG +	Kit	280	0	180	5.00	8.28	90.0	0	0.0	24	4.0	58.0	6.0	0.00	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		422	5	352	6.48	4.79	444.8	1156	46.56	*46	9.28	85.51	6.40	1.53	0.00
% of Calories										*43.9%	8.8%	81.1%	13.7%	3.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 09/23/2021															
MacArthur Breakfast	Total														
Waffles, Eggo Mini Maple WG	1 pouch	200	0	220	4.00	3.60	200.0	1000	0.0	10	4.0	35.0	5.0	1.50	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
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
Cranberries, Dried %	1/4 Cup	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		467	5	385	4.84	3.78	443.0	1421	2.64	*57	10.52	96.03	5.30	1.65	0.00
% of Calories										*48.6%	9.0%	82.2%	10.2%	3.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 09/24/2021															
MacArthur Breakfast	Total														
Donut, Pwd Sgr Mini WG - 3 +	3 Mini Donuts	135	0	145	1.00	0.54	10.0	0	0.0	9	2.0	20.5	5.5	2.25	0.00
Yogurt, Dannon Danimals Straw+ String Cheese+	4 oz Cup	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
	1 Piece	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
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	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		365	9	395	1.68	0.74	397.4	424	2.69	*46	13.46	63.93	6.89	3.12	0.00
% of Calories										*50.2%	14.7%	70.0%	17.0%	7.7%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/27/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks +	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cheerios MG +	Kit	280	0	180	5.00	8.28	90.0	0	0.0	24	4.0	58.0	6.0	0.00	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		422	5	352	6.48	4.79	444.8	1156	46.56	*46	9.28	85.51	6.40	1.53	0.00
% of Calories										*43.9%	8.8%	81.1%	13.7%	3.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 09/28/2021															
MacArthur Breakfast	Total														
Bagel, Mini Straw Crm Chs +	1	230	10	190	2.00	1.62	30.0	100	0.0	13	6.0	42.0	6.0	2.00	0.00
String Cheese Skip+	1 Piece	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
Cherries, Tart, Dried USDA+	1/4 Cup	133	0	5	1.00	0.00	0.0	0	0.0	27	1.0	32.0	0.0	0.00	0.00
Cranberries, Dried %	1/4 Cup	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		469	23	492	2.88	1.62	390.0	500	1.82	*48	18.24	82.63	8.64	3.74	0.00
% of Calories										*40.6%	15.5%	70.4%	16.6%	7.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Wed - 09/29/2021															
MacArthur Breakfast	Total														
Breakfast Kit - Apple Jacks +	Kit	270	0	245	6.00	4.32	200.0	1150	72.0	4	0.0	58.0	4.0	1.50	0.00
Breakfast Kit - Cheerios MG +	Kit	280	0	180	5.00	8.28	90.0	0	0.0	24	4.0	58.0	6.0	0.00	0.00
Breakfast Kit - Cocoa Krispies	Kit	330	0	225	6.00	1.44	300.0	1000	60.0	42	4.0	62.0	8.0	2.50	0.00
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		422	5	352	6.48	4.79	444.8	1156	46.56	*46	9.28	85.51	6.40	1.53	0.00
% of Calories										*43.9%	8.8%	81.1%	13.7%	3.3%	0.0%
Nutrient Guideline		350-500		540										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/30/2021															
MacArthur Breakfast	Total														
Waffles, Eggo Mini Maple WG	1 pouch	200	0	220	4.00	3.60	200.0	1000	0.0	10	4.0	35.0	5.0	1.50	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
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
Cranberries, Dried %	1/4 Cup	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		467	5	385	4.84	3.78	443.0	1421	2.64	*57	10.52	96.03	5.30	1.65	0.00
% of Calories										*48.6%	9.0%	82.2%	10.2%	3.2%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Weighted Average		431	9	394	4.49	3.18	424.9	955	19.23	*49	12.08	83.36	6.66	2.28	0.00
										*102.2	11.2%	77.4%	13.9%	4.8%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	431		350 - 500	100%				
Cholesterol (mg)	9							
Sodium 1 (mg)	394		540					
Sodium 2 (mg)	394		485					
Fiber (g)	4.49							
Iron (mg)	3.18							
Calcium (mg)	424.9							
Vitamin A (IU)	955							
Sugars (g)	49	45.43%			Missing			
Vitamin C (mg)	19.23							
Protein (g)	12.08	11.21%						
Carbohydrate (g)	83.36	77.38%						
Total Fat (g)	6.66	13.90%						
Saturated Fat (g)	2.28	4.77%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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