

# Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/24/2021 12:29:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/01/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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 % of Calories		466	71	634	3.89	2.16	420.0	675	4.41	*42 *36.2%	17.60 15.1%	74.87 64.2%	11.34 21.9%	4.71 9.1%	0.00 0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 09/02/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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 % of Calories		466	71	634	3.89	2.16	420.0	675	4.41	*42 *36.2%	17.60 15.1%	74.87 64.2%	11.34 21.9%	4.71 9.1%	0.00 0.0%
Nutrient Guideline		450-600		640										<10.00	

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Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/03/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 09/07/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/08/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 09/09/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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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**Germantown School District**

**Sep 1, 2021 thru Sep 30, 2021**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/10/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 09/13/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
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Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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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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Tue - 09/14/2021															
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Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
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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
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
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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Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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

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**Germantown School District**

**Sep 1, 2021 thru Sep 30, 2021**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/16/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 09/17/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<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 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 7

Generated on: 8/24/2021 12:29:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/20/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 09/21/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 8

Generated on: 8/24/2021 12:29:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/22/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 09/23/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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**Germantown School District**

**Sep 1, 2021 thru Sep 30, 2021**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/24/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 09/27/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 10

Generated on: 8/24/2021 12:29:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/28/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 09/29/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	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

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

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# Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Page 11

Generated on: 8/24/2021 12:29:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/30/2021															
GHS Breakfast	Total														
Breakfast Sandwich, Warm Asst	1 Sandwich	329	114	700	3.00	2.09	196.3	252	0.0	*2	15.74	29.61	17.04	6.77	0.00
Cereal, Assorted *	Box	111	0	157	1.87	2.93	66.0	80	0.96	8	1.47	23.4	1.37	0.33	0.00
Granola Bar, Choc Chip, Quaker	1 Bar	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	140	0	120	1.00	0.72	100.0	0	0.0	*N/A*	2.0	28.0	2.5	1.00	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
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
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		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
% of Calories										*36.2%	15.1%	64.2%	21.9%	9.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		466	71	634	3.89	2.16	420.0	675	4.41	*42	17.60	74.87	11.34	4.71	0.00
										*81.5%	15.1%	64.2%	21.9%	9.1%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	466		450 - 600	100%				
Cholesterol (mg)	71							
Sodium 1 (mg)	634		640					
Sodium 2 (mg)	634		570				64	Correction Required - Sodium too High
Fiber (g)	3.89							
Iron (mg)	2.16							
Calcium (mg)	420.0							
Vitamin A (IU)	675							
Sugars (g)	42	36.22%			Missing			
Vitamin C (mg)	4.41							
Protein (g)	17.60	15.09%						
Carbohydrate (g)	74.87	64.22%						
Total Fat (g)	11.34	21.88%						
Saturated Fat (g)	4.71	9.08%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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

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