

**Germantown School District**

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

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)	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															
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
Applesauce, Strawberry 4.5 oz	4.5 oz cup	50	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	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		452	5	440	3.92	0.72	240.0	400	1.78	*38	11.40	66.79	16.24	7.14	0.00
% of Calories										*33.6%	10.1%	59.1%	32.3%	14.2%	0.0%
Nutrient Guideline		400-550		600										<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 <sup>1</sup> (g)
Thu - 09/02/2021															
KMS Breakfast	Total														
Breakfast Bar RediBake Oat/CC+	1 Bar	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
Egg, Hard Boiled	1 Egg	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
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
Raisins, #16 - 1/4C	#16 - 1/4 c	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	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		529	118	493	3.87	2.39	339.8	542	2.55	*55	17.60	85.28	13.06	4.74	*0.00
% of Calories										*41.5%	13.3%	64.5%	22.2%	8.1%	*0.0%
Nutrient Guideline		400-550		600										<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 <sup>1</sup> (g)
Fri - 09/03/2021															
KMS Breakfast	Total														
Egg, Bacon*, Cheese Eng Mfn+	1EM/2E/1 C/1Bcn	325	195	642	3.00	2.16	246.3	352	0.0	*2	17.54	27.01	16.54	4.77	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		494	200	783	3.80	2.30	488.7	769	2.40	*32	24.04	62.68	16.83	4.92	0.00
% of Calories										*26.0%	19.4%	50.7%	30.6%	9.0%	0.0%
Nutrient Guideline		400-550		600										<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

KMS 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)
<b>Tue - 09/07/2021</b>															
KMS Breakfast	Total														
Egg, Sausage* & Bagel+	1B/1E/1S	320	110	460	4.00	2.52	60.0	100	0.0	*0	13.0	30.0	16.5	5.00	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		484	115	594	4.88	2.69	290.8	500	2.35	*30	19.19	64.93	16.78	5.14	0.00
% of Calories										*24.8%	15.9%	53.7%	31.2%	9.6%	0.0%
Nutrient Guideline		400-550		600											<10.00

<b>Wed - 09/08/2021</b>															
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
Applesauce, Strawberry 4.5 oz	4.5 oz cup	50	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	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		452	5	440	3.92	0.72	240.0	400	1.78	*38	11.40	66.79	16.24	7.14	0.00
% of Calories										*33.6%	10.1%	59.1%	32.3%	14.2%	0.0%
Nutrient Guideline		400-550		600											<10.00

<b>Thu - 09/09/2021</b>															
KMS Breakfast	Total														
Breakfast Bar RediBake Oat/CC+	1 Bar	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
Egg, Hard Boiled	1 Egg	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
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
Raisins, #16 - 1/4C	#16 - 1/4 c	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	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		529	118	493	3.87	2.39	339.8	542	2.55	*55	17.60	85.28	13.06	4.74	*0.00
% of Calories										*41.5%	13.3%	64.5%	22.2%	8.1%	*0.0%
Nutrient Guideline		400-550		600											<10.00

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Base Menu Spreadsheet

KMS 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 - 09/10/2021															
KMS Breakfast	Total														
Egg, Bacon*, Cheese Eng Mfn+	1E/2E/1 C/1Bcn	325	195	642	3.00	2.16	246.3	352	0.0	*2	17.54	27.01	16.54	4.77	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		494	200	783	3.80	2.30	488.7	769	2.40	*32	24.04	62.68	16.83	4.92	0.00
% of Calories										*26.0%	19.4%	50.7%	30.6%	9.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Mon - 09/13/2021															
KMS 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
Egg, Hard Boiled	1 Egg	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
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
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		455	79	431	2.96	1.98	340.8	603	2.50	*46	17.32	79.97	9.19	3.47	*0.00
% of Calories										*40.0%	15.2%	70.2%	18.2%	6.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 09/14/2021															
KMS Breakfast	Total														
Egg, Sausage* & Bagel+	1B/1E/1S	320	110	460	4.00	2.52	60.0	100	0.0	*0	13.0	30.0	16.5	5.00	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		484	115	594	4.88	2.69	290.8	500	2.35	*30	19.19	64.93	16.78	5.14	0.00
% of Calories										*24.8%	15.9%	53.7%	31.2%	9.6%	0.0%
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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)	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)
<b>Wed - 09/15/2021</b>															
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
Applesauce, Strawberry 4.5 oz	4.5 oz cup	50	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	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		452	5	440	3.92	0.72	240.0	400	1.78	*38	11.40	66.79	16.24	7.14	0.00
% of Calories										*33.6%	10.1%	59.1%	32.3%	14.2%	0.0%
Nutrient Guideline		400-550		600										<10.00	

<b>Thu - 09/16/2021</b>															
KMS Breakfast	Total														
Breakfast Bar RediBake Oat/CC+	1 Bar	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
Egg, Hard Boiled	1 Egg	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
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
Raisins, #16 - 1/4C	#16 - 1/4 c	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	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		529	118	493	3.87	2.39	339.8	542	2.55	*55	17.60	85.28	13.06	4.74	*0.00
% of Calories										*41.5%	13.3%	64.5%	22.2%	8.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

<b>Fri - 09/17/2021</b>															
KMS Breakfast	Total														
Egg, Bacon*, Cheese Eng Mfn+	1EM/2E/1 C/1Bcn	325	195	642	3.00	2.16	246.3	352	0.0	*2	17.54	27.01	16.54	4.77	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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	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)
Weighted Daily Average		494	200	783	3.80	2.30	488.7	769	2.40	*32	24.04	62.68	16.83	4.92	0.00
% of Calories										*26.0%	19.4%	50.7%	30.6%	9.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Mon - 09/20/2021															
KMS 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
Egg, Hard Boiled	1 Egg	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
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
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		455	79	431	2.96	1.98	340.8	603	2.50	*46	17.32	79.97	9.19	3.47	*0.00
% of Calories										*40.0%	15.2%	70.2%	18.2%	6.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 09/21/2021															
KMS Breakfast	Total														
Egg, Sausage* & Bagel+	1B/1E/1S	320	110	460	4.00	2.52	60.0	100	0.0	*0	13.0	30.0	16.5	5.00	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		484	115	594	4.88	2.69	290.8	500	2.35	*30	19.19	64.93	16.78	5.14	0.00
% of Calories										*24.8%	15.9%	53.7%	31.2%	9.6%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 09/22/2021															
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
Applesauce, Strawberry 4.5 oz	4.5 oz cup	50	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	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

\*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

KMS 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)
Weighted Daily Average		452	5	440	3.92	0.72	240.0	400	1.78	*38	11.40	66.79	16.24	7.14	0.00
% of Calories										*33.6%	10.1%	59.1%	32.3%	14.2%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Thu - 09/23/2021															
KMS Breakfast	Total														
Breakfast Bar RediBake Oat/CC+	1 Bar	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
Egg, Hard Boiled	1 Egg	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
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
Raisins, #16 - 1/4C	#16 - 1/4 c	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	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		529	118	493	3.87	2.39	339.8	542	2.55	*55	17.60	85.28	13.06	4.74	*0.00
% of Calories										*41.5%	13.3%	64.5%	22.2%	8.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Fri - 09/24/2021															
KMS Breakfast	Total														
Egg, Bacon*, Cheese Eng Mfn+	1EM/2E/1 C/1Bcn	325	195	642	3.00	2.16	246.3	352	0.0	*2	17.54	27.01	16.54	4.77	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		494	200	783	3.80	2.30	488.7	769	2.40	*32	24.04	62.68	16.83	4.92	0.00
% of Calories										*26.0%	19.4%	50.7%	30.6%	9.0%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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# Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

KMS 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)
Mon - 09/27/2021															
KMS Breakfast	Total														
Bagel, Mini Straw Crm Chs + Egg, Hard Boiled	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+	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
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		455	79	431	2.96	1.98	340.8	603	2.50	*46	17.32	79.97	9.19	3.47	*0.00
% of Calories										*40.0%	15.2%	70.2%	18.2%	6.9%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 09/28/2021															
KMS Breakfast	Total														
Egg, Sausage* & Bagel+	1B/1E/1S	320	110	460	4.00	2.52	60.0	100	0.0	*0	13.0	30.0	16.5	5.00	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		484	115	594	4.88	2.69	290.8	500	2.35	*30	19.19	64.93	16.78	5.14	0.00
% of Calories										*24.8%	15.9%	53.7%	31.2%	9.6%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 09/29/2021															
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
Applesauce, Strawberry 4.5 oz	4.5 oz cup	50	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	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		452	5	440	3.92	0.72	240.0	400	1.78	*38	11.40	66.79	16.24	7.14	0.00
% of Calories										*33.6%	10.1%	59.1%	32.3%	14.2%	0.0%
Nutrient Guideline		400-550		600										<10.00	

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# Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

KMS 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)
Thu - 09/30/2021															
KMS Breakfast	Total														
Breakfast Bar RediBake Oat/CC+	1 Bar	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
Egg, Hard Boiled	1 Egg	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
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
Raisins, #16 - 1/4C	#16 - 1/4 c	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	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		529	118	493	3.87	2.39	339.8	542	2.55	*55	17.60	85.28	13.06	4.74	*0.00
% of Calories										*41.5%	13.3%	64.5%	22.2%	8.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Weighted Average		485	101	546	3.93	1.97	335.2	552	2.29	*40	17.61	71.94	14.69	5.24	*0.00
										*75.1%	14.5%	59.3%	27.3%	9.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	485		400 - 550	100%				
Cholesterol (mg)	101							
Sodium 1 (mg)	546		600					
Sodium 2 (mg)	546		535				11	Correction Required - Sodium too High
Fiber (g)	3.93							
Iron (mg)	1.97							
Calcium (mg)	335.2							
Vitamin A (IU)	552							
Sugars (g)	40	33.38%			Missing			
Vitamin C (mg)	2.29							
Protein (g)	17.61	14.53%						
Carbohydrate (g)	71.94	59.34%						
Total Fat (g)	14.69	27.26%						
Saturated Fat (g)	5.24	9.73%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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