

Germantown School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 10/01/2021																
MacArthur Breakfast	Total	25														
Donut, Raised WG, Richs 461983	Donut	25	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	17	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	5	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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	21	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			480	5	450	4.28	0.92	255.4	444	2.88	*44	11.86	73.05	16.32	7.16	0.00
% of Calories											*36.9%	9.9%	60.9%	30.6%	13.4%	0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 10/04/2021																
MacArthur Breakfast	Total	25														
Apple Frudel, WG@	1 Apple F rudel	25	210	0	280	2.00	1.08	0.0	0	0.0	*N/A*	5.0	36.0	6.0	1.50	0.00
Raisins, #16 - 1/4C	#16 - 1/4 cup	10	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	15	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	20	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	24	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			442	6	455	3.54	1.58	299.0	721	4.08	*44	13.46	86.45	6.34	1.69	0.00
% of Calories											*39.6%	12.2%	78.3%	12.9%	3.4%	0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 10/05/2021																
MacArthur Breakfast	Total	25														
Breakfast Kit - Apple Jacks +	Kit	10	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	5	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	10	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	20	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	25	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			445	6	392	6.60	4.20	522.0	1388	54.96	*49	10.56	89.39	6.38	1.79	0.00
% of Calories											*43.7%	9.5%	80.4%	12.9%	3.6%	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

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Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 10/06/2021																
MacArthur Breakfast	Total	25														
Omelet Flatbread Sandwich	1 FLBR 1 Omelet	25	300	190	550	3.00	1.44	80.0	400	0.0	2	12.0	27.0	16.0	4.50	0.00
Cranberries, Dried %	1/4 Cup	12	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Cherries, Tart, Dried USDA+	1/4 Cup	5	133	0	5	1.00	0.00	0.0	0	0.0	27	1.0	32.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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	23	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			523	196	713	4.16	1.44	356.0	860	2.16	*43	19.56	74.82	16.28	4.67	0.00
% of Calories											*32.6%	15.0%	57.2%	28.0%	8.0%	0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 10/07/2021																
MacArthur Breakfast	Total	25														
Breakfast Kit - Apple Jacks +	Kit	10	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	5	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	10	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	20	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	25	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			445	6	392	6.60	4.20	522.0	1388	54.96	*49	10.56	89.39	6.38	1.79	0.00
% of Calories											*43.7%	9.5%	80.4%	12.9%	3.6%	0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 10/08/2021																
MacArthur Breakfast	Total	25														
Donut, Raised WG, Richs 461983	Donut	25	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	17	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	5	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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	21	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			480	5	450	4.28	0.92	255.4	444	2.88	*44	11.86	73.05	16.32	7.16	0.00
% of Calories											*36.9%	9.9%	60.9%	30.6%	13.4%	0.0%
Nutrient Guideline			350-500		540											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/11/2021																
MacArthur Breakfast	Total	25														
Apple Frudel, WG@	1 Apple Frudel	25	210	0	280	2.00	1.08	0.0	0	0.0	*N/A*	5.0	36.0	6.0	1.50	0.00
Raisins, #16 - 1/4C	#16 - 1/4 cup	10	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	15	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	20	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	24	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			442	6	455	3.54	1.58	299.0	721	4.08	*44	13.46	86.45	6.34	1.69	0.00
% of Calories											*39.6%	12.2%	78.3%	12.9%	3.4%	0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 10/12/2021																
MacArthur Breakfast	Total	25														
Breakfast Kit - Apple Jacks +	Kit	10	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	5	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	10	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	20	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	25	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			445	6	392	6.60	4.20	522.0	1388	54.96	*49	10.56	89.39	6.38	1.79	0.00
% of Calories											*43.7%	9.5%	80.4%	12.9%	3.6%	0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 10/13/2021																
MacArthur Breakfast	Total	25														
Omelet Flatbread Sandwich	1 FLBR 1 Omelet	25	300	190	550	3.00	1.44	80.0	400	0.0	2	12.0	27.0	16.0	4.50	0.00
Cranberries, Dried %	1/4 Cup	12	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Cherries, Tart, Dried USDA+	1/4 Cup	5	133	0	5	1.00	0.00	0.0	0	0.0	27	1.0	32.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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	23	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			523	196	713	4.16	1.44	356.0	860	2.16	*43	19.56	74.82	16.28	4.67	0.00
% of Calories											*32.6%	15.0%	57.2%	28.0%	8.0%	0.0%
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Thu - 10/14/2021																
MacArthur Breakfast	Total	25														
Breakfast Kit - Apple Jacks +	Kit	10	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	5	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	10	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	20	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	25	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			445	6	392	6.60	4.20	522.0	1388	54.96	*49	10.56	89.39	6.38	1.79	0.00
% of Calories											*43.7%	9.5%	80.4%	12.9%	3.6%	0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 10/15/2021																
MacArthur Breakfast	Total	25														
Donut, Raised WG, Richs 461983	Donut	25	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	17	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	5	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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	21	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			480	5	450	4.28	0.92	255.4	444	2.88	*44	11.86	73.05	16.32	7.16	0.00
% of Calories											*36.9%	9.9%	60.9%	30.6%	13.4%	0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 10/18/2021																
MacArthur Breakfast	Total	25														
Apple Frudel, WG@	1 Apple F rudel	25	210	0	280	2.00	1.08	0.0	0	0.0	*N/A*	5.0	36.0	6.0	1.50	0.00
Raisins, #16 - 1/4C	#16 - 1/4 cup	10	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	15	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	20	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	24	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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Weighted Daily Average % of Calories			442	6	455	3.54	1.58	299.0	721	4.08	*44 *39.6%	13.46 12.2%	86.45 78.3%	6.34 12.9%	1.69 3.4%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 10/19/2021																
MacArthur Breakfast	Total	25														
Breakfast Kit - Apple Jacks +	Kit	10	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	5	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	10	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	20	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	25	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			445	6	392	6.60	4.20	522.0	1388	54.96	*49 *43.7%	10.56 9.5%	89.39 80.4%	6.38 12.9%	1.79 3.6%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 10/20/2021																
MacArthur Breakfast	Total	25														
Omelet Flatbread Sandwich	1 FLBR 1 Omelet	25	300	190	550	3.00	1.44	80.0	400	0.0	2	12.0	27.0	16.0	4.50	0.00
Cranberries, Dried %	1/4 Cup	12	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Cherries, Tart, Dried USDA+	1/4 Cup	5	133	0	5	1.00	0.00	0.0	0	0.0	27	1.0	32.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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	23	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			523	196	713	4.16	1.44	356.0	860	2.16	*43 *32.6%	19.56 15.0%	74.82 57.2%	16.28 28.0%	4.67 8.0%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 10/21/2021																
MacArthur Breakfast	Total	25														
Breakfast Kit - Apple Jacks +	Kit	10	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	5	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	10	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	20	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	25	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

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Weighted Daily Average			445	6	392	6.60	4.20	522.0	1388	54.96	*49	10.56	89.39	6.38	1.79	0.00
% of Calories											*43.7%	9.5%	80.4%	12.9%	3.6%	0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 10/22/2021																
MacArthur Breakfast	Total	25														
Donut, Raised WG, Richs 461983	Donut	25	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	17	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	5	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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	21	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			480	5	450	4.28	0.92	255.4	444	2.88	*44	11.86	73.05	16.32	7.16	0.00
% of Calories											*36.9%	9.9%	60.9%	30.6%	13.4%	0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 10/25/2021																
MacArthur Breakfast	Total	25														
Apple Frudel, WG@	1 Apple F rudel	25	210	0	280	2.00	1.08	0.0	0	0.0	*N/A*	5.0	36.0	6.0	1.50	0.00
Raisins, #16 - 1/4C	#16 - 1/4 cup	10	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	15	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	20	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	24	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			442	6	455	3.54	1.58	299.0	721	4.08	*44	13.46	86.45	6.34	1.69	0.00
% of Calories											*39.6%	12.2%	78.3%	12.9%	3.4%	0.0%
Nutrient Guideline			350-500		540											<10.00

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Germantown School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 10/26/2021																
MacArthur Breakfast	Total	25														
Breakfast Kit - Apple Jacks +	Kit	10	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	5	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	10	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	20	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	25	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			445	6	392	6.60	4.20	522.0	1388	54.96	*49	10.56	89.39	6.38	1.79	0.00
% of Calories											*43.7%	9.5%	80.4%	12.9%	3.6%	0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 10/27/2021																
MacArthur Breakfast	Total	25														
Omelet Flatbread Sandwich	1 FLBR 1 Omelet	25	300	190	550	3.00	1.44	80.0	400	0.0	2	12.0	27.0	16.0	4.50	0.00
Cranberries, Dried %	1/4 Cup	12	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Cherries, Tart, Dried USDA+	1/4 Cup	5	133	0	5	1.00	0.00	0.0	0	0.0	27	1.0	32.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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	23	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			523	196	713	4.16	1.44	356.0	860	2.16	*43	19.56	74.82	16.28	4.67	0.00
% of Calories											*32.6%	15.0%	57.2%	28.0%	8.0%	0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 10/28/2021																
MacArthur Breakfast	Total	25														
Breakfast Kit - Apple Jacks +	Kit	10	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	5	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	10	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	20	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	25	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			445	6	392	6.60	4.20	522.0	1388	54.96	*49	10.56	89.39	6.38	1.79	0.00
% of Calories											*43.7%	9.5%	80.4%	12.9%	3.6%	0.0%
Nutrient Guideline			350-500		540											<10.00

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Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

MacArthur Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 10/29/2021																
MacArthur Breakfast	Total	25														
Donut, Raised WG, Richs 461983	Donut	25	280	0	300	3.00	0.72	0.0	0	0.0	7	5.0	30.0	16.0	7.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	17	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Craisins, Strawberry %	1 package	5	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	22	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	21	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			480	5	450	4.28	0.92	255.4	444	2.88	*44	11.86	73.05	16.32	7.16	0.00
% of Calories											*36.9%	9.9%	60.9%	30.6%	13.4%	0.0%
Nutrient Guideline			350-500		540											<10.00

Weighted Average			468	42	479	5.00	2.40	384.4	936	22.81	*45	13.14	82.16	10.62	3.60	0.00
											*87.6%	11.2%	70.3%	20.5%	6.9%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	468		350 - 500	100%				
Cholesterol (mg)	42							
Sodium 1 (mg)	479		540					
Sodium 2 (mg)	479		485					
Fiber (g)	5.00							
Iron (mg)	2.40							
Calcium (mg)	384.4							
Vitamin A (IU)	936							
Sugars (g)	45	38.91%			Missing			
Vitamin C (mg)	22.81							
Protein (g)	13.14	11.24%						
Carbohydrate (g)	82.16	70.30%						
Total Fat (g)	10.62	20.45%						
Saturated Fat (g)	3.60	6.92%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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