

Germantown School District

Oct 8, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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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)
Fri - 10/08/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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

Mon - 10/11/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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 - 10/12/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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

Wed - 10/13/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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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Thu - 10/14/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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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Nutrient Guideline			450-600		640											<10.00

Fri - 10/15/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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 - 10/18/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	18.0	3.0	1.50	0.00
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String Cheese+	1 Piece	5	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	9	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
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Tue - 10/19/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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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Cranberries, Dried %	1/4 Cup	9	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	24	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
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Granola Bar, Mpl Brn Sgr, Qkr	1 Bar	3	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	5	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	16	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	9	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	24	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	20	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

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

Oct 8, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

GHS 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 - 10/22/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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

Mon - 10/25/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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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Germantown School District

Oct 8, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

GHS 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																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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

Wed - 10/27/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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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Germantown School District

Oct 8, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

GHS 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)
Thu - 10/28/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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

Fri - 10/29/2021																
GHS Breakfast	Total	25														
Breakfast Sandwich, Warm Asst	1 Sandwich	14	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	5	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	3	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	3	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	5	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	16	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	9	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	24	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	20	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

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

Oct 8, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	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)	
		% 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 ¹ (g)	0.00	0.00%																

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