

Germantown School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

KMS 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 - 10/01/2021																
KMS 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
Yogurt, Dannon Danimals Straw+	4 oz Cup	23	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	14	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	7	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	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	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			538	5	504	4.12	0.89	392.8	440	2.64	*52	15.51	84.54	16.31	7.16	0.00
% of Calories											*38.6%	11.5%	62.9%	27.3%	12.0%	0.0%
Nutrient Guideline			400-550		600											<10.00

Mon - 10/04/2021																
KMS Breakfast	Total	25														
Egg, Sausage* Eng Mfn+	1EM/1E/1S	25	310	110	480	3.00	2.16	120.0	100	0.0	*1	13.0	25.0	17.0	5.00	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
Raisins, #16 - 1/4C	#16 - 1/4 cup	6	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	21	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	19	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			503	115	618	4.07	2.52	356.8	504	2.94	*37	19.50	67.31	17.32	5.15	0.00
% of Calories											*29.8%	15.5%	53.5%	31.0%	9.2%	0.0%
Nutrient Guideline			400-550		600											<10.00

Tue - 10/05/2021																
KMS Breakfast	Total	25														
Breakfast Bar, Cinn Tst Crnch+	1 Bar	25	260	5	290	3.00	1.44	20.0	0	0.0	13	6.0	41.0	8.0	2.50	0.00
String Cheese+	1 Piece	8	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
Egg, Hard Boiled	1 Egg	12	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	16	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	8	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	18	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			508	103	526	4.28	1.92	323.2	547	2.59	*49	17.79	83.18	11.81	4.07	*0.00
% of Calories											*38.6%	14.0%	65.5%	20.9%	7.2%	*0.0%
Nutrient Guideline			400-550		600											<10.00

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

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Base Menu Spreadsheet

KMS 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)
Wed - 10/06/2021																
KMS Breakfast	Total	25														
Egg, Ham* & Cheese Bagel+	1B/1E/1H /1Ch	25	270	113	722	4.00	2.34	166.3	252	0.0	*1	17.04	31.51	9.54	3.27	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	18	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 cup	5	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	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	19	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			459	117	859	5.05	2.69	402.4	657	2.90	*36	23.51	72.67	9.86	3.42	0.00
% of Calories											*31.8%	20.5%	63.3%	19.3%	6.7%	0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 10/07/2021																
KMS Breakfast	Total	25														
Crescent, Filled, Chocolate	Crescent	25	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	1.50	0.00
String Cheese+	1 Piece	10	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	15	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	6	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	18	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			436	9	492	3.08	1.62	323.0	421	2.54	*44	15.32	76.35	9.50	2.45	0.00
% of Calories											*40.1%	14.0%	70.0%	19.6%	5.1%	0.0%
Nutrient Guideline			400-550		600											<10.00

Fri - 10/08/2021																
KMS 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
Yogurt, Dannon Danimals Straw+	4 oz Cup	23	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	14	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	7	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	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	21	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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	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 % of Calories			538	5	504	4.12	0.89	392.8	440	2.64	*52 *38.6%	15.51 11.5%	84.54 62.9%	16.31 27.3%	7.16 12.0%	0.00 0.0%
Nutrient Guideline			400-550		600											<10.00

Mon - 10/11/2021																
KMS Breakfast	Total	25														
Egg, Sausage* Eng Mfn+	1EM/1E/1S	25	310	110	480	3.00	2.16	120.0	100	0.0	*1	13.0	25.0	17.0	5.00	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
Raisins, #16 - 1/4C	#16 - 1/4 cup	6	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	21	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	19	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			503	115	618	4.07	2.52	356.8	504	2.94	*37 *29.8%	19.50 15.5%	67.31 53.5%	17.32 31.0%	5.15 9.2%	0.00 0.0%
Nutrient Guideline			400-550		600											<10.00

Tue - 10/12/2021																
KMS Breakfast	Total	25														
Breakfast Bar, Cinn Tst Crnch+	1 Bar	25	260	5	290	3.00	1.44	20.0	0	0.0	13	6.0	41.0	8.0	2.50	0.00
String Cheese+	1 Piece	8	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
Egg, Hard Boiled	1 Egg	12	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	16	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	8	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	18	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			508	103	526	4.28	1.92	323.2	547	2.59	*49 *38.6%	17.79 14.0%	83.18 65.5%	11.81 20.9%	4.07 7.2%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

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KMS 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)
Wed - 10/13/2021																
KMS Breakfast	Total	25														
Egg, Ham* & Cheese Bagel+	1B/1E/1H /1Ch	25	270	113	722	4.00	2.34	166.3	252	0.0	*1	17.04	31.51	9.54	3.27	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	18	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 cup	5	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	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	19	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			459	117	859	5.05	2.69	402.4	657	2.90	*36	23.51	72.67	9.86	3.42	0.00
% of Calories											*31.8%	20.5%	63.3%	19.3%	6.7%	0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 10/14/2021																
KMS Breakfast	Total	25														
Crescent, Filled, Chocolate	Crescent	25	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	1.50	0.00
String Cheese+	1 Piece	10	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	15	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	6	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	18	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			436	9	492	3.08	1.62	323.0	421	2.54	*44	15.32	76.35	9.50	2.45	0.00
% of Calories											*40.1%	14.0%	70.0%	19.6%	5.1%	0.0%
Nutrient Guideline			400-550		600											<10.00

Fri - 10/15/2021																
KMS 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
Yogurt, Dannon Danimals Straw+	4 oz Cup	23	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	14	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	7	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	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	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			538	5	504	4.12	0.89	392.8	440	2.64	*52	15.51	84.54	16.31	7.16	0.00
% of Calories											*38.6%	11.5%	62.9%	27.3%	12.0%	0.0%
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Mon - 10/18/2021																
KMS Breakfast	Total	25														
Egg, Sausage* Eng Mfn+	1EM/1E/1S	25	310	110	480	3.00	2.16	120.0	100	0.0	*1	13.0	25.0	17.0	5.00	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
Raisins, #16 - 1/4C	#16 - 1/4 cup	6	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	21	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	19	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			503	115	618	4.07	2.52	356.8	504	2.94	*37	19.50	67.31	17.32	5.15	0.00
% of Calories											*29.8%	15.5%	53.5%	31.0%	9.2%	0.0%
Nutrient Guideline			400-550		600										<10.00	

Tue - 10/19/2021																
KMS Breakfast	Total	25														
Breakfast Bar, Cinn Tst Crmch+	1 Bar	25	260	5	290	3.00	1.44	20.0	0	0.0	13	6.0	41.0	8.0	2.50	0.00
String Cheese+	1 Piece	8	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
Egg, Hard Boiled	1 Egg	12	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	16	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	8	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	18	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			508	103	526	4.28	1.92	323.2	547	2.59	*49	17.79	83.18	11.81	4.07	*0.00
% of Calories											*38.6%	14.0%	65.5%	20.9%	7.2%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

Wed - 10/20/2021																
KMS Breakfast	Total	25														
Egg, Ham* & Cheese Bagel+	1B/1E/1H /1Ch	25	270	113	722	4.00	2.34	166.3	252	0.0	*1	17.04	31.51	9.54	3.27	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	18	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 cup	5	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	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	19	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

KMS 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			459	117	859	5.05	2.69	402.4	657	2.90	*36	23.51	72.67	9.86	3.42	0.00
% of Calories											*31.8%	20.5%	63.3%	19.3%	6.7%	0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 10/21/2021																
KMS Breakfast	Total	25														
Crescent, Filled, Chocolate	Crescent	25	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	1.50	0.00
String Cheese+	1 Piece	10	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	15	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	6	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	18	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			436	9	492	3.08	1.62	323.0	421	2.54	*44	15.32	76.35	9.50	2.45	0.00
% of Calories											*40.1%	14.0%	70.0%	19.6%	5.1%	0.0%
Nutrient Guideline			400-550		600											<10.00

Fri - 10/22/2021																
KMS 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
Yogurt, Dannon Danimals Straw+	4 oz Cup	23	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	14	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	7	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	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	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			538	5	504	4.12	0.89	392.8	440	2.64	*52	15.51	84.54	16.31	7.16	0.00
% of Calories											*38.6%	11.5%	62.9%	27.3%	12.0%	0.0%
Nutrient Guideline			400-550		600											<10.00

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Germantown School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

KMS 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)
Mon - 10/25/2021																
KMS Breakfast	Total	25														
Egg, Sausage* Eng Mfn+	1EM/1E/1S	25	310	110	480	3.00	2.16	120.0	100	0.0	*1	13.0	25.0	17.0	5.00	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
Raisins, #16 - 1/4C	#16 - 1/4 cup	6	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	21	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	19	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			503	115	618	4.07	2.52	356.8	504	2.94	*37	19.50	67.31	17.32	5.15	0.00
% of Calories											*29.8%	15.5%	53.5%	31.0%	9.2%	0.0%
Nutrient Guideline			400-550		600											<10.00

Tue - 10/26/2021																
KMS Breakfast	Total	25														
Breakfast Bar, Cinn Tst Crnch+	1 Bar	25	260	5	290	3.00	1.44	20.0	0	0.0	13	6.0	41.0	8.0	2.50	0.00
String Cheese+	1 Piece	8	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
Egg, Hard Boiled	1 Egg	12	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	16	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	8	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	18	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			508	103	526	4.28	1.92	323.2	547	2.59	*49	17.79	83.18	11.81	4.07	*0.00
% of Calories											*38.6%	14.0%	65.5%	20.9%	7.2%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Wed - 10/27/2021																
KMS Breakfast	Total	25														
Egg, Ham* & Cheese Bagel+	1B/1E/1H /1Ch	25	270	113	722	4.00	2.34	166.3	252	0.0	*1	17.04	31.51	9.54	3.27	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	18	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 cup	5	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	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	19	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

KMS 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 % of Calories			459	117	859	5.05	2.69	402.4	657	2.90	*36 *31.8%	23.51 20.5%	72.67 63.3%	9.86 19.3%	3.42 6.7%	0.00 0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 10/28/2021																
KMS Breakfast	Total	25														
Crescent, Filled, Chocolate String Cheese+	Crescent	25	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	1.50	0.00
Applesauce - 4.5 oz Cup, Cmdty	1 Piece	10	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
Cranberries, Dried %	4.5 oz cup	15	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 Cup	6	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	1 - 4 oz Cu	18	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average % of Calories	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
Nutrient Guideline			436	9	492	3.08	1.62	323.0	421	2.54	*44 *40.1%	15.32 14.0%	76.35 70.0%	9.50 19.6%	2.45 5.1%	0.00 0.0%
			400-550		600											<10.00

Fri - 10/29/2021																
KMS 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
Yogurt, Dannon Danimals Straw+	4 oz Cup	23	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	14	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	7	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	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	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 % of Calories			538	5	504	4.12	0.89	392.8	440	2.64	*52 *38.6%	15.51 11.5%	84.54 62.9%	16.31 27.3%	7.16 12.0%	0.00 0.0%
Nutrient Guideline			400-550		600											<10.00

Weighted Average			491	67	595	4.12	1.88	361.2	510	2.72	*44 *80.8%	18.19 14.8%	77.18 62.8%	13.12 24.0%	4.58 8.4%	*0.00 *0.0%
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Germantown School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

KMS 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	491		400 - 550	100%														
Cholesterol (mg)	67																	
Sodium 1 (mg)	595		600															
Sodium 2 (mg)	595		535						60	Correction Required - Sodium too High								
Fiber (g)	4.12																	
Iron (mg)	1.88																	
Calcium (mg)	361.2																	
Vitamin A (IU)	510																	
Sugars (g)	44	35.90%				Missing												
Vitamin C (mg)	2.72																	
Protein (g)	18.19	14.81%																
Carbohydrate (g)	77.18	62.85%																
Total Fat (g)	13.12	24.03%																
Saturated Fat (g)	4.58	8.39%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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