

Germantown School District

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/09/2018															
Elementary Lunch	Total														
Pizza, Wild Mike's 5" ELEM [^]	Pizza	360	35	510	3.00	2.70	450.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Chicken Ring Things 5 - Tyson#	5 pcs	300	50	450	2.00	1.80	20.0	100	0.0	*N/A*	21.0	15.0	18.0	3.50	0.00
Potatoes, Wedges*	#8 - 1/2 cu	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Garden Bar Wk 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Rice Krispie Trt - .78oz/ala	1 Treat	90	0	105	0.00	0.36	0.0	200	0.0	*N/A*	0.0	17.0	2.5	1.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		673	49	884	7.09	4.39	598.7	7201	30.00	*35	31.35	92.39	21.78	7.42	0.00
% of Calories										*20.5%	18.6%	54.9%	29.1%	9.9%	0.0%
Nutrient Guideline		550-650		1230											<10.00

Tue - 04/10/2018															
Elementary Lunch	Total														
Taco, Walking #16 - Elem%	1 Ch/#16 Mt/.5Ch	291	38	452	3.46	1.74	169.9	656	3.79	*0	14.32	20.22	17.84	5.70	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Garden Bar Wk 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Beans, Refried, Cheesy, 1/4C@	#16 - 1/4 C	73	5	98	2.51	0.73	52.1	48	1.2	*0	4.64	10.25	1.44	0.96	0.00
GRAPES,Fresh 1/2 cup	#8 - 1/2 cu	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		565	42	879	7.98	3.52	551.4	7479	27.19	*39	25.48	76.34	17.46	6.46	0.00
% of Calories										*27.4%	18.0%	54.0%	27.8%	10.3%	0.0%
Nutrient Guideline		550-650		1230											<10.00

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Portion Values - Detailed

	Portion Size	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 - 04/11/2018															
Elementary Lunch	Total														
Fr Tst, Cinn, WG 1PC \$	1 Tst	200	109	290	2.50	1.44	70.0	250	0.0	11	7.8	25.0	8.0	1.50	0.00
Sausage Links, 2, JTM ^	2 Sausage	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Cup Skip\$	1 Cup	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
Chicken Sand, Patty Brd @	1 Patty/1 B	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
Potatoes, Tri-Tater, Tiny#	3 Tiny Tate	140	0	330	2.00	0.36	0.0	0	3.6	*N/A*	1.0	17.0	7.0	2.00	0.00
Garden Bar Wk 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Oranges, Mandarin, Cnd - 1/2c	4oz spdl-1 /2C	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*N/A*
Donut, Pwd Sgr Mini WG - 1 \$	1 Mini Don	45	0	38	0.33	0.12	10.0	0	0.0	4	0.67	6.83	1.83	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		752	84	1213	8.83	3.72	451.5	7227	33.50	*41	26.03	104.43	26.23	5.94	*0.01
% of Calories										*21.6%	13.8%	55.5%	31.4%	7.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 04/12/2018															
Elementary Lunch	Total														
Spaghetti w/Meat Sce -Elem@	6oz spdle P & S	310	32	305	7.33	5.62	34.3	609	8.97	*4	18.0	41.06	10.62	3.49	*0.54
Cheese, Parmesan %	1/2 oz	59	12	247	0.29	0.10	137.1	107	0.0	0	9.86	0.57	4.0	2.57	0.00
Grilled Cheese Sand-2 mt @	2 brd/4 slc chs	278	30	717	2.40	1.44	440.0	600	0.0	7	19.24	28.9	9.9	5.28	0.00
Garden Bar Wk 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Corn, Frozen - 1/2C	4oz spdl-1 /2C	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Jello, Jigglers*	1/4 Cup	35	0	49	0.00	0.00	0.0	0	4.5	*N/A*	0.5	8.5	0.0	0.00	0.00
Applesauce - 1/2 C	#8 - 1/2 C	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		586	43	849	9.62	4.96	544.4	7012	27.83	*33	32.37	89.40	14.22	5.35	*0.32
% of Calories										*22.3%	22.1%	61.1%	21.9%	8.2%	*0.5%
Nutrient Guideline		550-650		1230										<10.00	

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	Portion Size	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 - 04/13/2018															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem%	12 pcs/6oz spd	244	21	371	3.18	1.91	42.4	106	0.0	1	14.82	14.82	13.76	2.65	0.00
Fish Stks, Plk, Brd, HghLnr4%	4 fish stick	230	50	320	2.00	1.44	20.0	0	0.0	1	15.0	23.0	9.0	1.50	0.00
Tartar Sauce, Skip%	2 TBSP	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
French Fries, KK, Simp 3/8@	3 oz Serv	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Garden Bar Wk 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Cole Slaw #16 - 1/4 Cup@	#16 - 1/4 C	18	1	52	0.37	0.07	7.2	240	5.11	*1	0.02	2.45	0.9	0.10	*0.00
Strawberries-Blueberries 1/2C	#8 - 1/2 Cu	41	0	1	1.65	0.00	0.0	0	0.0	7	0.0	10.48	0.49	0.00	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		602	35	968	7.80	3.13	354.6	6432	23.68	*36	24.80	78.41	20.63	3.27	*0.00
% of Calories										*23.9%	16.5%	52.1%	30.9%	4.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 04/16/2018															
Elementary Lunch	Total														
Max Sticks - 2 \$43901	2 Sticks	300	30	640	2.00	1.44	300.0	0	0.0	4	16.0	34.0	12.0	6.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Pancakes, Eggo Bag Mpl Flvr*	1 bag	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Garden Bar Wk 3-Elem%	.5cL.25cC. 125Vg	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Apples,Cinnamon - Warm - 1/2 C	4oz spd-1 /2C	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
Johnny Pop - Straw Banana \$	1 Johnny Pop	50	5	25	0.00	2.00	20.0	0	6.0	10	1.0	10.0	1.0	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		637	142	974	10.27	5.83	532.4	7031	14.03	*47	24.27	105.58	15.23	5.44	*0.00
% of Calories										*29.7%	15.3%	66.3%	21.5%	7.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Tue - 04/17/2018															
Elementary Lunch	Total														
Taco, Hard Shell #20 - Elem%	2 T-2#20M-1/2Ch	325	30	490	3.40	2.52	254.6	968	4.94	*2	21.71	20.27	18.18	9.20	0.00
Taco, Soft Shell (1)#16 Elem%	1 T-#16M-1/2 Ch	219	15	365	3.34	2.04	146.8	585	3.21	*1	14.19	18.84	10.34	5.70	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Mac & Cheese, LOL, RS RF 6oz\$	#6/6 oz	280	25	670	2.00	1.08	400.0	750	0.0	6	17.0	29.0	11.0	5.00	0.00
Garden Bar Wk 3-Elem%	See Below	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Pretzel, Bite Mini - 1^	1 Bite	30	0	30	1.00	0.36	0.0	0	0.0	0	1.0	7.0	0.0	0.00	0.00
Beans, Refried, Cheesy, 1/4C@	#16 - 1/4 C	73	5	98	2.51	0.73	52.1	48	1.2	*0	4.64	10.25	1.44	0.96	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		554	38	954	10.34	3.96	620.0	7810	35.32	*23	30.11	71.49	17.39	8.62	0.00
% of Calories										*16.9%	21.8%	51.7%	28.3%	14.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 04/18/2018															
Elementary Lunch	Total														
Hot Dog, Tky w/Bun Elem SgrDI\$	1 Dog/1 Bu	266	35	886	2.29	1.80	90.0	0	2.4	6	12.2	30.49	11.1	3.34	0.03
Hamburger - Elem\$	1Bun/1Bgr	275	35	387	3.65	2.43	54.0	0	0.0	3	19.24	27.47	9.94	3.52	0.01
Tortilla Chips - WG 1oz Bag%	1oz Bag	140	0	105	1.00	0.36	40.0	0	0.0	0	2.0	19.0	7.0	1.00	0.00
Cheese Sauce, LOL@	2 oz/.29m/	100	20	400	0.00	0.36	0.0	200	12.0	*N/A*	5.0	3.0	7.0	4.50	0.00
Carrots, Raw - 3 oz	3 oz Serv	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Applesauce - 1/2 C	#8 - 1/2 C	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Ice Cream Sandwich, Mini CF\$	1 Sandwich	90	10	50	0.00	0.00	20.0	0	0.0	8	1.0	15.0	3.0	2.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		718	65	1390	5.92	3.32	416.1	7828	15.05	*42	29.56	94.58	25.20	9.40	0.02
% of Calories										*23.6%	16.5%	52.7%	31.6%	11.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Thu - 04/19/2018															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem%	12 pcs/6oz spd	244	21	371	3.18	1.91	42.4	106	0.0	1	14.82	14.82	13.76	2.65	0.00
Salisbury Steak - 1\$	1 Steak	150	41	550	1.00	1.80	40.0	0	1.2	*1	16.5	5.5	7.25	3.00	0.00
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 3-Elem%	See Below	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Roll, Dnr Hny WG Gordon1\$	1 roll	75	0	55	2.00	0.90	10.0	0	0.0	1	3.0	14.5	0.75	0.00	0.00
Corn, Frozen - 1/2C	4oz spdl-1 /2C	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1 /2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		636	33	1143	11.45	4.88	363.6	6522	14.08	*35 *21.9%	30.79 19.4%	92.10 57.9%	16.82 23.8%	3.32 4.7%	0.00 0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 04/20/2018															
Elementary Lunch	Total														
Chicken Nuggets, Tyson WG - 5\$	5 Nuggets	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	0.00
Sub Sandwich - Elementary@	1B-2H-2T-1Ch	257	37	578	3.00	1.36	110.0	150	0.4	5	19.63	30.76	6.78	2.25	0.00
Potatoes, Smiley - 4 ELEM\$	4 pieces	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	0.00
Garden Bar Wk 3-Elem%	See Below	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Graham Bunny Friends %	1 bag	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00

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Germantown School District

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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		701	34	1186	11.75	4.02	570.0	6872	31.16	*39	29.23	103.10	19.37	3.06	0.00
% of Calories										*22.1%	16.7%	58.9%	24.9%	3.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 04/23/2018															
Elementary Lunch	Total														
Chicken, Mand Org-Ling ELEM@	6 oz spoodl	125	33	233	0.00	0.60	0.0	0	1.0	8	9.17	15.83	2.5	0.42	0.00
Rice, Brown, USDA, #8 - 1BrSK@	#8/4 oz	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
Waffle, Dutch 432588%	Waffle	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
Sausage Links, 2, JTM ^	2 Sausage	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Cup Skip\$	1 Cup	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1/2C	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Cookie, Fortune@	1 cookie	35	0	15	0.00	0.00	0.0	0	0.0	3	1.0	7.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		619	49	697	4.41	2.27	425.6	6608	16.76	*41	20.17	96.19	17.94	4.63	*0.00
% of Calories										*26.6%	13.0%	62.1%	26.1%	6.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 04/24/2018															
Elementary Lunch	Total														
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Chicken Nuggets, Tyson WG - 5\$	5 Nuggets	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	0.00
Potatoes, Savory Loops %	3 oz	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Beans, Green, Simplot-1/4 cup	2oz spdl-1/4C	14	0	0	0.89	0.32	17.8	89	4.0	*0	0.44	2.73	0.0	0.00	0.00
Apples, Cinnamon - Warm - 1/2 C	4oz spdl-1/2C	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00

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Germantown School District

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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		607	22	1033	9.90	3.28	439.3	6452	16.05	*37	22.52	96.55	13.93	3.42	*0.00
% of Calories										*24.5%	14.8%	63.7%	20.7%	5.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 04/25/2018															
Elementary Lunch	Total														
Pizza, Bosco, SC WG RF@	1/8 Pizza	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Muffin, Choc Choc Chip Arzyta^	1 Muffin	200	40	130	2.00	1.08	40.0	100	0.0	17	4.0	32.0	6.0	2.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Carrots,Frozen,Swt 1/4c\$	#16 - 1/4 c	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
Strawberries-Blueberries 1/2C	#8 - 1/2 Cu	41	0	1	1.65	0.00	0.0	0	0.0	7	0.0	10.48	0.49	0.00	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		544	57	650	6.04	2.01	671.6	10934	12.36	*35	24.30	79.28	14.61	6.19	*0.00
% of Calories										*25.4%	17.9%	58.3%	24.2%	10.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 04/26/2018															
Elementary Lunch	Total														
Spaghetti w/Meat Sce -Elem@	6oz spdle P & S	310	32	305	7.33	5.62	34.3	609	8.97	*4	18.0	41.06	10.62	3.49	*0.54
Cheese, Parmesan %	1/2 oz	59	12	247	0.29	0.10	137.1	107	0.0	0	9.86	0.57	4.0	2.57	0.00
Corn Puppies, Tky Mini JTM ^	6 pieces	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Garlic Toast, WG, GFS \$	1 Slice	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Broccoli, Frozen w/Chs 1/4c#	3oz spoodl	63	10	211	1.40	0.46	23.5	565	24.45	*N/A*	3.93	3.97	3.55	2.26	0.00
Apple, Fresh	1 Apple	59	0	1	2.71	0.14	6.8	61	5.2	12	0.29	15.61	0.19	0.03	0.00
Caramel Dip LF ^	1oz packag	80	50	50	0.00	0.00	20.0	0	0.0	15	1.0	18.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00

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Germantown School District

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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		629	76	947	10.20	4.25	406.8	6746	54.64	*43	28.47	92.68	18.31	5.54	*0.27
% of Calories										*27.6%	18.1%	59.0%	26.2%	7.9%	*0.4%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 04/27/2018															
Elementary Lunch	Total														
Sloppy Joe, #16-ELEM@	#16 Mt/1 B	245	19	732	3.85	2.94	59.8	270	3.59	7	14.58	32.69	6.14	0.32	0.01
Chicken Tdrs, TY - 3 ELEM%	3 Tenders	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
French Fries, KK, Simp 3/8@	3 oz Serv	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Ice Cream, 4oz Cup/Strw, Schp@	4 oz cup	130	30	60	0.00	0.00	80.0	200	0.0	21	2.0	15.0	7.0	4.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		703	55	1009	7.49	3.40	425.0	6600	19.35	*51	26.81	91.60	25.74	6.05	*0.00
% of Calories										*29.3%	15.3%	52.1%	32.9%	7.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 04/30/2018															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem%	12 pcs/6oz spd	244	21	371	3.18	1.91	42.4	106	0.0	1	14.82	14.82	13.76	2.65	0.00
Pizza, Bagel Bites, Mini Chs \$	4 Bagels	260	20	560	4.00	1.80	350.0	750	9.0	4	21.0	24.0	9.0	5.00	0.00
Garden Bar Wk 5-Elem%	See Below	111	0	162	4.93	1.58	45.3	8283	6.47	*11	3.47	25.64	0.28	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Beans, Baked, Veg - 1/4 Cup%	#16 - 1/4C	80	0	83	2.67	1.07	38.5	14	0.17	*3	3.2	15.92	0.0	0.00	*0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisins, 1.5 oz Box*	1 Box	130	0	10	2.00	1.08	20.0	0	0.0	*N/A*	1.0	31.0	0.0	0.00	*N/A*
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		622	28	808	10.30	4.29	429.3	6101	9.13	*40	27.35	94.99	14.95	3.50	*0.00
% of Calories										*25.7%	17.6%	61.1%	21.6%	5.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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	Portion Size	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 Average		634	53	974	8.71	3.83	487.5	7179	23.76	*39 *54.7%	27.10 17.1%	91.19 57.5%	18.74 26.6%	5.48 7.8%	*0.04 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	634		550 - 650	100%				
Cholesterol (mg)	53							
Sodium 1 (mg)	974		1230					
Sodium 2 (mg)	974		935				39	Correction Required - Sodium too High
Fiber (g)	8.71							
Iron (mg)	3.83							
Calcium (mg)	487.5							
Vitamin A (IU)	7179							
Sugars (g)	39	24.31%			Missing			
Vitamin C (mg)	23.76							
Protein (g)	27.10	17.09%						
Carbohydrate (g)	91.19	57.52%						
Total Fat (g)	18.74	26.59%						
Saturated Fat (g)	5.48	7.77%	<10.00%					
Trans Fat ¹ (g)	0.04	0.05%			Missing			

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