

Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

| | Portion Size | Reimb Qty | 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 ¹ (g) |
|--------------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Thu - 02/01/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Chicken Nuggets, Tyson WG - 5\$ | 5 Nuggets | 200 | 180 | 20 | 450 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 1 | 13.0 | 14.0 | 8.0 | 1.50 | 0.00 |
| Pork & Gravy, Cmnt ELEM@ | 4oz spoodl | 50 | 178 | 54 | 626 | 0.00 | 0.48 | 6.0 | 4 | 0.4 | *N/A* | 9.88 | 8.0 | 10.7 | 3.71 | 0.00 |
| Potatoes, Mashed #10-Elem \$ | #10 | 220 | 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 prep ared | 200 | 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 4-Elem% | See Below | 180 | 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 | 155 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Cinn Roll w/Cin & Sugar-Sm^ | 1 Roll | 200 | 99 | 0 | 70 | 2.14 | 0.74 | 2.6 | 101 | 0.01 | 7 | 2.01 | 21.31 | 0.5 | 0.00 | *0.00 |
| Corn, Frozen - 1/2C | 4oz spdl-1/2C | 140 | 87 | 0 | 0 | 1.94 | 0.00 | 0.0 | 0 | 4.66 | *N/A* | 2.91 | 18.43 | 0.49 | 0.00 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 180 | 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 | 230 | 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 | 150 | 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 | | | 579 | 35 | 1158 | 7.27 | 3.74 | 348.4 | 6549 | 17.03 | *36 *25.2% | 25.73 17.8% | 89.39 61.8% | 12.69 19.7% | 2.54 4.0% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|-----|---------|----|------|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Fri - 02/02/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Sloppy Joe, #16-ELEM@ | #16 Mt/1 Bun | 50 | 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 | 200 | 260 | 25 | 390 | 3.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 15.0 | 16.0 | 15.0 | 2.50 | 0.00 |
| Garden Bar Wk 4-Elem% | See Below | 165 | 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 | 140 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| French Fries, KK, Simp 3/8@ | 3 oz Serv | 200 | 160 | 0 | 230 | 2.00 | 0.72 | 20.0 | 0 | 6.0 | *N/A* | 2.0 | 25.0 | 6.0 | 0.50 | 0.00 |
| Peaches, Canned, Lt. Syr-1/2C | 4oz spdl-1/2C | 180 | 61 | 0 | 6 | 1.47 | 0.41 | 3.4 | 401 | 2.72 | 15 | 0.51 | 16.5 | 0.03 | 0.00 | 0.00 |
| Cookie, Choc Chip, WG Otis1oz^ | 1 Cookie | 200 | 110 | 5 | 85 | 1.00 | 2.70 | 0.0 | 0 | 0.0 | 8 | 1.0 | 18.0 | 3.5 | 1.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 230 | 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 | 200 | 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 | | | 687 | 35 | 1029 | 8.29 | 5.56 | 361.0 | 6440 | 19.35 | *41 *23.9% | 26.01 15.1% | 94.00 54.7% | 22.94 30.0% | 3.65 4.8% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

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 - 02/05/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Chicken, Popcorn, TY Elem% | 12 pcs/6oz spd | 200 | 244 | 21 | 371 | 3.18 | 1.91 | 42.4 | 106 | 0.0 | 1 | 14.82 | 14.82 | 13.76 | 2.65 | 0.00 |
| Hot Dog, Tky w/Bun Elem SgrDI\$ | 1 Dog/1 Bun | 50 | 266 | 35 | 886 | 2.29 | 1.80 | 90.0 | 0 | 2.4 | 6 | 12.2 | 30.49 | 11.1 | 3.34 | 0.03 |
| Garden Bar Wk 5-Elem% | See Below | 160 | 84 | 0 | 47 | 2.86 | 1.01 | 34.8 | 8282 | 5.67 | *11 | 1.66 | 20.68 | 0.2 | 0.03 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 135 | 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 - 1/4 Cup | 90 | 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 spd-1/2C | 180 | 72 | 0 | 6 | 2.01 | 0.35 | 6.3 | 0 | 0.88 | 15 | 0.24 | 19.04 | 0.04 | 0.00 | 0.00 |
| Sorbet, Assorted\$ | 4 oz cup | 175 | 70 | 0 | 5 | 3.00 | 0.36 | 60.0 | 762 | 60.0 | 15 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 220 | 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 | 200 | 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 | | | 572 | 31 | 816 | 9.33 | 3.42 | 398.6 | 6524 | 49.78 | *52 *36.5% | 23.73 16.6% | 86.31 60.4% | 15.31 24.1% | 3.15 5.0% | *0.01 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|----------------|-----|---------|-----|------|------|------|-------|------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Tue - 02/06/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Fr Tst, Mini Choc Chip Eggo ^ | 1 bag | 200 | 210 | 0 | 260 | 4.00 | 2.70 | 100.0 | 500 | 0.0 | 9 | 5.0 | 35.0 | 1.5 | 1.50 | 0.00 |
| Eggs, Scrambled 2 oz# | #16 | 200 | 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, Cup Skip\$ | 1 Cup | 170 | 110 | 0 | 20 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 22 | 0.0 | 29.0 | 0.0 | 0.00 | 0.00 |
| BBQ Pulled Pork Sand-ELEM@ | #12 pork/1 Bun | 50 | 253 | 27 | 602 | 3.90 | 2.06 | 57.0 | 236 | 25.0 | *3 | 16.86 | 34.59 | 5.69 | 1.63 | 0.01 |
| Potatoes, Tri-Tater@ | 1 Tri-Tater | 200 | 115 | 0 | 315 | 1.50 | 0.36 | 10.0 | 0 | 1.8 | 0 | 1.5 | 15.5 | 5.0 | 0.75 | 0.00 |
| Garden Bar Wk 5-Elem% | See Below | 170 | 84 | 0 | 47 | 2.86 | 1.01 | 34.8 | 8282 | 5.67 | *11 | 1.66 | 20.68 | 0.2 | 0.03 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 145 | 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 | 130 | 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 | 220 | 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 | 100 | 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 | | | 703 | 189 | 920 | 9.32 | 4.31 | 426.8 | 6877 | 12.49 | *57 *32.2% | 21.81 12.4% | 122.11 69.5% | 12.86 16.5% | 4.16 5.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <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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Elementary Lunch

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 - 02/07/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Max Sticks - 2 \$43901 | 2 Sticks | 125 | 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 | 100 | 30 | 0 | 240 | 2.00 | 0.72 | 0.0 | 200 | 2.4 | 4 | 0.0 | 6.0 | 0.0 | 0.00 | 0.00 |
| Corn Puppies, Tky Mini JTM ^ | 6 pieces | 125 | 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 5-Elem% | See Below | 170 | 84 | 0 | 47 | 2.86 | 1.01 | 34.8 | 8282 | 5.67 | *11 | 1.66 | 20.68 | 0.2 | 0.03 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 145 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Broccoli, Frozen w/Chs 1/4c# | 3oz spoodl | 125 | 63 | 10 | 211 | 1.40 | 0.46 | 23.5 | 565 | 24.45 | *N/A* | 3.93 | 3.97 | 3.55 | 2.26 | 0.00 |
| Peaches, Canned, Lt. Syr-1/2C | 4oz spdl-1/2C | 175 | 61 | 0 | 6 | 1.47 | 0.41 | 3.4 | 401 | 2.72 | 15 | 0.51 | 16.5 | 0.03 | 0.00 | 0.00 |
| Graham Snacks, Minion WG ^ | Bag | 170 | 140 | 0 | 110 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 8 | 2.0 | 22.0 | 4.0 | 1.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 220 | 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 | 100 | 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 | 30 | 0 | 0 | 160 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 648 | 44 | 1071 | 8.33 | 2.79 | 484.9 | 6852 | 46.46 | *51 *31.3% | 24.35 15.0% | 97.67 60.3% | 18.20 25.3% | 6.14 8.5% | 0.00 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------------|-----|---------|----|------|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Thu - 02/08/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Spaghetti w/Meat Sce -Elem@ | 6oz spdle P & S | 75 | 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 | 20 | 59 | 12 | 247 | 0.29 | 0.10 | 137.1 | 107 | 0.0 | 0 | 9.86 | 0.57 | 4.0 | 2.57 | 0.00 |
| Chicken Tdrs, TY - 3 ELEM% | 3 Tenders | 175 | 260 | 25 | 390 | 3.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 15.0 | 16.0 | 15.0 | 2.50 | 0.00 |
| Garden Bar Wk 5-Elem% | See Below | 170 | 84 | 0 | 47 | 2.86 | 1.01 | 34.8 | 8282 | 5.67 | *11 | 1.66 | 20.68 | 0.2 | 0.03 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 150 | 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 | 150 | 80 | 0 | 150 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 2.0 | 11.0 | 3.5 | 1.00 | 0.00 |
| Corn, Frozen - 1/2C | 4oz spdl-1/2C | 110 | 87 | 0 | 0 | 1.94 | 0.00 | 0.0 | 0 | 4.66 | *N/A* | 2.91 | 18.43 | 0.49 | 0.00 | 0.00 |
| Orange Smiles - 4 Wedges | 4 wedges | 180 | 42 | 0 | 0 | 2.16 | 0.09 | 36.0 | 203 | 47.88 | 8 | 0.85 | 10.58 | 0.11 | 0.01 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 225 | 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 | 120 | 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 | | | 586 | 36 | 757 | 9.27 | 4.14 | 368.9 | 6585 | 45.30 | *35 *23.7% | 28.11 19.2% | 80.17 54.8% | 18.65 28.7% | 4.00 6.2% | *0.16 *0.2% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Elementary Lunch

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 - 02/09/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Pizza, Wild Mike's 5" ELEM [^] | Pizza | 150 | 360 | 35 | 510 | 3.00 | 2.70 | 450.0 | 500 | 6.0 | 4 | 20.0 | 34.0 | 17.0 | 8.00 | 0.00 |
| Pizza Ques, Chs WG Max [^] | 1 slice | 100 | 320 | 10 | 810 | 4.00 | 2.70 | 150.0 | 300 | 0.0 | 3 | 18.0 | 39.0 | 12.0 | 3.00 | 0.00 |
| Salsa, Red Gold - Skip# | 2 oz Serv | 70 | 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 | 40 | 60 | 20 | 15 | 0.00 | 0.00 | 40.0 | 200 | 0.0 | 1 | 1.0 | 1.0 | 5.0 | 4.00 | 0.00 |
| Sweet Potato Fries, Hrv Sp\$ | 1/2 cup | 120 | 84 | 0 | 120 | 1.41 | 0.25 | 14.1 | 3517 | 1.69 | 5 | 0.7 | 13.36 | 3.16 | 0.70 | 0.35 |
| Garden Bar Wk 5-Elem% | See Below | 170 | 84 | 0 | 47 | 2.86 | 1.01 | 34.8 | 8282 | 5.67 | *11 | 1.66 | 20.68 | 0.2 | 0.03 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 145 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Vegetables, Cntry Blend - 2oz# | 2 oz Serv | 100 | 40 | 0 | 7 | 1.33 | 0.24 | 13.3 | 833 | 4.0 | *N/A* | 1.33 | 8.0 | 0.0 | 0.00 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 170 | 60 | 0 | 13 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | 13 | 0.33 | 14.0 | 0.0 | 0.00 | 0.00 |
| Cupcake, Vanilla WG [^] | Cupcake | 170 | 140 | 20 | 170 | 6.00 | 0.72 | 100.0 | 0 | 0.0 | 7 | 2.0 | 27.0 | 2.5 | 0.50 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 220 | 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 | | | 719 | 49 | 1086 | 10.91 | 4.30 | 715.4 | 8825 | 15.09 | *42 | 29.99 | 104.85 | 21.20 | 7.70 | 0.17 |
| % of Calories | | | | | | | | | | | *23.2% | 16.7% | 58.3% | 26.5% | 9.6% | 0.2% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|---------------------------------|-----------------|-----|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|------|--------|
| Mon - 02/12/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Chicken Nuggets, Tyson WG - 5\$ | 5 Nuggets | 125 | 180 | 20 | 450 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 1 | 13.0 | 14.0 | 8.0 | 1.50 | 0.00 |
| Cheeseburger Elem \$ | 1Bun/1Ch s/1Bgr | 125 | 310 | 43 | 492 | 3.65 | 2.43 | 154.0 | 150 | 0.0 | 4 | 22.74 | 28.47 | 11.94 | 4.77 | 0.01 |
| Garden Bar Wk 6-Elem% | See Below | 200 | 75 | 0 | 135 | 5.53 | 1.95 | 45.4 | 8872 | 6.8 | *1 | 4.03 | 14.82 | 0.25 | 0.05 | *0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 180 | 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 | 135 | 14 | 0 | 0 | 0.89 | 0.32 | 17.8 | 89 | 4.0 | *0 | 0.44 | 2.73 | 0.0 | 0.00 | 0.00 |
| Pineapple, Tidbits - 1/2 Cup | 4oz spdl-1/2C | 200 | 57 | 0 | 8 | 0.81 | 0.58 | 16.2 | 81 | 7.29 | *N/A* | 0.81 | 13.77 | 0.0 | 0.00 | 0.00 |
| Johnny Pop - Straw Banana \$ | 1 Johnny Pop | 250 | 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 | 250 | 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 | 80 | 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 | 40 | 0 | 0 | 160 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 548 | 45 | 898 | 8.37 | 6.32 | 476.0 | 7849 | 21.40 | *32 | 30.98 | 76.38 | 13.68 | 4.11 | *0.01 |
| % of Calories | | | | | | | | | | | *23.6% | 22.6% | 55.8% | 22.5% | 6.8% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

| | Portion Size | Reimb Qty | 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 ¹ (g) |
|--------------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|----------------|---------------|-------------------------|
| Tue - 02/13/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Taco, Soft Shell (1)#16 Elem% | 1 T-#16M -1/2 Ch | 80 | 219 | 15 | 365 | 3.34 | 2.04 | 146.8 | 585 | 3.21 | *1 | 14.19 | 18.84 | 10.34 | 5.70 | 0.00 |
| Taco, Hard Shell #20 - Elem% | 2 T-2#20 M-1/2Ch | 50 | 325 | 30 | 490 | 3.40 | 2.52 | 254.6 | 968 | 4.94 | *2 | 21.71 | 20.27 | 18.18 | 9.20 | 0.00 |
| Pretzel, Bite Mini - 1^ | 1 Bite | 1 | 30 | 0 | 30 | 1.00 | 0.36 | 0.0 | 0 | 0.0 | 0 | 1.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| Salsa, Red Gold - Skip# | 2 oz Serv | 90 | 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 | 40 | 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 | 120 | 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 | 100 | 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 6-Elem% | See Below | 165 | 75 | 0 | 135 | 5.53 | 1.95 | 45.4 | 8872 | 6.8 | *1 | 4.03 | 14.82 | 0.25 | 0.05 | *0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 140 | 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 Cup | 80 | 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 | 180 | 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 | 230 | 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 | 120 | 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 | 60 | 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 | 60 | 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 % of Calories | | | 526 | 28 | 908 | 10.32 | 4.08 | 554.9 | 7488 | 33.86 | *26 *19.7% | 26.88 20.4% | 74.26 56.4% | 13.39 22.9% | 6.48 11.1% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|---------------|-----|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|------|------|-------|
| Wed - 02/14/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Chicken Tdrs, TY - 3 ELEM% | 3 Tenders | 175 | 260 | 25 | 390 | 3.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 15.0 | 16.0 | 15.0 | 2.50 | 0.00 |
| Ravioli, Mini WG, Cheese - 10@ | 10 raviolis | 75 | 228 | 37 | 615 | 3.40 | 2.28 | 160.3 | 775 | 11.07 | *1 | 13.72 | 31.08 | 4.42 | 2.21 | 0.00 |
| Garden Bar Wk 6-Elem% | See Below | 180 | 75 | 0 | 135 | 5.53 | 1.95 | 45.4 | 8872 | 6.8 | *1 | 4.03 | 14.82 | 0.25 | 0.05 | *0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 160 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Breadstick 6" NY WG 1oz1 @ | 1 Breadstic | 150 | 90 | 0 | 190 | 2.00 | 1.08 | 0.0 | 0 | 0.0 | *N/A* | 3.0 | 17.0 | 1.0 | 0.00 | 0.00 |
| Carrots,Frozen,Swt 1/4c\$ | #16 - 1/4 cup | 130 | 18 | 0 | 27 | 1.50 | 0.24 | 15.9 | 7678 | 1.04 | 2 | 0.26 | 3.75 | 0.31 | 0.05 | 0.00 |
| Strawberries - 1/2C@ | #8 - 1/2 Cu | 185 | 62 | 0 | 2 | 1.92 | 0.00 | 0.1 | 0 | 0.0 | 11 | 0.0 | 16.05 | 0.0 | 0.00 | *0.00 |
| Cookie, Sugar - Valentine | 1 Cookie | 230 | 170 | 20 | 60 | 0.00 | 0.72 | 0.0 | 100 | 0.0 | 7 | 2.0 | 19.0 | 9.0 | 5.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 235 | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

| | Portion Size | Reimb Qty | 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 ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 689 | 55 | 952 | 10.50 | 4.79 | 399.2 | 11245 | 9.89 | *33 *19.1% | 28.82 16.7% | 89.82 52.2% | 23.30 30.4% | 7.47 9.8% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Thu - 02/15/2018 | | | | | | | | | | | | | | | | |
|--------------------------------------|----------------|-----|---------|----|------|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Chicken, Popcorn, TY Elem% | 12 pcs/6oz spd | 200 | 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 | 50 | 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 | 220 | 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 prep ared | 200 | 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 6-Elem% | See Below | 165 | 75 | 0 | 135 | 5.53 | 1.95 | 45.4 | 8872 | 6.8 | *1 | 4.03 | 14.82 | 0.25 | 0.05 | *0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 140 | 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 White Wht Alpha-1\$ | 1 roll | 190 | 77 | 0 | 147 | 1.22 | 0.72 | 20.1 | 0 | 0.0 | 1 | 2.85 | 13.31 | 1.34 | 0.24 | 0.02 |
| Vegetables, Calif Blen - 2 oz | 2 oz Serv | 140 | 17 | 0 | 17 | 1.33 | 0.24 | 13.3 | 1000 | 18.0 | *N/A* | 0.67 | 3.33 | 0.0 | 0.00 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 180 | 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 | 230 | 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 | 250 | 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 | | | 601 | 33 | 1233 | 9.12 | 4.92 | 383.2 | 7160 | 20.45 | *36 *23.7% | 29.42 19.6% | 81.34 54.1% | 16.84 25.2% | 3.50 5.2% | *0.02 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Fri - 02/16/2018 | | | | | | | | | | | | | | | | |
|--------------------------------|-----------------|-----|-----|----|-----|------|------|-------|------|------|----|------|-------|------|------|-------|
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Mac & Cheese, JTM WG 6oz\$ | #6/6 oz | 125 | 279 | 37 | 656 | 2.00 | 1.08 | 380.0 | 500 | 1.2 | 8 | 16.0 | 30.0 | 11.0 | 6.10 | 0.00 |
| Pancake Sausage on a Stick \$ | 1 Pancake Stick | 125 | 210 | 20 | 390 | 0.00 | 1.44 | 20.0 | 0 | 0.0 | 8 | 7.0 | 20.0 | 12.0 | 3.00 | 0.00 |
| Potatoes, Smiley - 4 ELEM\$ | 4 pieces | 170 | 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 6-Elem% | See Below | 180 | 75 | 0 | 135 | 5.53 | 1.95 | 45.4 | 8872 | 6.8 | *1 | 4.03 | 14.82 | 0.25 | 0.05 | *0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 160 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Pears, Canned, Lt. Syr - 1/2C | 4oz spd-1/2C | 180 | 72 | 0 | 6 | 2.01 | 0.35 | 6.3 | 0 | 0.88 | 15 | 0.24 | 19.04 | 0.04 | 0.00 | 0.00 |
| Ice Cream Bar, Cotton Candy % | Bar | 200 | 70 | 40 | 15 | 0.00 | 0.00 | 60.0 | 500 | 0.0 | 8 | 1.0 | 15.0 | 1.0 | 0.50 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 230 | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

| | Portion Size | Reimb Qty | 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 ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 611 | 68 | 968 | 7.79 | 3.17 | 561.3 | 7498 | 8.86 | *41 *26.9% | 24.10 15.8% | 91.74 60.1% | 17.81 26.2% | 5.72 8.4% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Mon - 02/19/2018 | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|-----|---------|----|------|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Chicken, Mand Org-Ling ELEM@ | 6 oz spoodl | 100 | 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 - 1Br @ | #8/4 oz | 100 | 106 | 0 | 0 | 0.66 | 0.00 | 0.0 | 0 | 0.0 | 0 | 2.65 | 22.52 | 0.99 | 0.00 | 0.00 |
| Corn Puppies, Tky Mini JTM ^ | 6 pieces | 150 | 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 1-Elem% | See Below | 190 | 34 | 0 | 50 | 2.37 | 0.74 | 29.1 | 8264 | 5.09 | *3 | 1.34 | 7.24 | 0.15 | 0.03 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 170 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Broccoli, Frozen 1/4c | #16 - 1/4 cup | 175 | 14 | 0 | 5 | 1.42 | 0.29 | 15.6 | 478 | 18.95 | 1 | 1.46 | 2.61 | 0.06 | 0.01 | 0.00 |
| Oranges, Mandarin, Cnd - 1/2c | 4oz spdl-1/2C | 200 | 71 | 0 | 7 | 1.36 | 0.42 | 9.1 | 1467 | 22.23 | *N/A* | 0.61 | 18.21 | 0.16 | 0.01 | *N/A* |
| Cookie, Presidents WG% | 1 bag | 200 | 100 | 0 | 75 | 2.00 | 8.10 | 80.0 | 400 | 6.0 | 5 | 2.0 | 18.0 | 3.0 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 230 | 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 | 125 | 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 | 40 | 0 | 0 | 160 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 562 | 42 | 708 | 7.55 | 7.93 | 420.0 | 8737 | 73.01 | *37 *26.0% | 21.62 15.4% | 92.23 65.6% | 13.05 20.9% | 1.75 2.8% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Tue - 02/20/2018 | | | | | | | | | | | | | | | | |
|--------------------------------|------------------|-----|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|------|------|-------|
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Chicken Tdrs, TY - 3 ELEM% | 3 Tenders | 150 | 260 | 25 | 390 | 3.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 15.0 | 16.0 | 15.0 | 2.50 | 0.00 |
| Grilled Cheese Sand-2 mt @ | 2 brd/4 sl c chs | 100 | 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 1-Elem% | See Below | 175 | 34 | 0 | 50 | 2.37 | 0.74 | 29.1 | 8264 | 5.09 | *3 | 1.34 | 7.24 | 0.15 | 0.03 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 150 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Soup, Tomato, Cond. - ELEM | 4 oz servin | 120 | 90 | 0 | 480 | 1.00 | 0.72 | 0.0 | 400 | 6.0 | *N/A* | 2.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Apple, Wedges - 1/2 cup | 1/2 cup sli ces | 175 | 28 | 0 | 1 | 1.31 | 0.07 | 3.3 | 29 | 2.51 | 6 | 0.14 | 7.53 | 0.09 | 0.02 | 0.00 |
| Sherbet, Cup - Assorted | 4 oz Serv | 200 | 131 | 4 | 36 | 0.37 | 0.31 | 30.3 | 13 | 45.65 | *12 | 0.31 | 27.87 | 1.69 | 1.08 | *0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 230 | 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 | 120 | 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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

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 | | | 593 | 38 | 1069 | 6.11 | 2.81 | 523.0 | 6864 | 46.97 | *38 *25.6% | 26.30 17.8% | 83.97 56.7% | 16.61 25.2% | 4.88 7.4% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Wed - 02/21/2018 | | | | | | | | | | | | | | | | |
|--------------------------------------|--------------------|-----|---------|----|------|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|--------------|
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Pizza, Bosco, SC WG RF@ | 1/8 Pizza | 150 | 310 | 25 | 540 | 3.00 | 1.80 | 400.0 | 750 | 3.6 | 4 | 19.0 | 34.0 | 11.0 | 5.00 | 0.00 |
| Sub Sandwich - Elementary@ | 1B-2H-2T -1Ch | 100 | 257 | 37 | 578 | 3.00 | 1.36 | 110.0 | 150 | 0.4 | 5 | 19.63 | 30.76 | 6.78 | 2.25 | 0.00 |
| Garden Bar Wk 1-Elem% | See Below | 190 | 34 | 0 | 50 | 2.37 | 0.74 | 29.1 | 8264 | 5.09 | *3 | 1.34 | 7.24 | 0.15 | 0.03 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 170 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Peas - 1/4 Cup* | 2 oz spdl- 1/4C | 130 | 44 | 0 | 41 | 2.55 | 0.86 | 13.6 | 1191 | 5.61 | 2 | 2.92 | 8.09 | 0.15 | 0.03 | 0.00 |
| Peaches, Canned, Lt. Syr-1/2C | 4oz spdl- 1/2C | 185 | 61 | 0 | 6 | 1.47 | 0.41 | 3.4 | 401 | 2.72 | 15 | 0.51 | 16.5 | 0.03 | 0.00 | 0.00 |
| Juice, Apple/Cherry Cup 4 oz \$ | 4 oz cup | 200 | 60 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 13 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 230 | 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 % of Calories | | | 548 | 38 | 844 | 7.22 | 2.94 | 591.8 | 8167 | 12.22 | *45 *32.5% | 29.52 21.5% | 82.61 60.3% | 11.90 19.5% | 4.34 7.1% | 0.00 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Thu - 02/22/2018 | | | | | | | | | | | | | | | | |
|---------------------------------|-------------------|-----|-----|----|-----|------|------|-------|------|------|-------|------|-------|------|------|-------|
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Chicken Nuggets, Tyson WG - 5\$ | 5 Nuggets | 200 | 180 | 20 | 450 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 1 | 13.0 | 14.0 | 8.0 | 1.50 | 0.00 |
| Pork & Gravy, Cmdt ELEM@ | 4oz spoodl | 50 | 178 | 54 | 626 | 0.00 | 0.48 | 6.0 | 4 | 0.4 | *N/A* | 9.88 | 8.0 | 10.7 | 3.71 | 0.00 |
| Potatoes, Mashed #10-Elem \$ | #10 | 235 | 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 prep ared | 225 | 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 1-Elem% | See Below | 180 | 34 | 0 | 50 | 2.37 | 0.74 | 29.1 | 8264 | 5.09 | *3 | 1.34 | 7.24 | 0.15 | 0.03 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 160 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Cinn Roll w/Cin & Sugar-Sm^ | 1 Roll | 220 | 99 | 0 | 70 | 2.14 | 0.74 | 2.6 | 101 | 0.01 | 7 | 2.01 | 21.31 | 0.5 | 0.00 | *0.00 |
| Corn, Frozen - 1/2C | 4oz spdl- 1/2C | 175 | 87 | 0 | 0 | 1.94 | 0.00 | 0.0 | 0 | 4.66 | *N/A* | 2.91 | 18.43 | 0.49 | 0.00 | 0.00 |
| Applesauce - 1/2 C | #8 - 1/2 C | 200 | 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 | 230 | 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 | 175 | 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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

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 | | | 599 | 35 | 1195 | 8.39 | 4.07 | 349.5 | 6664 | 12.01 | *39 *26.1% | 26.23 17.5% | 94.78 63.3% | 13.05 19.6% | 2.59 3.9% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Fri - 02/23/2018 | | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------------|-----|---------|----|------|------|------|-------|-------|-------|---------------|----------------|----------------|----------------|--------------|----------------|--|
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | | |
| Chicken Drumstick, Breaded \$ | 1 Drumstic | 75 | 190 | 50 | 450 | 1.00 | 1.08 | 20.0 | 100 | 0.0 | 0 | 16.0 | 5.0 | 11.0 | 2.50 | 0.00 | |
| Pretzel, Bite Mini - 2^ | 2 Bites | 75 | 60 | 0 | 60 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 0.0 | 0.00 | 0.00 | |
| Yogurt, Trix - 4 oz | 4 oz Cup | 175 | 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 | 175 | 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 | 175 | 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 1-Elem% | .5cL.25cC .125cV | 180 | 34 | 0 | 50 | 2.37 | 0.74 | 29.1 | 8264 | 5.09 | *3 | 1.34 | 7.24 | 0.15 | 0.03 | 0.00 | |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 160 | 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 cup | 140 | 18 | 0 | 27 | 1.50 | 0.24 | 15.9 | 7678 | 1.04 | 2 | 0.26 | 3.75 | 0.31 | 0.05 | 0.00 | |
| Pineapple, Tidbits - 1/2 Cup | 4oz spdl-1/2C | 200 | 57 | 0 | 8 | 0.81 | 0.58 | 16.2 | 81 | 7.29 | *N/A* | 0.81 | 13.77 | 0.0 | 0.00 | 0.00 | |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 235 | 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 % of Calories | | | 543 | 65 | 654 | 5.49 | 2.48 | 574.0 | 11337 | 11.21 | *31 *22.6% | 24.73 18.2% | 78.30 57.7% | 14.36 23.8% | 5.46 9.0% | *0.00 *0.0% | |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 | |

| Mon - 02/26/2018 | | | | | | | | | | | | | | | | | |
|--------------------------------|---------------|-----|-----|----|-----|------|------|-------|------|------|-------|------|-------|------|------|-------|--|
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | | |
| Pizza, Tony's 5" DD Cheese \$ | 1 Pizza | 125 | 320 | 30 | 480 | 3.00 | 2.70 | 250.0 | 300 | 0.0 | 10 | 17.0 | 35.0 | 12.0 | 6.00 | 0.00 | |
| Chicken Ring Things 5 - Tyson# | 5 pcs | 125 | 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 | 215 | 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 | 175 | 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 | 150 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 | |
| Fruit, Mixed - 1/2 Cup | 4oz spdl-1/2C | 175 | 65 | 0 | 7 | 1.70 | 0.33 | 7.9 | 363 | 2.13 | *N/A* | 0.54 | 16.79 | 0.11 | 0.01 | *N/A* | |
| Rice Krispie Trt - .78oz/ala | 1 Treat | 180 | 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 | 225 | 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 | 75 | 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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

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 | | | 634 | 48 | 843 | 7.03 | 4.17 | 445.8 | 6826 | 25.30 | *26 *16.1% | 29.57 18.7% | 88.26 55.7% | 19.10 27.1% | 5.88 8.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| Tue - 02/27/2018 | | | | | | | | | | | | | | | | | |
|--------------------------------------|------------------|-----|---------|----|------|------|------|-------|------|-------|---------------|----------------|----------------|----------------|---------------|----------------|--|
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | | |
| Taco, Walking #16 - Elem% | 1 Ch/#16 Mt/.5Ch | 150 | 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 | 120 | 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 | 50 | 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 | 100 | 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 | 85 | 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 | 180 | 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 | 160 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 | |
| Broccoli, Frozen 1/4c | #16 - 1/4 cup | 150 | 14 | 0 | 5 | 1.42 | 0.29 | 15.6 | 478 | 18.95 | 1 | 1.46 | 2.61 | 0.06 | 0.01 | 0.00 | |
| Strawberries - 1/2C@ | #8 - 1/2 Cu | 180 | 62 | 0 | 2 | 1.92 | 0.00 | 0.1 | 0 | 0.0 | 11 | 0.0 | 16.05 | 0.0 | 0.00 | *0.00 | |
| Cookie, Choc Chip, WG Otis1oz^ | 1 Cookie | 200 | 110 | 5 | 85 | 1.00 | 2.70 | 0.0 | 0 | 0.0 | 8 | 1.0 | 18.0 | 3.5 | 1.00 | 0.00 | |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 225 | 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 % of Calories | | | 581 | 43 | 874 | 9.18 | 5.31 | 512.4 | 7680 | 35.27 | *36 *24.5% | 23.53 16.2% | 78.37 54.0% | 19.29 29.9% | 6.64 10.3% | *0.00 *0.0% | |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | | |

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

| | Portion Size | Reimb Qty | 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 ¹ (g) |
|--------------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Wed - 02/28/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 250 | | | | | | | | | | | | | | |
| Fr Tst, Cinn, WG 1PC \$ | 1 Tst | 125 | 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 | 100 | 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 | 105 | 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 Bun | 125 | 377 | 20 | 738 | 5.65 | 3.23 | 72.0 | 100 | 0.0 | *3 | 19.24 | 41.47 | 14.94 | 2.32 | 0.01 |
| Garden Bar Wk 2-Elem% | See Below | 160 | 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 | 140 | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Peas & Carrots - 1/4 cup* | 1/4 Cup | 100 | 27 | 0 | 39 | 1.76 | 0.53 | 13.0 | 5394 | 4.59 | 2 | 1.75 | 5.74 | 0.24 | 0.04 | 0.00 |
| Apples,Cinnamon - Warm - 1/2 C | 4oz spdl-1/2C | 160 | 151 | 0 | 2 | 4.22 | 0.37 | 14.6 | 73 | 0.35 | *16 | 0.51 | 38.85 | 0.66 | 0.10 | *0.00 |
| Donut, Pwd Sgr Mini WG - 1 \$ | 1 Mini Don | 175 | 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 | 225 | 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 | 60 | 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 | 75 | 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 | 100 | 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 | | | 689 | 84 | 953 | 9.63 | 3.56 | 452.5 | 8365 | 16.65 | *51 *29.8% | 25.59 14.9% | 103.84 60.3% | 20.84 27.2% | 4.36 5.7% | *0.01 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |
| <hr/> | | | | | | | | | | | | | | | | |
| Weighted Average | | | 611 | 52 | 947 | 8.47 | 4.24 | 467.4 | 7727 | 26.63 | *39 *57.6% | 26.35 17.3% | 89.52 58.6% | 16.75 24.7% | 4.73 7.0% | *0.02 *0.0% |

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

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 | 611 | | 550 - 650 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 52 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 947 | | 1230 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 947 | | 935 | | | | | | 12 | Correction Required - Sodium too High | | | | | | | |
| Fiber (g) | 8.47 | | | | | | | | | | | | | | | | |
| Iron (mg) | 4.24 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 467.4 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 7727 | | | | | | | | | | | | | | | | |
| Sugars (g) | 39 | 25.62% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 26.63 | | | | | | | | | | | | | | | | |
| Protein (g) | 26.35 | 17.26% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 89.52 | 58.63% | | | | | | | | | | | | | | | |
| Total Fat (g) | 16.75 | 24.69% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 4.73 | 6.96% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.02 | 0.03% | | | | Missing | | | | | | | | | | | |

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