

Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	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																
GHS Lunch	Total	600														
Chicken Nuggets, Gld Kst - 8 ^	8 Nuggets	210	272	56	576	3.20	1.15	32.0	0	0.0	0	30.4	17.6	12.8	2.40	0.00
Pork & Gravy, Cmnt KMS-GHS@	6oz spoodl	75	247	81	639	0.00	0.72	9.0	6	0.6	*N/A*	14.82	8.0	16.05	5.56	0.00
Salisbury Steak - 2\$	2 Steak	100	290	81	980	2.00	3.60	80.0	0	2.4	*2	32.5	9.5	14.25	6.00	0.00
Potatoes, Mashed #8 \$	#8	290	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prep ared	250	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Pizza, Tony's WG ClscWg Ch SK#	1 Wedge	125	300	15	470	4.00	2.70	300.0	500	0.0	10	16.0	34.0	11.0	4.00	0.00
Max Sticks - 2 Skip \$	2 Sticks	50	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-Redpack-Skip\$	2 oz #16	30	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Egg, Can Bac & Chs Eng Mfn SK	1EM/1E/1 CB/1Ch	25	229	123	484	3.00	2.09	224.0	250	0.0	*2	15.92	26.6	6.8	2.55	0.00
Turkey Sand w/Chs,Crsst SKIP #	5T/1C/1 Crsst	15	288	37	642	3.00	1.68	200.0	350	0.0	4	19.83	31.0	11.0	4.75	0.00
Potatoes, Tater Gems, Smp SK#	8 Gems - 1/2 C	110	143	0	286	1.68	0.61	16.8	0	1.01	*N/A*	1.68	15.96	8.4	2.10	0.00
Garden Bar Wk 4-KMS/GHS%	See Below	400	42	0	49	2.79	0.85	39.8	8454	14.04	*3	2.02	8.87	0.14	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	380	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Cinn Roll w/Cin & Sugar-Lg ^	1 Roll	375	189	5	135	3.14	1.10	22.6	301	0.01	12	5.01	39.31	1.0	0.50	*0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	250	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	390	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Apples,Cinnamon - Warm - 1/2 C	4oz spdl-1/2C	380	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	500	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
Mayonnaise, Lite - Skip%	1 TBSP	40	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	35	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			797	65	1259	11.09	4.31	440.3	6465	15.56	*48	37.97	121.40	20.07	5.56	*0.00
% of Calories											*24.0%	19.1%	60.9%	22.7%	6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/02/2018																
GHS Lunch	Total	600														
Chicken Tdrs, TY - 4 KM/GHS@	4 Tenders	165	347	33	520	4.00	2.40	53.3	133	0.0	1	20.0	21.33	20.0	3.33	0.00
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 Bun	75	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Pizza, Homemade Cheese 1/8@	1/8 pizza	60	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	0.00
Pizza, Homemade Veggie 1/8 @	1/8 pizza	50	374	30	620	4.66	0.53	*4.2	524	31.51	*1	20.99	39.79	13.93	6.81	*0.00
Pizza, Homemade Sausage 1/8@	1/8 pizza	50	451	45	782	4.63	0.76	*20.0	481	25.8	*N/A*	24.12	39.0	20.87	9.30	0.00
French Fries, KK, Simp 3/8@	3 oz Serv	270	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Pizza, Homemade Cheese 1/8 S K@	1/8 pizza	50	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	0.00
Pizza, Homemade Veggie 1/8 SK@	1/8 pizza	20	374	30	620	4.66	0.53	*4.2	524	31.51	*1	20.99	39.79	13.93	6.81	*0.00
Pizza, Homemade Sausage 1/8S K@	1/8 pizza	20	451	45	782	4.63	0.76	*20.0	481	25.8	*N/A*	24.12	39.0	20.87	9.30	0.00
Cheeseburger, Double SKIP \$	1Bun/1Ch s/2Bgr	50	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
Fish Sandwich w/Chse Wdge SK#	1fsh/1bun /1Chs	50	392	58	813	3.25	2.15	132.0	150	3.6	4	19.74	40.47	16.94	3.57	0.01
Tartar Sauce, Skip%	2 TBSP	35	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
Jamwich, PB & Jelly, WG-2SKIP#	2 Jamwich	10	580	0	540	8.00	4.14	80.0	0	2.4	27	20.0	64.0	30.0	5.00	0.00
French Fries, KK, Simp 3/8 SK@	3 oz Serv	125	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-KMS/GHS%	See Below	400	42	0	49	2.79	0.85	39.8	8454	14.04	*3	2.02	8.87	0.14	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	380	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Soup, Broccoli Cheese 8oz\$	8 oz	175	272	49	792	1.33	0.00	520.0	593	24.0	11	17.33	18.67	14.67	8.00	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	375	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Fruit, Fresh, Winter Mix	1 Piece	380	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Cookie, Choc Chip, WG Otis1oz^	1 Cookie	375	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	500	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 tbsps	350	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
Lettuce, Shredded - SKIP	1/4 cup	30	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			886	63	1436	11.16	5.03	*513.1	7012	53.96	*44 *19.8%	37.83 17.1%	115.17 52.0%	30.91 31.4%	9.02 9.2%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Mon - 02/05/2018																
GHS Lunch	Total	600														
Chicken, Popcorn, GK KM/GH\$	15 pieces	250	390	105	825	4.50	2.16	0.0	150	0.0	0	27.0	24.0	19.5	3.75	0.00
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	30	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Chili Dog, JTM Chili -2	4ozC/2H	20	716	91	1910	7.32	4.98	134.3	858	13.17	11	33.32	63.27	37.63	13.85	0.06
	D/2Bn															
Fajita, Chicken - KMS/GHS@	1T/3ozCK /1ozCH	75	410	110	670	4.00	2.52	240.0	300	0.0	*0	27.0	32.0	20.5	10.50	0.00
Potatoes, Wedges*	#8 - 1/2 cu	300	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Pizza, Bosco, SC WG RF SKIP@	1/8 Pizza	125	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Chicken Sand, Patty, Spicy-SK@	1 Bun/1 P atty	50	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
Ham* Sand w/Cheese, wm 2mtSK	1 Bun/5Sl Ham/1C	40	60	30	640	0.00	0.00	0.0	0	0.0	1	9.0	1.0	2.5	1.00	0.00
C-Line Sand-Variety-Cold-SKIP@	1Rl/5slmt/ 1slch	10	268	51	764	2.35	2.04	189.5	141	0.6	*5	22.95	27.46	7.97	3.30	*0.02
Potatoes, Wedges Skip*	#8 - 1/2 cu	225	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 5-KMS/GHS%	See Below	420	103	0	86	3.83	1.51	47.9	8563	8.61	*13	2.62	24.79	0.24	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	395	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Beans, Baked, Veg - 1/2 Cup%	#8 - 1/2Cu	150	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	0.00	*0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl- 1/2C	400	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	410	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	540	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	450	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	50	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	40	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	30	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			804	81	1241	12.70	5.05	512.4	7419	60.38	*54 *27.0%	36.46 18.1%	118.19 58.8%	21.60 24.2%	6.04 6.8%	*0.01 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Tue - 02/06/2018																
GHS Lunch	Total	600														
Chicken, Gen TSO, Lin-KMS/GH S%	8oz spoodl	200	189	44	401	0.00	0.80	0.0	0	1.33	14	12.22	25.56	3.33	0.56	0.00
Rice, Brown, USDA, #8 - 1Br @	#8/4 oz	200	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
Pretzel, Bite Mini - 3^	3 Bites	120	90	0	90	3.00	1.08	0.0	0	0.0	0	3.0	21.0	0.0	0.00	0.00
Fr Tst, Cinn, WG 2PC \$	2 Tst	100	400	218	580	5.00	2.88	140.0	500	0.0	22	15.6	50.0	16.0	3.00	0.00
Omelet, Colby Chs - Michaels#	1 Omelet	90	130	190	260	0.00	0.72	60.0	400	0.0	0	7.0	1.0	11.0	3.50	0.00
Syrup, Cup Skip\$	1 Cup	80	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-KMS/GH S@	#8 pork/1 Bun	50	317	44	814	4.65	2.43	72.0	378	40.0	*3	23.24	39.47	7.94	2.42	0.01
Pizza, Assorted SKIP	1 slice	135	360	30	555	3.75	2.70	412.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Cheeseburger, PJ DBL - SK#	1bun/2 bg r/1ch	50	514	95	739	4.65	3.43	799.2	1085	0.0	*3	38.32	29.48	27.05	12.80	0.01
Tornado, Beef Steak 2 SKIP ^	2 Tornado	50	460	20	720	2.00	3.60	120.0	400	4.8	2	16.0	64.0	16.0	4.00	0.00
Wrap, Veggie - Skip@	1T/Veg/1 ozCh	15	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
String Cheese - Skip	1 Piece	15	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 5-KMS/GHS%	See Below	420	103	0	86	3.83	1.51	47.9	8563	8.61	*13	2.62	24.79	0.24	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	400	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Fruit, Fresh, Winter Mix	1 Piece	400	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Apples,Cinnamon - Warm - 1/2 C	4oz spdl-1/2C	375	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	525	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	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	35	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	80	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			756	107	928	10.70	3.94	541.9	7098	30.22	*51 *27.0%	30.31 16.0%	124.74 66.0%	17.55 20.9%	5.13 6.1%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Wed - 02/07/2018																
GHS Lunch	Total	600														
Soup, Broccoli Cheese 12oz\$	12 oz	40	408	74	1188	2.00	0.00	780.0	890	36.0	16	26.0	28.0	22.0	12.00	0.00
Soup, HM Chicken Noodle - 12oz	12 oz Ser ving	80	229	76	845	2.93	2.07	51.1	10854	7.98	*4	21.61	27.15	4.34	0.58	0.02
Chili-JTM RF - 12 oz*	12 oz	30	313	64	473	8.23	6.30	102.9	2573	39.52	10	26.76	30.88	10.29	3.50	0.00
Bosco Stk, 7" WG RF, 1 Stick@	1 Stick	150	210	20	320	2.00	1.44	300.0	300	0.0	2	14.0	21.0	8.0	4.00	0.00
Pizza, Wild Mike's KMS/GHS^	Slice	225	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	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
Cook's Choice	1 Serving	75	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potatoes, Tri-Tater, Tiny#	3 Tiny Taters	375	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 5-KMS/GHS%	See Below	400	103	0	86	3.83	1.51	47.9	8563	8.61	*13	2.62	24.79	0.24	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	375	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spd-1/2C	375	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	350	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Bag of Chips	1 Bag	450	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	535	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	400	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
Weighted Daily Average % of Calories			802	50	1255	9.38	3.77	650.6	8540	33.86	*54 *26.9%	30.72 15.3%	115.15 57.4%	24.68 27.7%	7.73 8.7%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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)
Thu - 02/08/2018																
GHS Lunch	Total	600														
Spaghetti w/Meat Sce KMS/GHS@	8oz Spdl P & S	100	414	43	407	9.78	7.50	45.7	812	11.95	*5	24.0	54.75	14.16	4.65	*0.72
Chicken Tdrs, Spy, TY - 4 GHS@	4 tenders	200	347	33	520	4.00	2.40	53.3	133	0.0	*N/A*	20.0	20.0	20.0	3.33	0.00
Hamburger, DBL	2Bgr/1Bun	80	403	70	526	4.65	3.43	76.0	0	0.0	3	32.24	28.47	17.94	6.72	0.01
Pizza, Tony's 5" DD Cheese SK\$	1 pizza	135	320	30	480	3.00	2.70	250.0	300	0.0	10	17.0	35.0	12.0	6.00	0.00
Chicken Sand, Grl Brst PJ SK@	1 ckn/1 bun/1C	40	378	85	781	24.65	2.15	775.2	1085	0.0	*3	34.32	28.48	13.55	6.90	0.01
Bratwurst in Bun SKIP@	1 Brat/1 Bun	35	446	50	1206	2.29	2.16	50.0	0	0.0	5	17.2	29.49	28.1	9.34	0.03
Club Sand-Diam Jim - Skip@	1R/5slmt/1slCh	10	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Garden Bar Wk 5-KMS/GHS%	See Below	400	103	0	86	3.83	1.51	47.9	8563	8.61	*13	2.62	24.79	0.24	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	380	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Garlic Toast, WG, GFS \$	1 Slice	300	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	300	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Fruit, Fresh, Winter Mix	1 Piece	350	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Applesauce - 1/2 C	#8 - 1/2 C	400	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	525	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
Mustard, skip	2 tsp	45	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	30	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	25	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			726	51	952	12.28	5.08	460.5	6626	28.11	*40	34.22	100.35	22.67	6.32	*0.12
% of Calories											*21.9%	18.9%	55.3%	28.1%	7.8%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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																
GHS Lunch	Total	600														
Pizza, BD Primo 4 Meat WG<	slice	75	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WG@	slice	75	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Chicken Sand, Filet Brd @	1 Filet/1 Bu	75	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Pizza Ques, Chs WG Max ^	1 slice	75	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	100	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	80	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	175	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Pizza, BD Primo 4 Meat WGSK<	slice	75	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WGSK@	slice	75	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Cheeseburger, Double SKIP \$	1Bun/1Ch s/2Bgr	80	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
Hot Dog w/Bun KM/GHS-2 SKIP \$	2 Dog/2 Bu	60	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Wrap, Turkey & Chs - GHS - SK*	1T-7s1T-.5CH-L	10	340	60	588	3.32	1.91	146.4	214	1.15	*0	24.82	30.46	13.5	7.00	0.00
Sweet Potato Bites, HvstSpl SK	1/2 cup	180	129	0	109	2.97	0.36	19.8	3959	3.56	11	1.98	20.79	4.45	0.49	0.00
Garden Bar Wk 5-Elem%	See Below	410	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, Asst GHS- Skip\$	1 TBSP	390	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Vegetables, Calif Blen - 4 oz	#8 - 4 oz Serv	275	33	0	33	2.67	0.48	26.7	2000	36.0	*N/A*	1.33	6.67	0.0	0.00	0.00
Oranges, Mandarin, Cnd - 1/2c	4oz spdl-1/2C	375	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*N/A*
Craisins, Strawberry %	1 package	410	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Cupcake, Vanilla WG ^	Cupcake	400	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	525	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	65	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	35	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	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	100	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			886	67	1263	15.28	4.74	642.1	10624	39.23	*56 *25.3%	34.82 15.7%	132.26 59.7%	25.86 26.3%	8.33 8.5%	*0.11 *0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Generated on: 1/23/2018 8:33:09 AM

	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 - 02/12/2018																
GHS Lunch	Total	600														
Chicken Nuggets, Gld Kst - 8 ^	8 Nuggets	175	272	56	576	3.20	1.15	32.0	0	0.0	0	30.4	17.6	12.8	2.40	0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	125	370	15	520	3.00	1.44	560.0	650	1.2	3	20.0	27.0	20.0	5.00	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	125	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Ham* Sand w/Cheese, wm Sub Bun	1 Bun/2Sl Ham/1C	75	385	52	1445	6.00	0.00	100.0	150	0.0	10	27.0	46.5	10.25	3.75	0.00
Pizza, Wild Mike's KMS/GHSSK ^	Slice	150	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Chicken Sand, Filet Brd SKIP@	1 Filet/1 Bu	50	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Egg, Bacon, Cheese Eng Mfn SK@	1EM/1E/1 C/1Bcn	15	240	120	465	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	9.0	3.25	0.00
Club Sand-Diam Jim - Skip@	1R/5slmt/ 1slCh	10	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Garden Bar Wk 6-KMS/GHS%	See Below	480	81	0	135	5.80	2.05	51.0	9148	7.46	*1	4.59	15.65	0.25	0.05	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	460	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Beans. Green, Simplot-1/2 cup	4oz spdl- 1/2C	320	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
Pineapple, Tidbits - 1/2 Cup	4oz spdl- 1/2C	460	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	150	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Johnny Pop - Straw Banana \$	1 Johnny Pop	500	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	540	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	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	20	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	45	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			659	52	1082	9.97	5.80	637.1	8293	24.72	*33	37.42	86.88	19.95	5.59	*0.00
% of Calories											*19.8%	22.7%	52.7%	27.2%	7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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)
Tue - 02/13/2018																
GHS Lunch	Total	600														
Taco, Soft Shell (2) #16 GHS%	2T-2#16	75	438	30	731	6.67	4.09	293.5	1169	6.42	*3	28.39	37.69	20.69	11.41	0.00
	M-1ozCh															
Taco, Hard Shell KMS/GHS%	3T-3#20	75	431	30	640	5.08	3.77	281.7	1303	7.4	*3	29.05	29.71	22.71	10.78	0.00
	M-1ozCh															
Salsa, Red Gold - Skip#	2 oz Serv	125	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	100	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, 6" WGRF, 2 KMS/GHS#	2 Bosco	150	300	30	440	4.00	2.16	400.0	400	0.0	2	20.0	34.0	10.0	5.00	0.00
	Sticks															
Marinara Sauce-Redpack-Skip\$	2 oz #16	130	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Lasagna w/Meat - KMS/GHS	1 Serv 6x 4 cut	50	128	8	132	0.00	0.06	172.7	94	0.0	*0	9.49	17.24	2.55	1.62	*0.00
Pizza, Bosco, SC WG RF SKIP@	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
Hamburger, DBL -Skip	2Bgr/1Bun	50	403	70	526	4.65	3.43	76.0	0	0.0	3	32.24	28.47	17.94	6.72	0.01
Fish Sandwich w/Chse Square SK	1fish/1ch/1bun	40	372	58	603	3.65	2.51	152.0	150	0.0	5	23.74	43.47	10.94	2.57	0.01
Tartar Sauce, Skip%	2 TBSP	20	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
Wrap, Ham & Tky w/C - SKIP@	1T/2H/2T/1Ch	10	302	52	1008	3.00	1.56	140.0	150	0.0	*2	22.17	31.0	10.5	5.25	0.00
Garden Bar Wk 6-KMS/GHS%	See Below	460	81	0	135	5.80	2.05	51.0	9148	7.46	*1	4.59	15.65	0.25	0.05	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	440	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Roll, Dnr Hny WG Gordon1\$	1 roll	300	75	0	55	2.00	0.90	10.0	0	0.0	1	3.0	14.5	0.75	0.00	0.00
Beans, Refried, Cheesy, 1/2C@	#8 - 1/2 Cu	150	146	10	195	5.01	1.45	104.1	96	2.39	*0	9.27	20.5	2.88	1.92	0.00
Applesauce - 1/2 C	#8 - 1/2 C	400	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Fruit, Mixed - 1/2 Cup	4oz spdl-1/2C	440	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
Milk, SKIP - AVG - PF%	8 oz Carton	540	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	25	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	90	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			710	45	1022	12.87	5.53	671.6	8713	15.79	*29	37.80	98.65	19.79	8.10	*0.00
% of Calories											*16.2%	21.3%	55.5%	25.1%	10.3%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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 - 02/14/2018																
GHS Lunch	Total	600														
Potato Bar - KMS/GHS@	1Pot w/To ppings	100	441	65	868	6.31	3.49	163.1	1851	51.35	*2	24.6	47.86	16.24	8.76	0.00
Chicken Tdrs, TY - 4 KM/GHS@	4 Tenders	175	347	33	520	4.00	2.40	53.3	133	0.0	1	20.0	21.33	20.0	3.33	0.00
Ravioli, Mini WG, Cheese - 20@	20 raviolis	200	456	74	1230	6.79	4.57	320.5	1550	22.14	*3	27.43	62.16	8.85	4.42	0.00
Chicken on the Bone, Roasted\$	1B/1L&W/ 1Thg	115	100	36	200	0.00	0.47	0.0	0	0.0	0	9.3	0.0	6.6	2.00	0.00
C-Line Sand-Variety-Cold-SKIP@	1RI/5slmt/ 1slch	10	268	51	764	2.35	2.04	189.5	141	0.6	*5	22.95	27.46	7.97	3.30	*0.02
Garden Bar Wk 6-KMS/GHS%	See Below	450	81	0	135	5.80	2.05	51.0	9148	7.46	*1	4.59	15.65	0.25	0.05	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	430	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	350	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 1/2C\$	#8 - 1/2 cu	300	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	400	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	460	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Cookie, Sugar - Valentine	1 Cookie	400	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	550	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
Weighted Daily Average			809	74	1284	12.82	5.82	482.0	15973	25.11	*43	35.62	113.30	22.44	8.19	*0.00
% of Calories											*21.4%	17.6%	56.0%	25.0%	9.1%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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

GHS 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 - 02/15/2018																
GHS Lunch	Total	600														
Chicken, Popcorn, GK KM/GH\$	15 pieces	235	390	105	825	4.50	2.16	0.0	150	0.0	0	27.0	24.0	19.5	3.75	0.00
Turkey & Gravy KMS/GHS\$	6 oz spoodl	50	180	75	690	0.00	1.08	0.0	0	0.0	0	24.0	3.0	9.0	3.00	0.00
Cuban Sandwich ^	1B/2.35P/1C/1H	50	326	68	857	3.00	2.17	95.0	0	0.0	*3	21.12	31.52	10.77	4.00	0.00
Potatoes, Mashed #8 \$	#8	300	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prep ared	280	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Pizza, Nardone, Chse 4x6 WGSK^	1 Slice	150	310	30	360	3.00	2.70	450.0	500	9.0	6	21.0	30.0	12.0	6.00	0.00
Hot Dog w/Bun KM/GHS-2 SKIP \$	2 Dog/2 Bu	50	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Egg Roll, WG Ckn, Minhs-2SK\$	2 Egg Roll	50	320	60	780	6.00	3.60	80.0	1500	12.0	4	18.0	40.0	10.0	3.00	0.00
Sweet & Sour Sauce, Mnrs, skip	2 oz	50	53	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.67	0.67	0.00	0.00
Chicken Salad Sand, Crsst SK#	#8 Scp C kn/1C	15	598	86	735	3.14	2.39	103.0	228	0.37	*3	27.44	30.41	42.79	9.26	0.00
Potatoes, Wedges Skip*	#8 - 1/2 cu	200	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 6-KMS/GHS%	See Below	480	81	0	135	5.80	2.05	51.0	9148	7.46	*1	4.59	15.65	0.25	0.05	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	460	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Roll, WG 2oz Rich's \$	1 roll	475	170	0	135	3.00	1.44	0.0	0	0.0	3	7.0	28.0	3.0	0.50	0.00
Vegetables, Calif Blen - 4 oz	#8 - 4 oz Serv	300	33	0	33	2.67	0.48	26.7	2000	36.0	*N/A*	1.33	6.67	0.0	0.00	0.00
Fruit, Fresh, Winter Mix	1 Piece	420	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	450	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	535	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	400	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	25	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	30	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			905	81	1543	15.29	6.63	490.4	9317	53.84	*40	43.39	126.66	24.61	6.30	*0.01
% of Calories											*17.5%	19.2%	56.0%	24.5%	6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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 - 02/16/2018																
GHS Lunch	Total	600														
Pizza, BD Primo 4 Meat WG<	slice	60	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WG@	slice	50	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Fish, Pot Crst Filet, Pollak-2	2 Filets	100	210	50	460	0.60	0.72	0.0	0	3.6	0	10.0	13.0	13.0	2.00	0.00
Tartar Sauce, Skip%	2 TBSP	60	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
Pretzel, Bite Mini - 3^	3 Bites	80	90	0	90	3.00	1.08	0.0	0	0.0	0	3.0	21.0	0.0	0.00	0.00
Mac & Cheese, JTM WG 6oz\$	#6/6 oz	175	279	37	656	2.00	1.08	380.0	500	1.2	8	16.0	30.0	11.0	6.10	0.00
Pretzel, Bite Mini - 3^	3 Bites	100	90	0	90	3.00	1.08	0.0	0	0.0	0	3.0	21.0	0.0	0.00	0.00
Sweet Potato Fries, Hrv Sp\$	1/2 cup	200	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Pizza, BD Primo 4 Meat WGSK<	slice	75	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WGSK@	slice	65	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Warhawk Burger Skip \$	1 MTLF/1 Bun/1Ch	50	317	30	638	3.65	2.87	92.0	200	9.0	8	18.24	34.47	11.94	5.32	0.01
BBQ Pork Rib Sandwich - Skip@	1Pork Rib /1 Bun	15	317	40	648	3.65	2.43	34.0	100	1.0	8	20.24	32.47	11.94	3.82	0.01
Jamwich, PB & Jelly, WG-2SKIP#	2 Jamwich	10	580	0	540	8.00	4.14	80.0	0	2.4	27	20.0	64.0	30.0	5.00	0.00
Sweet Potato Fries, Hrv Sp\$SKP	1/2 cup	150	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 6-KMS/GHS%	See Below	450	81	0	135	5.80	2.05	51.0	9148	7.46	*1	4.59	15.65	0.25	0.05	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	430	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Vegetables, Cntry Blend - 4oz#	4 oz Serv	275	80	0	13	2.67	0.48	26.7	1667	8.0	*N/A*	2.67	16.0	0.0	0.00	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl- 1/2C	430	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisels, Sour Org/Lmn 1 Box\$	1 Box	400	140	0	5	1.00	0.72	20.0	0	60.0	28	1.0	36.0	0.0	0.00	0.00
Ice Cream Sandwich - Schoep's@	1 Sandwich	475	140	14	90	0.00	0.00	40.0	100	0.0	13	2.0	23.0	4.5	2.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	545	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	275	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	25	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	35	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			895	57	1170	11.88	4.90	655.7	10612	54.90	*70	32.89	141.14	23.67	8.71	*0.21
% of Calories											*31.5%	14.7%	63.0%	23.8%	8.8%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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)
Mon - 02/19/2018																
GHS Lunch	Total	600														
Chicken, Mand Org-Ling KM/GH@	8 oz spoodl	190	167	44	311	0.00	0.80	0.0	0	1.33	11	12.22	21.11	3.33	0.56	0.00
Rice, Brown, USDA, #8 - 1Br @	#8/4 oz	190	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
Roll, Dnr Hny WG Gordon1\$	1 roll	120	75	0	55	2.00	0.90	10.0	0	0.0	1	3.0	14.5	0.75	0.00	0.00
Corn Puppies, Tky Mini JTM ^	6 pieces	100	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Pizza, BD Primo Buff Ckn WG \$	1 Slice	100	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Pizza, Nardone, Chse 4x6 WGSK^	1 Slice	100	310	30	360	3.00	2.70	450.0	500	9.0	6	21.0	30.0	12.0	6.00	0.00
Chicken Sand, Grill Brst-Skip@	1 ckn/1 bun	50	267	60	568	24.65	2.15	52.0	0	0.0	3	28.24	27.47	4.44	0.82	0.01
Cheeseburger KMS/GHS SKIP \$	1Bun/1Ch s/1Bgr	50	322	42	653	3.65	2.87	152.0	150	1.2	5	21.74	29.47	12.94	5.07	0.51
Club Sand-Diam Jim - Skip@	1R/5slmt/1slCh	10	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Garden Bar Wk 1-KMS/GHS%	See Below	430	75	0	99	4.61	1.48	49.8	8885	9.01	*4	4.05	14.38	0.44	0.09	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	405	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Broccoli, Frozen 1/2c	#8 - 1/2 cu	340	27	0	10	2.83	0.58	31.2	955	37.89	1	2.93	5.22	0.11	0.02	0.00
Oranges, Mandarin, Cnd - 1/2c	4oz spdl-1/2C	380	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*N/A*
Craisins, Strawberry %	1 package	400	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Cookie, Fortune@	1 cookie	480	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	530	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	600	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
Mayonnaise, Lite - Skip%	1 TBSP	35	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	70	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			702	49	907	12.30	3.48	482.3	8667	56.05	*54 *30.8%	31.02 17.7%	112.32 64.0%	14.36 18.4%	3.88 5.0%	*0.04 *0.1%
Nutrient Guideline			750-850		1420											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS Lunch

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)
Tue - 02/20/2018																
GHS Lunch	Total	600														
Chicken Tdrs, TY - 4 KM/GHS@	4 Tenders	125	347	33	520	4.00	2.40	53.3	133	0.0	1	20.0	21.33	20.0	3.33	0.00
Breadstick 6" NY WG 1oz1@	1 Breadstic	90	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Grilled Cheese Sand-2 mt @	2 brd/4 sl	125	278	30	717	2.40	1.44	440.0	600	0.0	7	19.24	28.9	9.9	5.28	0.00
	c chs															
Chicken Alfredo - KMS/GHS^	6ozSce	100	417	152	1086	0.00	1.37	504.8	0	0.0	*0	48.16	5.05	22.11	11.36	0.00
Pasta, Rotini WG - 2 Br \$	8 oz spoodl	100	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	0.00	0.00
Breadstick 6" NY WG 1oz1@	1 Breadstic	75	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Pizza, Tony's FB Multi Chs SK	6" FB Pizza	150	320	15	590	2.00	2.70	250.0	400	15.0	*N/A*	15.0	36.0	12.0	3.00	0.00
Bratwurst in Bun SKIP@	1 Brat/1 Bu	50	446	50	1206	2.29	2.16	50.0	0	0.0	5	17.2	29.49	28.1	9.34	0.03
Chicken Sand, Patty, Spicy-SK@	1 Bun/1 P	50	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
	atty															
Wrap, Veggie - Skip@	1T/Veg/1 ozCh	10	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
String Cheese - Skip	1 Piece	10	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-KMS/GHS%	See Below	400	75	0	99	4.61	1.48	49.8	8885	9.01	*4	4.05	14.38	0.44	0.09	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	380	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Soup, Tomato, Cond, - KMS/GHS	8 oz	200	180	0	960	2.00	1.44	0.0	800	12.0	*N/A*	4.0	40.0	0.0	0.00	0.00
Fruit, Fresh, Winter Mix	1 Piece	450	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Sherbet, Cup - Assorted	4 oz Serv	450	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	525	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	45	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
Mayonnaise, Lite - Skip%	1 TBSP	40	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	35	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			803	59	1463	10.19	5.01	604.5	7077	69.48	*33	37.47	112.91	22.77	7.12	*0.00
% of Calories											*16.3%	18.7%	56.3%	25.5%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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 - 02/21/2018																
GHS Lunch	Total	600														
Sub Bar - Tky or Italian*	1Hm or 1l T SW	275	460	56	1149	6.00	0.64	102.3	236	5.19	*8	25.77	45.34	19.19	7.04	0.00
Pizza, Bosco, SC WG RF@	1/8 Pizza	190	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Gyro	1 Gyro	65	587	80	1213	4.25	1.93	107.3	340	1.11	*2	23.79	46.16	32.05	16.02	0.00
Gyro Sauce SKIP	2 oz Servin	50	97	30	23	0.25	0.13	67.3	340	1.11	*2	1.79	3.16	7.55	6.02	0.00
Chicken Sand, Filet Brd @	1 Filet/1 Bu	75	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Garden Bar Wk 1-KMS/GHS%	See Below	430	75	0	99	4.61	1.48	49.8	8885	9.01	*4	4.05	14.38	0.44	0.09	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	405	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Peas - 1/2 Cup*	4oz spdl- 1/2 C	275	88	0	82	5.10	1.72	27.2	2381	11.23	5	5.84	16.17	0.31	0.06	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl- 1/2C	400	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	425	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Bag of Chips	1 Bag	450	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	535	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	175	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	150	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			838	59	1412	12.77	3.81	522.0	8689	18.69	*46	38.42	112.14	26.08	8.39	0.00
% of Calories											*22.1%	18.3%	53.5%	28.0%	9.0%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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)
Thu - 02/22/2018																
GHS Lunch	Total	600														
Chicken Nuggets, Gld Kst - 8 ^	8 Nuggets	200	272	56	576	3.20	1.15	32.0	0	0.0	0	30.4	17.6	12.8	2.40	0.00
Pork & Gravy, Cmnt KMS-GHS@	6oz spoodl	50	247	81	639	0.00	0.72	9.0	6	0.6	*N/A*	14.82	8.0	16.05	5.56	0.00
Philly Steak Sandwich	1 Sandwich	75	493	55	899	6.00	1.08	*10.0	100	12.0	*9	30.0	48.0	18.5	7.80	0.00
Potatoes, Mashed #8 \$	#8	320	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prep ared	310	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Pizza, Assorted SKIP	1 slice	150	360	30	555	3.75	2.70	412.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Hot Dog w/Bun KM/GHS-2 SKIP \$	2 Dog/2 Bu	75	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Egg, Can Bacon & Chs Bagel-SK@	1Bgl/1E/1 C/1CB	35	199	18	424	4.00	2.09	144.0	150	0.0	*1	12.92	30.6	3.8	1.55	0.00
Wrap, Turkey & Chs - GHS - SK*	1T-7sl1T-.5CH-L	15	340	60	588	3.32	1.91	146.4	214	1.15	*0	24.82	30.46	13.5	7.00	0.00
Potatoes, Hash Brown Patty, SK	2.22 oz P atty	200	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Garden Bar Wk 1-KMS/GHS%	See Below	420	75	0	99	4.61	1.48	49.8	8885	9.01	*4	4.05	14.38	0.44	0.09	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	400	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Cinn Roll w/Cin & Sugar-Lg ^	1 Roll	400	189	5	135	3.14	1.10	22.6	301	0.01	12	5.01	39.31	1.0	0.50	*0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	300	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	250	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	250	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	525	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	70	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	25	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			808	61	1391	11.99	4.67	*467.5	7065	13.91	*42 *20.6%	40.46 20.0%	117.23 58.0%	21.71 24.2%	6.75 7.5%	*0.01 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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 - 02/23/2018																
GHS Lunch	Total	600														
Pizza, Homemade Cheese 1/8@	1/8 pizza	75	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	0.00
Pizza, Homemade Sausage 1/8@	1/8 pizza	50	451	45	782	4.63	0.76	*20.0	481	25.8	*N/A*	24.12	39.0	20.87	9.30	0.00
Pizza, Homemade Veggie 1/8 @	1/8 pizza	25	374	30	620	4.66	0.53	*4.2	524	31.51	*1	20.99	39.79	13.93	6.81	*0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	135	370	15	520	3.00	1.44	560.0	650	1.2	3	20.0	27.0	20.0	5.00	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	85	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
BBQ Pork Prtz Roll-KMS/GHS	#8 pork/1 Bun	50	502	44	913	3.44	1.00	40.0	378	40.0	*N/A*	25.67	78.0	11.06	3.54	0.00
Potatoes, Savory Loops %	3 oz	225	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Pizza, Homemade Cheese 1/8 S K@	1/8 pizza	75	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	0.00
Pizza, Homemade Pepperoni SK	1/8 pizza	75	231	33	620	0.84	0.73	417.1	506	1.8	*0	19.43	8.41	12.84	6.37	*0.21
Chicken Sand, Patty Brd SKIP@	1 Patty/1 Bun	75	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
Cheeseburger, Bacon SKIP@	1bg/1c/1b c/1bn	75	357	50	773	3.65	2.87	152.0	150	1.2	5	23.74	29.47	15.94	6.07	0.51
Ham* & Amer Chs Sand-Crsst SK#	4H/1C/1 Crsst	15	275	37	1035	3.00	1.80	200.0	350	0.0	5	17.5	32.0	10.0	4.75	0.00
Potatoes, Savory Loops SKIP%	3 oz	225	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 1-KMS/GHS%	See Below	425	75	0	99	4.61	1.48	49.8	8885	9.01	*4	4.05	14.38	0.44	0.09	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	400	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 1/2C\$	#8 - 1/2 cu	280	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1/2C	410	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	400	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	530	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	400	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	25	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	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	85	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			809	42	1398	11.53	3.78	*559.2	14589	31.04	*36	35.52	108.46	25.01	7.48	*0.09
% of Calories											*17.6%	17.6%	53.6%	27.8%	8.3%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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)
Mon - 02/26/2018																
GHS Lunch	Total	600														
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 Bun	50	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Chicken, Wings, BBQ Balls#	6 wings	150	364	*61	800	1.98	1.87	49.1	202	1.33	*5	27.2	33.83	12.31	0.02	2.44
Pretzel Rod, Soft-WG, 1@	1 Pretzel Rod	100	70	0	65	1.00	0.72	0.0	0	0.0	0	2.0	14.0	0.5	0.00	0.00
Pizza Ques, Chs WG Max ^	1 slice	75	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	55	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Potatoes, Wedges*	#8 - 1/2 cu	250	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Pizza, Bosco, SC WG RF SKIP@	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
Bratwurst in Bun SKIP@	1 Brat/1 Bu	75	446	50	1206	2.29	2.16	50.0	0	0.0	5	17.2	29.49	28.1	9.34	0.03
Cheeseburger, Double SKIP \$	1Bun/1Ch s/2Bgr	85	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
Wrap, Honey Mst Deli - SK*	1T-4sl T-3 slH	15	345	51	908	3.32	2.72	89.4	104	2.25	*1	25.77	43.55	7.78	3.57	*0.00
Potatoes, Wedges Skip*	#8 - 1/2 cu	250	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-KMS/GHS%	See Below	400	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	380	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Beans, Baked, Veg - 1/2 Cup%	#8 - 1/2Cu	250	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	0.00	*0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spd-1/2C	420	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	420	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Rice Krispie Trt - .78oz/ala	1 Treat	400	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	550	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	500	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
Lettuce, Shredded - SKIP	1/4 cup	40	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			842	*53	1353	10.09	5.48	526.4	7155	30.75	*53 *24.9%	37.61 17.9%	127.08 60.3%	20.28 21.7%	5.66 6.0%	*0.62 *0.7%
Nutrient Guideline			750-850		1420										<10.00	

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Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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)
Tue - 02/27/2018																
GHS Lunch	Total	600														
Taco Nachos(#10)w/LOL-GHS%	1Cp/#10 Mt/2Ch	110	481	20	902	5.00	3.06	120.0	950	16.8	*2	22.0	46.0	26.0	7.80	0.00
Enchilada, Chicken - KMS/GHS@	1 Enchilad	85	305	51	545	4.06	3.13	146.4	1253	13.3	*0	20.49	35.99	9.24	4.42	0.00
Salsa, Red Gold - Skip#	2 oz Serv	175	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	120	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, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	110	300	30	440	4.00	2.16	400.0	400	0.0	2	20.0	34.0	10.0	5.00	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	90	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Pizza, Wild Mike's KMS/GHSSK ^	Slice	150	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
BBQ Pork Rib Sandwich - Skip@	1Pork Rib /1 Bun	75	317	40	648	3.65	2.43	34.0	100	1.0	8	20.24	32.47	11.94	3.82	0.01
Corn Puppies, Tky Mini JTM SK^	6 pieces	50	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Wrap, Veggie - Skip@	1T/Veg/1 ozCh	15	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
Cheese Cubes, Cheddar RF SK\$	1 oz	15	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Garden Bar Wk 2-KMS/GHS%	See Below	450	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	425	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Beans, Refried, Cheesy, 1/2C@	#8 - 1/2 Cu	225	146	10	195	5.01	1.45	104.1	96	2.39	*0	9.27	20.5	2.88	1.92	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	380	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl- 1/2C	450	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Cookie, Choc Chip, WG Otis1oz^	1 Cookie	500	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	550	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	450	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			809	52	1169	12.05	6.66	632.4	7997	34.40	*55	33.03	116.90	24.04	8.88	*0.00
% of Calories											*27.4%	16.3%	57.8%	26.7%	9.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

GHS 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																
GHS Lunch	Total	600														
Soup, Beef Barley 12 oz^	12 oz cup	50	135	22	1560	3.00	1.62	30.0	3375	9.0	3	9.0	19.5	3.0	1.50	0.00
Soup, Broccoli Cheese 12oz\$	12 oz	50	408	74	1188	2.00	0.00	780.0	890	36.0	16	26.0	28.0	22.0	12.00	0.00
Soup, HM Chicken Noodle - 12oz	12 oz Ser	75	229	76	845	2.93	2.07	51.1	10854	7.98	*4	21.61	27.15	4.34	0.58	0.02
	ving															
Bosco Stk, 6" WG RF, 1 ELEM#	1 Bosco	175	150	15	220	2.00	1.08	200.0	200	0.0	1	10.0	17.0	5.0	2.50	0.00
	Stick															
Tornado, Beef Steak ^	2 Tornados	155	460	20	720	2.00	3.60	120.0	400	4.8	2	16.0	64.0	16.0	4.00	0.00
Fr Tst, Cinn, WG 2PC \$	2 Tst	150	400	218	580	5.00	2.88	140.0	500	0.0	22	15.6	50.0	16.0	3.00	0.00
Sausage Links, 2, JTM ^	2 Sausage	150	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	125	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, Filet Brd @	1 Filet/1 Bu	100	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Club Sand-Diam Jim - Skip@	1R/5slmt/	20	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
	1slCh															
Garden Bar Wk 2-KMS/GHS%	See Below	420	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	400	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Apples,Cinnamon - Warm - 1/2 C	4oz spdl-1/2C	400	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	400	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Donut, Pwd Sgr Mini WG - 3 \$	3 Mini Do	425	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
	nuts															
Milk, SKIP - AVG - PF%	8 oz Carton	550	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	75	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	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			866	105	1335	9.77	4.16	588.2	8596	22.22	*60	33.95	130.35	25.38	6.78	*0.00
% of Calories											*27.7%	15.7%	60.2%	26.4%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			806	*64	1243	11.81	4.88	*554.0	8826	35.61	*47	35.85	116.56	22.67	7.00	*0.06
											*52.5%	17.8%	57.9%	25.3%	7.8%	*0.1%

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Germantown School District

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Base Menu Spreadsheet

GHS 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	806		750 - 850	100%														
Cholesterol (mg)	64				Missing													
Sodium 1 (mg)	1243		1420															
Sodium 2 (mg)	1243		1080						163	Correction Required - Sodium too High								
Fiber (g)	11.81																	
Iron (mg)	4.88																	
Calcium (mg)	554.0				Missing													
Vitamin A (IU)	8826																	
Sugars (g)	47	23.34%			Missing													
Vitamin C (mg)	35.61																	
Protein (g)	35.85	17.80%																
Carbohydrate (g)	116.56	57.87%																
Total Fat (g)	22.67	25.33%																
Saturated Fat (g)	7.00	7.82%	<10.00%															
Trans Fat ¹ (g)	0.06	0.07%			Missing													

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