

Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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 - 02/01/2018																
KMS Lunch	Total	350														
Chicken Nuggets, Gld Kst - 7 ^	7 Nuggets	100	453	113	609	3.48	2.51	34.8	174	188.03	0	29.6	26.12	24.37	2.61	0.00
Pork & Gravy, Cmnt KMS-GHS@	6oz spoodl	65	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	50	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	150	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	130	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	75	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	25	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	15	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	30	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	30	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Turkey Sand w/Chs,Crsst SKIP #	5T/1C/1 Crsst	5	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	75	143	0	286	1.68	0.61	16.8	0	1.01	*N/A*	1.68	15.96	8.4	2.10	0.00
Cinn Roll w/Cin & Sugar-Lg ^	1 Roll	210	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 - 1/4c	2oz spdl-1/4C	160	44	0	0	0.97	0.00	0.0	0	2.33	*N/A*	1.45	9.22	0.24	0.00	0.00
Apples,Cinnamon - Warm - 1/2 C	4oz spdl-1/2C	225	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	300	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			752	84	1213	9.41	4.18	438.1	1517	60.48	*38 *20.2%	35.90 19.1%	105.54 56.1%	21.24 25.4%	5.82 7.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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Generated on: 1/23/2018 8:29:05 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)
Fri - 02/02/2018																
KMS Lunch	Total	350														
Chicken Tdrs, TY - 4 KM/GHS@	4 Tenders	145	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	25	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 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 Cheese 1/8@	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 Pepperoni SK	1/8 pizza	50	231	33	620	0.84	0.73	417.1	506	1.8	*0	19.43	8.41	12.84	6.37	*0.21
Fish Sandwich w/Chse Square SK	1fsh/1ch/1bun	25	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	10	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	5	580	0	540	8.00	4.14	80.0	0	2.4	27	20.0	64.0	30.0	5.00	0.00
Soup, Broccoli Cheese 8oz\$	8 oz	100	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	220	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	225	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	305	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			641	58	1085	5.69	3.78	*514.4	1223	18.40	*36	33.76	72.82	23.74	7.97	*0.03
% of Calories											*22.6%	21.1%	45.4%	33.3%	11.2%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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Base Menu Spreadsheet

KMS 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)
Mon - 02/05/2018																
KMS Lunch	Total	350														
Chicken, Popcorn, GK KM/GH\$	15 pieces	120	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 D/2Bn	5	716	91	1910	7.32	4.98	134.3	858	13.17	11	33.32	63.27	37.63	13.85	0.06
Fajita, Chicken - KMS/GHS@	1T/3ozCK /1ozCH	50	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	150	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	100	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
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	5	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	85	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Beans, Baked, Veg - 1/4 Cup%	#16 - 1/4 Cup	125	80	0	83	2.67	1.07	38.5	14	0.17	*3	3.2	15.92	0.0	0.00	*0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl- 1/2C	200	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	300	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	305	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	300	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	15	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			655	76	1074	9.18	3.39	501.4	1589	62.90	*45 *27.8%	32.25 19.7%	94.36 57.6%	16.92 23.3%	5.83 8.0%	*0.01 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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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 - 02/06/2018																
KMS Lunch	Total	350														
Chicken, Gen TSO, Lin-KMS/GH S%	8oz spoodl	115	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	115	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
Fr Tst, Cinn, WG 2PC \$	2 Tst	85	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	85	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	25	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	85	360	30	555	3.75	2.70	412.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Tornado, Beef Steak 2 SKIP ^	2 Tornados	40	460	20	720	2.00	3.60	120.0	400	4.8	2	16.0	64.0	16.0	4.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	45	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	40	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Breadstick 6" NY WG 1oz1@	1 Breadstic	25	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Wrap, Ham & Cheese-Cold 9" SK@	1T/4Ham/1Ch	5	364	77	756	3.28	2.39	245.5	576	1.6	*0	23.32	31.61	17.03	9.68	0.00
Vegetables, Mixed - 2 oz	2 oz Serv	180	37	0	20	2.49	0.46	14.2	2425	1.81	2	1.62	7.42	0.09	0.02	0.00
Apples,Cinnamon - Warm - 1/2 C	4oz spdl-1/2C	260	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	335	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			722	149	998	8.95	3.56	527.9	3165	9.92	*47 *25.8%	32.74 18.1%	112.04 62.1%	17.58 21.9%	5.43 6.8%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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Wed - 02/07/2018																
KMS Lunch	Total	350														
Soup, Broccoli Cheese 12oz\$	12 oz	25	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	50	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*	8 oz	25	209	43	316	5.49	4.20	68.6	1715	26.35	7	17.84	20.58	6.86	2.33	0.00
Bosco Stk, 7" WG RF, 1 Stick@	1 Stick	100	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	100	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	75	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	275	140	0	330	2.00	0.36	0.0	0	3.6	*N/A*	1.0	17.0	7.0	2.00	0.00
Beans. Green, Simplot-1/4 cup	2oz spdl-1/4C	150	14	0	0	0.89	0.32	17.8	89	4.0	*0	0.44	2.73	0.0	0.00	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	250	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Bag of Chips	1 Bag	275	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	325	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	60	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			658	47	1097	7.45	2.81	605.5	2892	26.63	*34	28.20	88.92	21.30	7.08	0.00
% of Calories											*20.8%	17.1%	54.0%	29.1%	9.7%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Thu - 02/08/2018																
KMS Lunch	Total	350														
Spaghetti w/Meat Sce KMS/GHS@	8oz Spdl P & S	75	414	43	407	9.78	7.50	45.7	812	11.95	*5	24.0	54.75	14.16	4.65	*0.72
Cheese, Parmesan %	1/2 oz	40	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, Spy, TY - 4 GHS@	4 tenders	75	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	50	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	85	320	30	480	3.00	2.70	250.0	300	0.0	10	17.0	35.0	12.0	6.00	0.00
Bratwurst in Bun SKIP@	1 Brat/1 Bu	20	446	50	1206	2.29	2.16	50.0	0	0.0	5	17.2	29.49	28.1	9.34	0.03
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	40	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	40	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Club Sand-Diam Jim - Skip@	1R/5slmt/ 1slCh	5	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Garlic Toast, WG, GFS \$	1 Slice	250	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 - 1/4c	2oz spdl- 1/4C	175	44	0	0	0.97	0.00	0.0	0	2.33	*N/A*	1.45	9.22	0.24	0.00	0.00
Applesauce - 1/2 C	#8 - 1/2 C	280	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	335	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
Lettuce, Shredded - SKIP	1/4 cup	20	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			621	59	978	7.74	4.66	450.3	1693	9.29	*32	34.65	77.74	20.53	6.90	*0.16
% of Calories											*20.9%	22.3%	50.1%	29.8%	10.0%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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																
KMS Lunch	Total	350														
Pizza, BD Primo 4 Meat WG<	slice	40	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
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	65	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
Pizza, BD Primo 4 Meat WGSK<	slice	30	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	40	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	40	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
Wrap, Turkey & Chs - GHS - SK*	1T-7sl1T-.5CH-L	5	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 Fries, Hrv Sp\$SKP	1/2 cup	60	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Vegetables, Calif Blen - 2 oz	2 oz Serv	175	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	225	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	200	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	305	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	130	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
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	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			667	60	1103	8.92	3.64	592.8	3434	16.07	*38	32.54	90.62	19.52	6.75	0.18
% of Calories											*23.0%	19.5%	54.3%	26.3%	9.1%	0.2%
Nutrient Guideline			600-700		1360										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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 - 02/12/2018																
KMS Lunch	Total	350														
Chicken Nuggets, Gld Kst - 7 ^	7 Nuggets	105	453	113	609	3.48	2.51	34.8	174	188.03	0	29.6	26.12	24.37	2.61	0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	75	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	70	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	25	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	90	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
Club Sand-Diam Jim - Skip@	1R/5slmt/1slCh	5	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Beans. Green, Simplot-1/4 cup	2oz spdl-1/4C	175	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	290	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	325	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	335	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
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	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 % of Calories			612	67	887	4.89	4.74	605.9	1036	74.00	*30 *19.8%	33.98 22.2%	74.18 48.4%	20.29 29.8%	5.16 7.6%	0.00 0.0%
Nutrient Guideline			600-700		1360											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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																
KMS Lunch	Total	350														
Taco, Soft Shell (1)#10 KM/GHS	1T-1#10	75	391	30	632	5.00	3.42	280.0	950	4.8	*2	24.0	35.0	18.5	10.30	0.00
	M-1ozCh															
Salsa, Red Gold - Skip#	2 oz Serv	65	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
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	60	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	60	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	35	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	75	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
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	50	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	50	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Wrap, Ham & Tky w/C - SKIP@	1T/2H/2T/1Ch	5	302	52	1008	3.00	1.56	140.0	150	0.0	*2	22.17	31.0	10.5	5.25	0.00
Roll, Dnr White Wht Alpha-1\$	1 roll	300	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Beans, Refried, Cheesy, 1/4C@	#16 - 1/4 Cup	150	73	5	98	2.51	0.73	52.1	48	1.2	*0	4.64	10.25	1.44	0.96	0.00
Applesauce - 1/2 C	#8 - 1/2 C	280	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	335	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	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			609	57	1033	7.89	4.00	647.5	2301	10.89	*30	36.18	79.23	17.40	8.05	*0.02
% of Calories											*19.9%	23.8%	52.0%	25.7%	11.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Generated on: 1/23/2018 8:29:05 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)
Wed - 02/14/2018																
KMS Lunch	Total	350														
Potato Bar - KMS/GHS@	1Pot w/To ppings	70	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	125	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	75	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	75	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	5	268	51	764	2.35	2.04	189.5	141	0.6	*5	22.95	27.46	7.97	3.30	*0.02
Carrots,Frozen,Swt 1/4c\$	#16 - 1/4 cup	175	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
Breadstick 6" NY WG 1oz1@	1 Breadstic	250	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	250	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	300	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	320	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
Weighted Daily Average % of Calories			703	72	1050	7.73	4.17	405.3	5174	17.12	*33 *18.8%	31.56 18.0%	90.50 51.5%	22.68 29.1%	8.85 11.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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 - 02/15/2018																
KMS Lunch	Total	350														
Chicken, Popcorn, GK KM/GH\$	15 pieces	100	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	45	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	40	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	165	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	160	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	90	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	25	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Salad Bar, KMS/GHS. Skip@	2C Let w/Topngs	45	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	45	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Chicken Salad Sand, Crsst SK#	#8 Scp Ckn/1C	5	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	90	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Roll, Dnr White Wht Alpha-1\$	1 roll	200	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	150	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	225	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	320	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
Mustard, skip	2 tsp	10	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			638	83	1361	6.62	3.98	490.7	2121	19.90	*32 *20.3%	36.36 22.8%	79.68 49.9%	18.83 26.5%	6.04 8.5%	*0.02 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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																
KMS Lunch	Total	350														
Pizza, BD Primo 4 Meat WG<	slice	25	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
Fish, Pot Crst Filet, Pollak-2	2 Filets	50	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	25	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
Mac & Cheese, JTM WG 6oz\$	#6/6 oz	50	279	37	656	2.00	1.08	380.0	500	1.2	8	16.0	30.0	11.0	6.10	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	40	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	30	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Rib-B-Que Sandwich SKIP\$	1 rib/1 bun	25	307	40	688	3.65	2.51	52.0	300	1.2	5	19.24	29.47	8.94	2.82	0.01
Jamwich, PB & Jelly, WG-2SKIP#	2 Jamwich	5	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	60	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Vegetables, Cntry Blend - 2oz#	2 oz Serv	160	40	0	7	1.33	0.24	13.3	833	4.0	*N/A*	1.33	8.0	0.0	0.00	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	260	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 Sandwich - Schoep's@	1 Sandwich	300	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	335	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
Weighted Daily Average			648	51	862	5.26	2.35	591.7	3675	6.80	*52	26.02	94.37	18.95	7.65	0.24
% of Calories											*32.0%	16.1%	58.3%	26.3%	10.6%	0.3%
Nutrient Guideline			600-700		1360											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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 - 02/19/2018																
KMS Lunch	Total	350														
Chicken, Mand Org-Ling KM/GH@	8 oz spoodl	125	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	125	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	75	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	80	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Pizza, Tony's 4x6 WG Chs SK@	1 Slice	50	340	35	510	3.00	2.70	350.0	400	0.0	11	17.0	36.0	14.0	7.00	0.00
Cheeseburger KMS/GHS SKIP \$	1Bun/1Ch s/1Bgr	25	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	5	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Broccoli, Frozen 1/4c	#16 - 1/4 cup	180	14	0	5	1.42	0.29	15.6	478	18.95	1	1.46	2.61	0.06	0.01	0.00
Roll, Dnr White Wht Alpha-1\$	1 roll	250	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Oranges, Mandarin, Cnd - 1/2c	4oz spdl-1/2C	280	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, Fortune@	1 cookie	300	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	330	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
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	10	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			576	48	803	4.98	2.56	458.5	2120	40.68	*31 *21.7%	27.80 19.3%	88.17 61.3%	12.69 19.8%	3.98 6.2%	*0.05 *0.1%
Nutrient Guideline			600-700		1360											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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 - 02/20/2018																
KMS Lunch	Total	350														
Chicken Tdrs, TY - 4 KM/GHS@	4 Tenders	100	347	33	520	4.00	2.40	53.3	133	0.0	1	20.0	21.33	20.0	3.33	0.00
Grilled Cheese Sand-2 mt @	2 brd/4 sl c chs	50	278	30	717	2.40	1.44	440.0	600	0.0	7	19.24	28.9	9.9	5.28	0.00
Chicken Alfredo - KMS/GHS^	6ozSce	50	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 1.5 Br \$	#6 Pasta	50	135	0	0	4.50	2.70	0.0	0	0.0	1	6.0	29.25	1.13	0.00	0.00
Pizza, Tony's FB Multi Chs SK	6" FB Pizza	70	320	15	590	2.00	2.70	250.0	400	15.0	*N/A*	15.0	36.0	12.0	3.00	0.00
Chicken Sand, Patty, Spicy-SK@	1 Bun/1 P atty	30	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	45	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	40	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Breadstick 6" NY WG 1oz1@	1 Breadstic	25	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Ham* & Amer Chs - Diam Jim SK@	1RI/5slmt/ 1slCh	5	239	37	1009	2.35	1.74	162.7	150	0.0	6	18.42	27.99	6.14	2.94	0.02
Soup, Tomato, Cond, - KMS/GHS	8 oz	120	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	215	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	225	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	305	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	10	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	10	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			675	65	1296	7.23	3.85	555.7	1970	57.21	*27	35.11	91.77	18.91	6.27	*0.00
% of Calories											*16.0%	20.8%	54.4%	25.2%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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																
KMS Lunch	Total	350														
Sub Bar - Tky or Italian*	1Hm or 1l T SW	115	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	150	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	35	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	30	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	50	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Peas - 1/4 Cup*	2 oz spd-1/4C	170	44	0	41	2.55	0.86	13.6	1191	5.61	2	2.92	8.09	0.15	0.03	0.00
Juice, Apple/Cherry Cup 4 oz \$	4 oz cup	250	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	300	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	320	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	100	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	65	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			683	53	1171	7.17	2.28	517.2	1616	7.77	*31	33.36	86.88	21.54	7.52	0.00
% of Calories											*18.4%	19.5%	50.9%	28.4%	9.9%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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 - 02/22/2018																
KMS Lunch	Total	350														
Chicken Nuggets, Gld Kst - 7 ^	7 Nuggets	100	453	113	609	3.48	2.51	34.8	174	188.03	0	29.6	26.12	24.37	2.61	0.00
Pork & Gravy, Cmnt KMS-GHS@	6oz spoodl	40	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	30	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	140	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	140	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	70	360	30	555	3.75	2.70	412.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Egg, Can Bacon & Chs Bagel-SK@	1Bgl/1E/1C/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
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	40	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	38	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Wrap, Turkey & Chs - GHS - SK*	1T-7s1T-.5CH-L	5	340	60	588	3.32	1.91	146.4	214	1.15	*0	24.82	30.46	13.5	7.00	0.00
Potatoes, Wedges Skip*	#8 - 1/2 cu	80	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Cinn Roll w/Cin & Sugar-Lg ^	1 Roll	220	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 - 1/4c	2oz spdl-1/4C	175	44	0	0	0.97	0.00	0.0	0	2.33	*N/A*	1.45	9.22	0.24	0.00	0.00
Applesauce - 1/2 C	#8 - 1/2 C	230	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	315	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	60	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			661	80	1090	7.67	4.07	460.5	1718	63.65	*33 *20.2%	35.23 21.3%	91.42 55.3%	17.56 23.9%	4.99 6.8%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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Fri - 02/23/2018																
KMS Lunch	Total	350														
Pizza, Homemade Cheese 1/8@	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 Sausage 1/8@	1/8 pizza	40	451	45	782	4.63	0.76	*20.0	481	25.8	*N/A*	24.12	39.0	20.87	9.30	0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	100	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	70	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	25	502	44	913	3.44	1.00	40.0	378	40.0	*N/A*	25.67	78.0	11.06	3.54	0.00
Pizza, Homemade Pepperoni SK	1/8 pizza	40	231	33	620	0.84	0.73	417.1	506	1.8	*0	19.43	8.41	12.84	6.37	*0.21
Pizza, Homemade Cheese 1/8 S K@	1/8 pizza	40	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	0.00
Chicken Sand, Patty Brd SKIP@	1 Patty/1 Bun	40	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
Ham* & Amer Chs Sand-Crsst SK#	4H/1C/1 Crsst	10	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 %	3 oz	300	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Carrots,Frozen,Swt 1/4c\$	#16 - 1/4 cup	170	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	250	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	330	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
Mayonnaise, Lite - Skip%	1 TBSP	25	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 % of Calories			664	34	1168	7.59	2.43	*548.0	4834	22.12	*21 *12.5%	30.68 18.5%	84.26 50.7%	22.14 30.0%	6.76 9.2%	*0.03 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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																
KMS Lunch	Total	350														
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 Bun	40	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, Drummies \$	6 wings	95	323	47	457	2.69	2.69	26.9	0	0.0	1	18.81	20.16	18.81	4.57	0.00
Pretzel Rod, Soft-WG, 1@	1 Pretzel Rod	60	70	0	65	1.00	0.72	0.0	0	0.0	0	2.0	14.0	0.5	0.00	0.00
Enchilada, Chicken - KMS/GHS@	1 Enchilad	75	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	60	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
Potatoes, Wedges*	#8 - 1/2 cu	75	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	180	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Cheeseburger, Double SKIP \$	1Bun/1Ch s/2Bgr	25	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
Wrap, Ham & Cheese-Cold 9" SK@	1T/4Ham/1Ch	5	364	77	756	3.28	2.39	245.5	576	1.6	*0	23.32	31.61	17.03	9.68	0.00
Potatoes, Wedges Skip*	#8 - 1/2 cu	275	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Beans, Baked, Veg - 1/4 Cup%	#16 - 1/4 Cup	150	80	0	83	2.67	1.07	38.5	14	0.17	*3	3.2	15.92	0.0	0.00	*0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	250	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Rice Krispie Trt - .78oz/ala	1 Treat	250	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	325	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	170	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	15	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	15	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			734	55	1063	8.10	5.11	592.4	1917	21.58	*35	36.36	107.73	18.19	6.85	*0.00
% of Calories											*19.0%	19.8%	58.7%	22.3%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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																
KMS Lunch	Total	350														
Taco Nachos(#12)w/LOL-KMS%	1Cp/#12 Mt/2Ch	75	393	20	804	3.67	2.73	93.4	843	16.01	*2	18.87	36.18	22.18	7.00	0.00
Enchilada, Chicken - KMS/GHS@	1 Enchilad	40	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	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	75	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	90	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	80	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	75	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	50	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	40	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	40	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Roll, Dnr White Wht Alpha SK1*	1 roll	40	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
C-Line Sand-Variety-Cold-SKIP@	1Rl/5slmt/ 1slch	5	268	51	764	2.35	2.04	189.5	141	0.6	*5	22.95	27.46	7.97	3.30	*0.02
Beans, Refried, Cheesy, 1/4C@	#16 - 1/4 Cup	100	73	5	98	2.51	0.73	52.1	48	1.2	*0	4.64	10.25	1.44	0.96	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	300	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	290	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	320	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
Weighted Daily Average			677	60	1038	8.49	5.48	618.3	2267	22.14	*38	31.73	91.47	21.46	8.53	*0.00
% of Calories											*22.4%	18.7%	54.0%	28.5%	11.3%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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 - 02/28/2018																
KMS Lunch	Total	350														
Soup, Beef Barley 12 oz^	12 oz cup	25	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	30	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	20	229	76	845	2.93	2.07	51.1	10854	7.98	*4	21.61	27.15	4.34	0.58	0.02
Bosco Stk, 6" WG RF, 1 ELEM#	1 Bosco Stick	75	150	15	220	2.00	1.08	200.0	200	0.0	1	10.0	17.0	5.0	2.50	0.00
Tornado, Beef Steak ^	2 Tornados	50	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	75	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	75	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	75	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	45	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/ 1slCh	5	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Beans, Green, Simplot-1/4 cup	2oz spdl- 1/4C	180	14	0	0	0.89	0.32	17.8	89	4.0	*0	0.44	2.73	0.0	0.00	0.00
Apples,Cinnamon - Warm - 1/2 C	4oz spdl- 1/2C	265	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 - 3 \$	3 Mini Do nuts	300	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	335	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	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	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 % of Calories			684	84	962	7.49	2.70	540.6	1872	8.38	*49 *28.8%	26.86 15.7%	106.63 62.4%	18.84 24.8%	5.54 7.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	
Weighted Average			664	67	1067	7.42	3.69	*533.1	2407	28.80	*36 *48.5%	32.56 19.6%	90.42 54.5%	19.51 26.5%	6.60 8.9%	*0.04 *0.1%

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Germantown School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

KMS 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	664		600 - 700	100%													
Cholesterol (mg)	67																
Sodium 1 (mg)	1067		1360														
Sodium 2 (mg)	1067		1035						32	Correction Required - Sodium too High							
Fiber (g)	7.42																
Iron (mg)	3.69																
Calcium (mg)	533.1				Missing												
Vitamin A (IU)	2407																
Sugars (g)	36	21.53%			Missing												
Vitamin C (mg)	28.80																
Protein (g)	32.56	19.62%															
Carbohydrate (g)	90.42	54.47%															
Total Fat (g)	19.51	26.45%															
Saturated Fat (g)	6.60	8.94%	<10.00%														
Trans Fat ¹ (g)	0.04	0.05%			Missing												

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