

Germantown School District

Jun 1, 2017 thru Jun 7, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 5/18/2017 11:12:58 AM

	Portion Size	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 - 06/01/2017															
Elementary Lunch	Total														
Taco, Hard Shell #20 - Elem%	2 T-2#20M-1/2Ch	325	30	490	3.40	2.52	254.6	968	4.94	*2	21.71	20.27	18.18	9.20	0.00
Taco, Soft Shell (1)#16 Elem%	1 T-#16M-1/2 Ch	219	15	365	3.34	2.04	146.8	585	3.21	*1	14.19	18.84	10.34	5.70	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Chicken Drumstick, Breaded \$	1 Drumstic	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Chicken on the Bone, Roasted\$	1B/1L&W/1Thg	100	36	200	0.00	0.47	0.0	0	0.0	0	9.3	0.0	6.6	2.00	0.00
Garden Bar Wk 4-Elem%	See Below	117	0	140	4.37	1.34	48.0	8176	12.77	*0	3.72	25.54	0.25	0.06	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Cinn Roll w/Cin & Sugar-Sm@	1 Roll	94	3	90	0.14	3.98	2.6	1	0.01	*2	2.51	17.31	1.5	0.50	*0.00
Vegetable, Assorted Warm 2 oz	#16/2 oz	35	0	15	1.73	0.41	11.4	926	3.44	*1	1.61	6.86	0.12	0.01	0.00
Strawberries-Blueberries 1/2C	#8 - 1/2 Cu	41	0	1	1.65	*0.00	*0.0	*0	*0.0	7	0.0	10.48	0.49	0.00	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		120	9	173	1.70	*1.35	*97.2	*1616	*3.89	*5 *17.2%	6.08 20.3%	15.93 53.2%	3.63 27.3%	1.50 11.3%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 06/02/2017															
Elementary Lunch	Total														
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Muffin, Choc Choc Chip WG SL\$	1 Muffin	180	10	105	2.00	1.33	12.8	14	0.05	14	3.0	27.0	6.0	1.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Turkey Sand w/Cheese on bun*	1bn/4 sl T/	237	30	523	2.65	1.61	132.0	150	0.0	4	18.24	27.47	6.19	2.32	0.01
Carrots, Baby Pld Carroteenies	1.6 oz Bag	15	0	35	1.00	0.00	0.0	3000	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Applesauce - 4.5 oz Cup, Com\$	4 oz	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		118	8	128	0.78	0.35	117.2	718	0.65	*10 *33.7%	4.61 15.7%	18.12 61.7%	2.87 22.0%	1.12 8.6%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Jun 1, 2017 thru Jun 7, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 2

Generated on: 5/18/2017 11:12:58 AM

	Portion Size	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 - 06/05/2017															
Elementary Lunch	Total														
Corn Puppies, Tky Mini -JTM 6\$	6 pieces	267	34	365	3.00	1.00	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Mac & Cheese, LOL, RS RF 6oz\$	#6/6 oz	280	25	670	2.00	1.08	400.0	750	0.0	6	17.0	29.0	11.0	5.00	0.00
Potatoes, Tater Gems, Smp#	8 Gems - 1/2 C	143	0	286	1.68	0.61	16.8	0	1.01	*N/A*	1.68	15.96	8.4	2.10	0.00
Carrots & Celery - 3 oz	3 oz Veg	24	0	63	1.87	0.21	31.0	7295	3.83	3	0.69	5.34	0.17	0.03	0.00
BROCCOLI,raw: fresh	.5 CUP	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.02	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Shape Up, Blue	1 (2.25 oz)	70	0	5	3.00	0.36	80.0	0	60.0	15	0.0	18.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		151	8	254	1.98	0.52	132.9	1383	20.76	*13	4.85	22.70	4.60	1.24	0.00
% of Calories										*33.4%	12.8%	60.0%	27.4%	7.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 06/06/2017															
Elementary Lunch	Total														
Hamburger - Elem\$	1Bun/1Bgr	257	30	518	2.65	2.87	52.0	0	0.0	3	17.24	28.47	7.94	2.82	0.01
Hot Dog, Tky w/Bun Elem SgrDI\$	1 Dog/1 Bu	266	35	886	2.29	1.80	90.0	0	2.4	6	12.2	30.49	11.1	3.34	0.03
Tortilla Chips - WG 1oz Bag%	1oz Bag	140	0	105	1.00	0.36	40.0	0	0.0	0	2.0	19.0	7.0	1.00	0.00
Carrots, Baby Pld Carroteenies	1.6 oz Bag	15	0	35	1.00	0.00	0.0	3000	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	0.00
Rice Krispie Trt - .78oz/ala	1 Treat	90	0	105	0.00	0.36	0.0	200	0.0	*N/A*	0.0	17.0	2.5	1.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		143	9	261	1.26	0.68	85.3	783	7.27	*7	5.27	20.84	4.43	1.12	0.00
% of Calories										*19.5%	14.8%	58.3%	27.9%	7.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Jun 1, 2017 thru Jun 7, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 5/18/2017 11:12:58 AM

	Portion Size	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 - 06/07/2017															
Elementary Lunch															
	Total														
Pizza, Assorted	1 slice	360	30	555	3.75	2.70	412.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Chicken Nuggets, Gld Kst - 5 \$	5 Nuggets	180	35	380	2.00	1.80	1500.0	100	1.2	0	15.0	13.0	8.0	1.50	0.00
Chicken Tdrs, TY - 3 ELEM%	3 Tenders	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Chicken, Popcorn, GK Elem \$	10 pieces	260	70	550	3.00	1.44	0.0	100	0.0	0	18.0	16.0	13.0	2.50	0.00
Corn, Frozen - 1/4c	2oz spdl-1/4C	44	0	0	0.97	0.00	0.0	0	2.33	*N/A*	1.45	9.22	0.24	0.00	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Ice Cream, 3oz Cup/ Van Schoep	3 oz cup	70	5	60	0.00	0.00	60.0	200	0.0	10	2.0	13.0	1.0	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		123	10	162	1.13	0.53	149.5	266	1.81	*9	6.15	17.83	3.03	1.03	0.00
% of Calories										*29.3%	20.0%	58.1%	22.2%	7.5%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		131	9	195	1.37	*0.69	*116.4	*953	*6.88	*9	5.39	19.08	3.71	1.20	*0.00
										*60.1%	16.5%	58.3%	25.5%	8.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	131		550 - 650	24%		419		Correction Required - Calories are Low
Cholesterol (mg)	9							
Sodium (mg)	195		1230					
Fiber (g)	1.37							
Iron (mg)	0.69				Missing			
Calcium (mg)	116.4				Missing			
Vitamin A (IU)	953				Missing			
Sugars (g)	9	26.72%			Missing			
Vitamin C (mg)	6.88				Missing			
Protein (g)	5.39	16.48%						
Carbohydrate (g)	19.08	58.33%						
Total Fat (g)	3.71	25.52%						
Saturated Fat (g)	1.20	8.26%	<10.00%					
Trans Fat ¹ (g)	0.00	0.01%			Missing			

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.