

Germantown School District

Jun 1, 2017 thru Jun 7, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	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															
GHS Lunch	Total														
Taco, Soft Shell (2) #16 GHS%	2T-2#16M-1ozCh	438	30	731	6.67	4.09	293.5	1169	6.42	*3	28.39	37.69	20.69	11.41	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
Pizza, Assorted SKIP	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
Cook's Choice - Skip	1 Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Garden Bar Wk 4-KMS/GHS%	See Below	122	0	141	4.65	1.43	53.7	8454	13.4	*3	4.28	26.42	0.26	0.06	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	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	179	5	180	0.14	7.94	2.6	1	0.01	*2	4.01	32.31	3.0	1.00	*0.00
Vegetable, Assorted Warm 4 oz	#8/4 oz	77	0	30	3.63	0.82	22.8	1852	7.31	*2	3.49	15.45	0.29	0.02	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
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
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		859	45	1165	13.13	*10.81	*725.8	*9052	*46.09	*36	39.27	123.83	23.99	10.60	*0.00
% of Calories										*16.7%	18.3%	57.6%	25.1%	11.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 06/02/2017															
GHS Lunch	Total														
Pizza, Assorted SKIP	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
Cook's Choice - Skip	1 Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potatoes, Baked Assorted	3 oz Servin	88	0	147	1.16	0.34	12.2	0	3.11	*0	1.09	12.17	4.12	0.75	0.65
Garden Bar Wk 4-KMS/GHS%	See Below	122	0	141	4.65	1.43	53.7	8454	13.4	*3	4.28	26.42	0.26	0.06	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Vegetable, Assorted Warm 4 oz	#8/4 oz	77	0	30	3.63	0.82	22.8	1852	7.31	*2	3.49	15.45	0.29	0.02	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
Cookie, Choc Chip, WG Otis1oz%	1 Cookie	100	5	80	1.00	2.70	0.0	500	0.0	8	1.0	17.0	3.5	1.00	0.00
Cookie, Sugar, WG RF 1oz Otis#	1 Cookie	110	10	85	1.00	2.70	0.0	750	0.0	*N/A*	1.0	18.0	3.0	1.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		841	40	1114	11.13	6.47	693.4	8825	22.53	*50	32.00	129.34	22.07	7.74	0.55
% of Calories										*23.6%	15.2%	61.5%	23.6%	8.3%	0.6%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	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															
GHS 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
Pizza, Assorted SKIP	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
Cook's Choice - Skip	1 Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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	1.25 CUP	39	0	38	2.96	0.83	53.5	709	101.47	2	3.21	7.55	0.42	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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	4.4 oz cup	70	0	5	3.00	0.36	80.0	0	60.0	15	0.0	18.0	0.0	0.00	0.00
Sidekick, Strawberry Kiwi	4.4 oz cup	80	0	45	0.00	0.36	80.0	1000	60.0	19	0.0	20.0	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		705	37	1026	9.49	3.26	633.7	3881	115.47	*55	24.01	106.49	20.91	6.21	0.00
% of Calories										*31.5%	13.6%	60.4%	26.7%	7.9%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 06/06/2017															
GHS Lunch	Total														
Chicken Nuggets, Gld Kst - 8 \$	8 Nuggets	272	56	576	3.20	3.20	32.0	0	0.0	0	30.4	17.6	12.8	2.40	0.00
Chicken Tdrs, TY - 4 KM/GHS@	4 Tenders	347	33	520	4.00	2.40	53.3	133	0.0	1	20.0	21.33	20.0	3.33	0.00
Chicken, Popcorn, GK KM/GH\$	15 pieces	390	105	825	4.50	2.16	0.0	150	0.0	0	27.0	24.0	19.5	3.75	0.00
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
Cook's Choice	1 Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	120	0	0	2.67	0.00	0.0	0	6.4	*N/A*	4.0	25.33	0.67	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
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
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		679	70	921	7.78	2.99	487.1	1314	35.51	*46	35.67	95.03	18.07	4.92	0.00
% of Calories										*27.4%	21.0%	55.9%	23.9%	6.5%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	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															
GHS 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
Cook's Choice	1 Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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, 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
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
Graham Snacks, Scooby-Doo WG	Bag	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Graham Bunny Friends %	1 bag	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
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		851	39	1140	9.47	4.15	854.2	4408	35.44	*47	31.56	125.40	26.54	8.40	0.00
% of Calories										*22.1%	14.8%	58.9%	28.1%	8.9%	0.0%
Nutrient Guideline		750-850		1420										<10.00	
Weighted Average		787	46	1073	10.20	*5.54	*678.8	*5496	*51.01	*47	32.50	116.02	22.32	7.57	*0.11
										*53.6%	16.5%	59.0%	25.5%	8.7%	*0.1%

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GHS Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	787		750 - 850	100%												
Cholesterol (mg)	46															
Sodium (mg)	1073		1420													
Fiber (g)	10.20															
Iron (mg)	5.54				Missing											
Calcium (mg)	678.8				Missing											
Vitamin A (IU)	5496				Missing											
Sugars (g)	47	23.83%			Missing											
Vitamin C (mg)	51.01				Missing											
Protein (g)	32.50	16.52%														
Carbohydrate (g)	116.02	58.95%														
Total Fat (g)	22.32	25.51%														
Saturated Fat (g)	7.57	8.66%		<10.00%												
Trans Fat ¹ (g)	0.11	0.12%			Missing											

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