

Germantown School District

Jun 1, 2017 thru Jun 7, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 1

Generated on: 5/23/2017 10:13:02 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															
KMS 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 KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	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 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		657	35	1031	8.88	*8.83	*579.1	*7584	*18.11	*27	30.00	96.81	16.98	7.60	*0.00
% of Calories										*16.8%	18.3%	59.0%	23.3%	10.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 06/02/2017															
KMS 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 KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	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
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		806	39	1197	9.98	6.09	670.3	8302	20.68	*51	30.08	126.93	20.05	7.22	0.56
% of Calories										*25.4%	14.9%	63.0%	22.4%	8.1%	0.6%
Nutrient Guideline		600-700		1360										<10.00	

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

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

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

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	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															
KMS 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
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
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
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		622	35	951	8.24	2.77	551.0	5221	76.32	*44	21.78	90.43	19.78	5.67	0.00
% of Calories										*28.5%	14.0%	58.1%	28.6%	8.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 06/06/2017															
KMS Lunch	Total														
Chicken Nuggets, Gld Kst - 7 \$	7 Nuggets	238	49	504	2.80	2.80	28.0	0	0.0	0	26.6	15.4	11.2	2.10	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 - 1/4c	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		616	72	914	5.61	2.81	487.7	1175	7.39	*41	34.99	80.75	17.43	4.71	0.00
% of Calories										*26.8%	22.7%	52.4%	25.5%	6.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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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															
KMS Lunch	Total														
Cheeseburger KMS/GHS\$	1Bun/1Chs/1Bgr	322	42	653	3.65	2.87	152.0	150	1.2	5	21.74	29.47	12.94	5.07	0.51
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
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
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		768	58	1437	7.89	3.82	537.1	3093	28.17	*35	32.68	95.93	29.25	8.90	0.38
% of Calories										*18.1%	17.0%	49.9%	34.3%	10.4%	0.4%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		694	48	1106	8.12	*4.86	*565.0	*5075	*30.13	*40	29.90	98.17	20.70	6.82	*0.19
										*51.6%	17.2%	56.6%	26.8%	8.8%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	694		600 - 700	100%				
Cholesterol (mg)	48							
Sodium (mg)	1106		1360					
Fiber (g)	8.12							
Iron (mg)	4.86				Missing			
Calcium (mg)	565.0				Missing			
Vitamin A (IU)	5075				Missing			
Sugars (g)	40	22.93%			Missing			
Vitamin C (mg)	30.13				Missing			
Protein (g)	29.90	17.24%						
Carbohydrate (g)	98.17	56.58%						
Total Fat (g)	20.70	26.84%						
Saturated Fat (g)	6.82	8.84%	<10.00%					
Trans Fat ¹ (g)	0.19	0.24%			Missing			

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