

Germantown School District

Mar 1, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 03/05/2018															
Elementary Lunch	Total														
Mozz Stx, WG, Seapak, ELEM#	4 Sticks	248	10	348	2.01	0.96	375.1	435	0.8	2	13.4	18.09	13.4	3.35	0.00
Marinara Sauce, 1 oz (1)Sk \$	1 - 1 oz cu	15	0	120	1.00	0.36	0.0	100	1.2	2	0.0	3.0	0.0	0.00	0.00
Pancakes, Eggo Bag Mpl Flvr*	1 bag	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Garden Bar Wk 3-Elem%	.5cL.25cC. 125Vg	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	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
Peas - 1/4 Cup*	2 oz spdl-1/4C	44	0	41	2.55	0.86	13.6	1191	5.61	2	2.92	8.09	0.15	0.03	0.00
Apples,Cinnamon - Warm - 1/2 C	4oz spdl-1/2C	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
Johnny Pop - Straw Banana \$	1 Johnny Pop	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	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		622	132	796	10.90	5.79	575.4	7685	16.20	*47 *29.9%	24.14 15.5%	99.66 64.1%	15.99 23.1%	4.13 6.0%	*0.00 *0.0%
Nutrient Guideline		550-650		1230											<10.00

Tue - 03/06/2018															
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
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
Garden Bar Wk 3-Elem%	See Below	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	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
Pretzel, Bite Mini - 1^	1 Bite	30	0	30	1.00	0.36	0.0	0	0.0	0	1.0	7.0	0.0	0.00	0.00
Beans, Refried, Cheesy, 1/4C@	#16 - 1/4 C	73	5	98	2.51	0.73	52.1	48	1.2	*0	4.64	10.25	1.44	0.96	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	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

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Portion Values - Detailed

	Portion Size	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)
Weighted Daily Average		554	38	954	10.34	3.96	620.0	7810	35.32	*23	30.11	71.49	17.39	8.62	0.00
% of Calories										*16.9%	21.8%	51.7%	28.3%	14.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 03/07/2018															
Elementary Lunch	Total														
Pizza, Tony's 4x6 WG Chs@	1 Slice	340	35	510	3.00	2.70	350.0	400	0.0	11	17.0	36.0	14.0	7.00	0.00
Sub Sandwich - Elementary@	1B-2H-2T-1Ch	257	37	578	3.00	1.36	110.0	150	0.4	5	19.63	30.76	6.78	2.25	0.00
Garden Bar Wk 3-Elem%	See Below	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	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
Vegetables, Calif Blen - 2 oz	2 oz Serv	17	0	17	1.33	0.24	13.3	1000	18.0	*N/A*	0.67	3.33	0.0	0.00	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	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
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
Mayonnaise, Lite - Skip%	1 TBSP	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	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		636	45	984	8.95	4.31	670.8	7827	18.08	*44	30.05	91.02	17.98	6.90	0.00
% of Calories										*27.7%	18.9%	57.2%	25.4%	9.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/08/2018															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem%	12 pcs/6oz spd	244	21	371	3.18	1.91	42.4	106	0.0	1	14.82	14.82	13.76	2.65	0.00
Meatballs w/Gravy - 4@	4 MB& Gvy	181	40	576	1.00	1.98	60.0	5	1.2	*2	13.5	9.5	9.75	3.50	0.60
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 3-Elem%	See Below	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	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
Roll, Dnr Hny WG Gordon1\$	1 roll	75	0	55	2.00	0.90	10.0	0	0.0	1	3.0	14.5	0.75	0.00	0.00
Corn, Frozen - 1/4c	2oz spd-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
Pears, Canned, Lt. Syr - 1/2C	4oz spd-1 /2C	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	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		588	33	1088	10.77	4.91	367.6	6403	11.01	*30	29.17	81.65	17.15	3.42	0.12
% of Calories										*20.5%	19.8%	55.5%	26.2%	5.2%	0.2%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/09/2018															
Elementary Lunch	Total														
Chicken Nuggets, Tyson WG - 5\$	5 Nuggets	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	0.00
Grilled Cheese Sand-2 mt @	2 brd/4 slc chs	278	30	717	2.40	1.44	440.0	600	0.0	7	19.24	28.9	9.9	5.28	0.00
Potatoes, Smiley - 4 ELEM\$	4 pieces	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	0.00
Carrots, Raw 2 oz	2.58 oz Se rving	10	0	22	0.82	0.25	9.1	3909	0.74	1	0.18	2.34	0.04	0.01	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, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Ice Cream Sandwich, Mini CF\$	1 Sandwich	90	10	50	0.00	0.00	20.0	0	0.0	8	1.0	15.0	3.0	2.00	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		605	38	1076	6.21	2.30	461.3	3760	25.88	*39	24.88	87.58	16.60	4.88	0.00
% of Calories										*25.5%	16.5%	57.9%	24.7%	7.3%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Mon - 03/12/2018															
Elementary Lunch	Total														
Chicken, Mand Org-Ling ELEM@	6 oz spoodl	125	33	233	0.00	0.60	0.0	0	1.0	8	9.17	15.83	2.5	0.42	0.00
Rice, Brown, USDA, #8 - 1BrSK@	#8/4 oz	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
Waffle, Dutch 432588%	Waffle	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
Sausage Links, 2, JTM ^	2 Sausage	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	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*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
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1/2C	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	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
Weighted Daily Average		663	49	769	4.41	2.56	425.6	6768	16.76	*39	19.37	104.19	19.94	5.43	*0.00
% of Calories										*23.4%	11.7%	62.8%	27.1%	7.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/13/2018															
Elementary Lunch	Total														
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Corn Puppies, Tky Mini JTM ^	6 pieces	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Potatoes, Savory Loops %	3 oz	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 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*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
Beans, Baked, Veg - 1/4 Cup%	#16 - 1/4C	80	0	83	2.67	1.07	38.5	14	0.17	*3	3.2	15.92	0.0	0.00	*0.00
Apple, Fresh	1 Apple	59	0	1	2.71	0.14	6.8	61	5.2	12	0.29	15.61	0.19	0.03	0.00
Caramel Dip LF ^	1oz packag	80	50	50	0.00	0.00	20.0	0	0.0	15	1.0	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		655	57	1051	10.03	2.60	466.1	6471	43.52	*49	22.03	104.67	15.10	3.57	*0.00
% of Calories										*29.8%	13.4%	63.9%	20.7%	4.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Wed - 03/14/2018															
Elementary Lunch	Total														
Pizza, Bosco, SC WG RF@	1/8 Pizza	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
BBQ Pulled Pork Sand-ELEM@	#12 pork/1 Bun	253	27	602	3.90	2.06	57.0	236	25.0	*3	16.86	34.59	5.69	1.63	0.01
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*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
Cole Slaw #16 - 1/4 Cup@	#16 - 1/4 C	18	1	52	0.37	0.07	7.2	240	5.11	*1	0.02	2.45	0.9	0.10	*0.00
Carrots,Frozen,Swt 1/4c\$	#16 - 1/4 c	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	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		510	34	845	7.37	2.57	656.3	11277	21.79	*29	27.50	72.11	12.93	4.83	*0.00
% of Calories										*23.0%	21.6%	56.6%	22.8%	8.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 03/15/2018															
Elementary Lunch	Total														
Chicken Nuggets, Tyson WG - 5\$	5 Nuggets	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	0.00
Pork & Gravy, Cmtd ELEM@	4oz spoodl	178	54	626	0.00	0.48	6.0	4	0.4	*N/A*	9.88	8.0	10.7	3.71	0.00
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*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	99	0	70	2.14	0.74	2.6	101	0.01	7	2.01	21.31	0.5	0.00	*0.00
Corn, Frozen - 1/2C	4oz spdl-1 /2C	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	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
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		579	35	1158	7.27	3.74	348.4	6549	17.03	*36	25.73	89.39	12.69	2.54	*0.00
% of Calories										*25.2%	17.8%	61.8%	19.7%	4.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Mar 1, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/16/2018															
Elementary Lunch	Total														
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
Chicken Sand, Filet Brd @	1 Filet/1 Bu	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
French Fries, KK, Simp 3/8@	3 oz Serv	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-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*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
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Sherbet, Cup - Assorted	4 oz Serv	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	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 % of Calories		785	50	1309	8.47	3.70	497.7	6681	55.15	*47 *23.8%	34.01 17.3%	120.99 61.7%	18.53 21.2%	4.07 4.7%	*0.01 *0.0%
Nutrient Guideline		550-650		1230											<10.00

Mon - 03/19/2018															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem%	12 pcs/6oz spd	244	21	371	3.18	1.91	42.4	106	0.0	1	14.82	14.82	13.76	2.65	0.00
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
Garden Bar Wk 5-Elem%	See Below	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, 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
Beans, Baked, Veg - 1/4 Cup%	#16 - 1/4C	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	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Cookie, Oatmeal Raisin, OS	Cookie	120	5	115	1.00	1.08	0.0	200	0.0	10	1.0	18.0	4.5	2.00	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 % of Calories		607	35	893	7.93	3.92	356.6	6130	7.78	*49 *32.2%	24.43 16.1%	85.61 56.4%	18.46 27.4%	4.55 6.8%	*0.01 *0.0%
Nutrient Guideline		550-650		1230											<10.00

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Germantown School District

Mar 1, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 03/20/2018															
Elementary Lunch	Total														
Fr Tst, Mini Choc Chip Eggo ^	1 bag	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	1.5	1.50	0.00
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Pancake Sausage on a Stick \$	1 Pancake Stick	210	20	390	0.00	1.44	20.0	0	0.0	8	7.0	20.0	12.0	3.00	0.00
Syrup, Cup Skip\$	1 Cup	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
Potatoes, Tri-Tater, Tiny#	3 Tiny Tate	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-Elem%	See Below	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, 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
Orange Smiles - 4 Wedges	4 wedges	42	0	0	2.16	0.09	36.0	203	47.88	8	0.85	10.58	0.11	0.01	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		677	187	891	8.17	4.06	427.5	6925	40.35	*57	19.73	110.65	15.45	5.39	0.00
% of Calories										*33.8%	11.7%	65.4%	20.5%	7.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 03/21/2018															
Elementary Lunch	Total														
Max Sticks - 2 \$43901	2 Sticks	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, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Chicken Ring Things 5 - Tyson#	5 pcs	300	50	450	2.00	1.80	20.0	100	0.0	*N/A*	21.0	15.0	18.0	3.50	0.00
Garden Bar Wk 5-Elem%	See Below	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, 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
Broccoli, Frozen w/Chs 1/4c#	3oz spoodl	63	10	211	1.40	0.46	23.5	565	24.45	*N/A*	3.93	3.97	3.55	2.26	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Graham Snacks, Minion WG ^	Bag	140	0	110	2.00	0.72	0.0	0	0.0	8	2.0	22.0	4.0	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
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		665	52	1114	7.83	3.60	461.9	6845	20.96	*45	30.35	88.67	21.70	6.94	0.00
% of Calories										*26.9%	18.3%	53.4%	29.4%	9.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Mar 1, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary 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 - 03/22/2018															
Elementary Lunch	Total														
Spaghetti w/Meat Sce -Elem@	6oz spdle P & S	310	32	305	7.33	5.62	34.3	609	8.97	*4	18.0	41.06	10.62	3.49	*0.54
Cheese, Parmesan %	1/2 oz	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, 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
Garden Bar Wk 5-Elem%	See Below	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, 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
Garlic Toast, WG, GFS \$	1 Slice	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Beans. Green, Simplot-1/4 cup	2oz spdl-1/4C	14	0	0	0.89	0.32	17.8	89	4.0	*0	0.44	2.73	0.0	0.00	0.00
Applesauce - 1/2 C	#8 - 1/2 C	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	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		555	36	758	7.90	4.41	354.1	6500	11.30	*36	26.54	74.61	18.42	4.00	*0.16
% of Calories										*26.2%	19.1%	53.7%	29.8%	6.5%	*0.3%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/23/2018															
Elementary Lunch	Total														
Pizza, Wild Mike's 5" ELEM^	Pizza	360	35	510	3.00	2.70	450.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Pizza Ques, Chs WG Max ^	1 slice	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	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
Sweet Potato Fries, Hrv Sp\$	1/2 cup	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 5-Elem%	See Below	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, 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
Vegetables, Cntry Blend - 2oz#	2 oz Serv	40	0	7	1.33	0.24	13.3	833	4.0	*N/A*	1.33	8.0	0.0	0.00	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
Cupcake, Vanilla WG ^	Cupcake	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	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		719	49	1086	10.91	4.30	715.4	8825	15.09	*42	29.99	104.85	21.20	7.70	0.17
% of Calories										*23.2%	16.7%	58.3%	26.5%	9.6%	0.2%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Mar 1, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/26/2018															
Elementary Lunch	Total														
Chicken Nuggets, Tyson WG - 5\$	5 Nuggets	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	0.00
Cheeseburger Elem \$	1Bun/1Ch s/1Bgr	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
Potatoes, Wedges*	#8 - 1/2 cu	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-Elem%	See Below	75	0	135	5.53	1.95	45.4	8872	6.8	*1	4.03	14.82	0.25	0.05	*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
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1/2C	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Ice Cream, 3oz Cup/Orange Van% Milk, SKIP - AVG - PF%	1 Cup	80	5	40	0.00	0.00	60.0	0	0.0	12	1.0	16.0	1.0	1.00	0.00
Ketchup, Skip%	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
Mustard, skip	2 tsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
	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		619	41	927	8.93	4.72	506.2	7882	22.23	*38	31.59	95.80	12.07	4.15	*0.00
% of Calories										*24.5%	20.4%	61.9%	17.6%	6.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/27/2018															
Elementary Lunch	Total														
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
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
Pretzel, Bite Mini - 1^	1 Bite	30	0	30	1.00	0.36	0.0	0	0.0	0	1.0	7.0	0.0	0.00	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
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Garden Bar Wk 6-Elem%	See Below	75	0	135	5.53	1.95	45.4	8872	6.8	*1	4.03	14.82	0.25	0.05	*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
Beans, Refried, Cheesy, 1/4C@	#16 - 1/4 C	73	5	98	2.51	0.73	52.1	48	1.2	*0	4.64	10.25	1.44	0.96	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	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
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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)
Weighted Daily Average		526	28	908	10.32	4.08	554.9	7488	33.86	*26	26.88	74.26	13.39	6.48	*0.00
% of Calories										*19.7%	20.4%	56.4%	22.9%	11.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 03/28/2018															
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
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*
Muffin, Choc Choc Chip 1.8oz #	1 Muffin	160	35	130	2.00	1.08	150.0	0	0.0	*N/A*	3.0	27.0	5.0	1.50	0.00
Corn Dog, WG FFarm Chicken#	1 Corn Dog	240	40	390	5.00	1.80	80.0	0	0.0	*1	9.0	30.0	8.0	2.50	0.00
Garden Bar Wk 6-Elem%	See Below	75	0	135	5.53	1.95	45.4	8872	6.8	*1	4.03	14.82	0.25	0.05	*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
Carrots,Frozen,Swt 1/4c\$	#16 - 1/4 c	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
Applesauce - 1/2 C	#8 - 1/2 C	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	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		529	58	673	8.32	3.07	670.4	11326	7.36	*25	22.74	81.61	12.88	5.13	*0.00
% of Calories										*19.1%	17.2%	61.7%	21.9%	8.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 03/29/2018															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem%	12 pcs/6oz spd	244	21	371	3.18	1.91	42.4	106	0.0	1	14.82	14.82	13.76	2.65	0.00
Salisbury Steak - 1\$	1 Steak	150	41	550	1.00	1.80	40.0	0	1.2	*1	16.5	5.5	7.25	3.00	0.00
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 6-Elem%	See Below	75	0	135	5.53	1.95	45.4	8872	6.8	*1	4.03	14.82	0.25	0.05	*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
Roll, Dnr Hny WG Gordon1\$	1 roll	75	0	55	2.00	0.90	10.0	0	0.0	1	3.0	14.5	0.75	0.00	0.00
Vegetables, Calif Blen - 2 oz	2 oz Serv	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	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
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

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

Mar 1, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	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)
Weighted Daily Average		600	33	1163	9.72	5.06	375.5	7160	20.45	*35	29.54	82.25	16.39	3.31	*0.00
% of Calories										*23.3%	19.7%	54.9%	24.6%	5.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		615	54	971	8.67	3.88	500.6	7385	23.16	*39 *56.6%	26.78 17.4%	90.58 58.9%	16.54 24.2%	5.05 7.4%	*0.02 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	615		550 - 650	100%				
Cholesterol (mg)	54							
Sodium 1 (mg)	971		1230					
Sodium 2 (mg)	971		935				36	Correction Required - Sodium too High
Fiber (g)	8.67							
Iron (mg)	3.88							
Calcium (mg)	500.6							
Vitamin A (IU)	7385							
Sugars (g)	39	25.16%			Missing			
Vitamin C (mg)	23.16							
Protein (g)	26.78	17.41%						
Carbohydrate (g)	90.58	58.88%						
Total Fat (g)	16.54	24.19%						
Saturated Fat (g)	5.05	7.39%	<10.00%					
Trans Fat ¹ (g)	0.02	0.04%			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

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