

Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 1

Generated on: 2/14/2018 10:06:13 AM

| | 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 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Mozz Stx, WG, Seapak KMS/GHS# | 6 Sticks | 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 | 41 | 0 | 64 | 0.91 | 0.49 | 9.1 | 227 | 2.72 | 5 | 0.91 | 6.8 | 1.59 | 0.23 | 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 |
| BBQ Pork Rib Sandwich@ | 1Pork Rib/ 1 Bun | 317 | 40 | 648 | 3.65 | 2.43 | 34.0 | 100 | 1.0 | 8 | 20.24 | 32.47 | 11.94 | 3.82 | 0.01 |
| 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 |
| Pizza, Tony's WG ClscWg Ch SK# | 1 Wedge | 300 | 15 | 470 | 4.00 | 2.70 | 300.0 | 500 | 0.0 | 10 | 16.0 | 34.0 | 11.0 | 4.00 | 0.00 |
| Cheeseburger, Double SKIP \$ | 1Bun/1Ch s/2Bgr | 438 | 78 | 631 | 4.65 | 3.43 | 176.0 | 150 | 0.0 | 4 | 35.74 | 29.47 | 19.94 | 7.97 | 0.01 |
| C-Line Sand-Variety-Cold-SKIP@ | 1RI/5slmt/ 1slch | 268 | 51 | 764 | 2.35 | 2.04 | 189.5 | 141 | 0.6 | *5 | 22.95 | 27.46 | 7.97 | 3.30 | *0.02 |
| Sweet Potato Fries, Hrv Sp\$SKP | 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 |
| Peas - 1/2 Cup* | 4oz spdl-1 /2 C | 88 | 0 | 82 | 5.10 | 1.72 | 27.2 | 2381 | 11.23 | 5 | 5.84 | 16.17 | 0.31 | 0.06 | 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 |
| 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 |
| 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 |
| Weighted Daily Average % of Calories | | 579 | 36 | 768 | 7.41 | 4.72 | 561.2 | 3368 | 12.63 | *45 *31.0% | 29.45 20.3% | 77.88 53.8% | 17.55 27.3% | 5.03 7.8% | *0.17 *0.3% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS 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) |
|---|-----------------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|---------------|-------------------------|
| Tue - 03/06/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| Taco, Soft Shell (1)#10 KM/GHS | Total 1T-1#10M -1ozCh | 391 | 30 | 632 | 5.00 | 3.42 | 280.0 | 950 | 4.8 | *2 | 24.0 | 35.0 | 18.5 | 10.30 | 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 |
| Chicken, Wings, Drummies ^ | 6 wings | 315 | 60 | 510 | 3.00 | 1.62 | 30.0 | 0 | 0.0 | 1 | 19.5 | 18.0 | 18.0 | 3.75 | 0.00 |
| Pizza, Tony's 5" DD Cheese SK\$ | 1 pizza | 320 | 30 | 480 | 3.00 | 2.70 | 250.0 | 300 | 0.0 | 10 | 17.0 | 35.0 | 12.0 | 6.00 | 0.00 |
| Chicken Sand, Filet Brd SKIP@ | 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 |
| Salad Bar, KMS/GHS. Skip@ | 2C Let w/T opngs | 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 | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| Pretzel Rod, Soft-WG, 1@ | 1 Pretzel R | 70 | 0 | 65 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 14.0 | 0.5 | 0.00 | 0.00 |
| Wrap, Turkey & Chs - GHS - SK* | 1T-7sl1T- 5CH-L | 340 | 60 | 588 | 3.32 | 1.91 | 146.4 | 214 | 1.15 | *0 | 24.82 | 30.46 | 13.5 | 7.00 | 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 |
| 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 | | 601 | 59 | 913 | 7.67 | 3.09 | 552.7 | 1920 | 29.07 | *35 *23.3% | 32.26 21.5% | 81.06 54.0% | 16.94 25.4% | 6.85 10.3% | *0.00 *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/07/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Sub Bar - Ham* or Tky@ | 1H or 1T S andwh | 377 | 45 | 1063 | 6.00 | 0.39 | 100.0 | 150 | 0.0 | 9 | 25.92 | 45.75 | 9.5 | 3.50 | 0.00 |
| 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 |
| Chicken Parmesan Sandwich, GHS | 1 Sandwich | 481 | 30 | 951 | 6.56 | 3.79 | 288.3 | 439 | 2.72 | *8 | 27.93 | 49.16 | 19.59 | 4.49 | *0.01 |
| 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 |
| Vegetables, Calif Blen - 4 oz | #8 - 4 oz Serv | 33 | 0 | 33 | 2.67 | 0.48 | 26.7 | 2000 | 36.0 | *N/A* | 1.33 | 6.67 | 0.0 | 0.00 | 0.00 |
| Peaches, Canned, Lt. Syr-1/2C | 4oz spd-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 |
| Bag of Chips | 1 Bag | 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 | 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 |
| Ketchup, Skip% | 2 tbsps | 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 |
| Weighted Daily Average | | 621 | 46 | 1068 | 8.41 | 2.67 | 517.0 | 2023 | 20.60 | *36 | 30.56 | 86.26 | 16.81 | 5.41 | *0.00 |
| % of Calories | | | | | | | | | | *22.9% | 19.7% | 55.6% | 24.4% | 7.8% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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|--------------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Thu - 03/08/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| 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 |
| Roll, Dnr White Wht Alpha-1\$ | 1 roll | 77 | 0 | 147 | 1.22 | 0.72 | 20.1 | 0 | 0.0 | 1 | 2.85 | 13.31 | 1.34 | 0.24 | 0.02 |
| Meatballs w/Gravy - 6@ | 6MB& Gvy | 266 | 60 | 804 | 1.50 | 2.97 | 90.0 | 7 | 1.8 | *3 | 20.0 | 13.5 | 14.5 | 5.25 | 0.90 |
| Roll, Dnr White Wht Alpha-1\$ | 1 roll | 77 | 0 | 147 | 1.22 | 0.72 | 20.1 | 0 | 0.0 | 1 | 2.85 | 13.31 | 1.34 | 0.24 | 0.02 |
| Pizzaburger in a Bun@ | 1Bun/1Brg | 415 | 55 | 885 | 4.58 | 3.87 | *52.0 | 797 | 17.66 | *4 | 27.35 | 35.24 | 17.43 | 7.42 | 0.51 |
| Potatoes, Mashed #8 \$ | #8 | 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 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 |
| Pizza, Tony's FB Multi Chs SK | 6" FB Pizza | 320 | 15 | 590 | 2.00 | 2.70 | 250.0 | 400 | 15.0 | *N/A* | 15.0 | 36.0 | 12.0 | 3.00 | 0.00 |
| Egg, Bacon & Cheese Crsst SK# | 1Crs/1E/1 C/1Bcn | 320 | 233 | 695 | 3.00 | 2.16 | 240.0 | 550 | 0.0 | *4 | 16.5 | 33.0 | 15.0 | 6.75 | 0.00 |
| Salad Bar, KMS/GHS. Skip@ | 2C Let w/T opngs | 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 | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| Roll, Dnr White Wht Alpha SK1* | 1 roll | 77 | 0 | 147 | 1.22 | 0.72 | 20.1 | 0 | 0.0 | 1 | 2.85 | 13.31 | 1.34 | 0.24 | 0.02 |
| Club Sand-Diam Jim - Skip@ | 1R/5slmt/1 slCh | 267 | 50 | 736 | 2.35 | 1.92 | 162.7 | 150 | 0.4 | 5 | 22.92 | 27.32 | 7.89 | 3.19 | 0.02 |
| Potatoes, Tater Gems, Smp SK# | 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 |
| 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 |
| 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 % of Calories | | 712 | 91 | 1492 | 8.27 | 4.48 | *438.4 | 1880 | 15.42 | *30 *17.0% | 36.70 20.6% | 90.77 51.0% | 22.40 28.3% | 6.07 7.7% | *0.16 *0.2% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/09/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| Pizza, BD Primo 4 Meat WG< | Total slice | 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 | 360 | 35 | 470 | 3.00 | 2.70 | 450.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| Chicken Nuggets, Gld Kst - 7 ^ | 7 Nuggets | 453 | 113 | 609 | 3.48 | 2.51 | 34.8 | 174 | 188.03 | 0 | 29.6 | 26.12 | 24.37 | 2.61 | 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, Spudstrs-5 KMS/GHS@ | 5 spudsters | 150 | 0 | 380 | 2.00 | 0.36 | 20.0 | 0 | 0.0 | *N/A* | 2.0 | 23.0 | 6.0 | 1.50 | 2.60 |
| Pizza, BD Primo 4 Meat WGSK< | slice | 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 | 360 | 35 | 470 | 3.00 | 2.70 | 450.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| Cheeseburger, Bacon SKIP@ | 1bg/1c/1b c/1bn | 357 | 50 | 773 | 3.65 | 2.87 | 152.0 | 150 | 1.2 | 5 | 23.74 | 29.47 | 15.94 | 6.07 | 0.51 |
| Egg Salad Sandwich Crsst - SK | 1 Br/#10 E | 508 | 328 | 568 | 3.00 | 2.45 | 142.5 | 642 | 0.0 | 4 | 15.7 | 30.95 | 36.83 | 9.64 | *0.00 |
| Potatoes, Spudstrs-5 KM/GH SK@ | 5 spudsters | 150 | 0 | 380 | 2.00 | 0.36 | 20.0 | 0 | 0.0 | *N/A* | 2.0 | 23.0 | 6.0 | 1.50 | 2.60 |
| Soup, Tomato, Cond, - KMS/GHS | 8 oz | 180 | 0 | 960 | 2.00 | 1.44 | 0.0 | 800 | 12.0 | *N/A* | 4.0 | 40.0 | 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 |
| 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 |
| Weighted Daily Average | | 735 | 72 | 1487 | 5.41 | 3.32 | 540.2 | 1207 | 67.24 | *36 | 33.86 | 95.63 | 23.69 | 6.80 | *2.08 |
| % of Calories | | | | | | | | | | *19.4% | 18.4% | 52.0% | 29.0% | 8.3% | *2.5% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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|------------------|---------------------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/12/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | 8 oz spoodl | 167 | 44 | 311 | 0.00 | 0.80 | 0.0 | 0 | 1.33 | 11 | 12.22 | 21.11 | 3.33 | 0.56 | 0.00 |
| | #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% | 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 ^ | 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\$ | 110 | 0 | 20 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 22 | 0.0 | 29.0 | 0.0 | 0.00 | 0.00 |
| | Pork Carnita Flatbread Sand@ | 317 | 55 | 570 | 3.12 | 2.48 | 264.0 | 808 | 4.45 | *0 | 20.13 | 26.88 | 14.0 | 7.20 | 0.00 |
| | ,1ozCh | | | | | | | | | | | | | | |
| | Pizza, Tony's 5" DD Cheese SK\$ | 320 | 30 | 480 | 3.00 | 2.70 | 250.0 | 300 | 0.0 | 10 | 17.0 | 35.0 | 12.0 | 6.00 | 0.00 |
| | Chicken Sand, Patty Brd SKIP@ | 377 | 20 | 738 | 5.65 | 3.23 | 72.0 | 100 | 0.0 | *3 | 19.24 | 41.47 | 14.94 | 2.32 | 0.01 |
| | Wrap, Ham & Tky w/C - SKIP@ | 302 | 52 | 1008 | 3.00 | 1.56 | 140.0 | 150 | 0.0 | *2 | 22.17 | 31.0 | 10.5 | 5.25 | 0.00 |
| | 1Ch | | | | | | | | | | | | | | |
| | Peas - 1/2 Cup* | 88 | 0 | 82 | 5.10 | 1.72 | 27.2 | 2381 | 11.23 | 5 | 5.84 | 16.17 | 0.31 | 0.06 | 0.00 |
| | 1/2 C | | | | | | | | | | | | | | |
| | Pineapple, Tidbits - 1/2 Cup | 57 | 0 | 8 | 0.81 | 0.58 | 16.2 | 81 | 7.29 | *N/A* | 0.81 | 13.77 | 0.0 | 0.00 | 0.00 |
| | 1/2C | | | | | | | | | | | | | | |
| | Cookie, Fortune@ | 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% | 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% | 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 | 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 | 570 | 46 | 711 | 6.20 | 3.48 | 449.5 | 2171 | 14.78 | *32 | 28.27 | 86.16 | 12.72 | 4.37 | 0.00 |
| | % of Calories | | | | | | | | | *22.4% | 19.8% | 60.4% | 20.1% | 6.9% | 0.0% |
| | Nutrient Guideline | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 7

Generated on: 2/14/2018 10:06:13 AM

| | 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 - 03/13/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Spaghetti w/Meat Sce KMS/GHS@ | 8oz Spdl P & S | 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 | 59 | 12 | 247 | 0.29 | 0.10 | 137.1 | 107 | 0.0 | 0 | 9.86 | 0.57 | 4.0 | 2.57 | 0.00 |
| Bosco Stk, 6" WGRF, 2 KMS/GHS# | 2 Bosco St icks | 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, 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 |
| 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 |
| Pizza, Nardone, Chse 4x6 WGSK^ | 1 Slice | 310 | 30 | 360 | 3.00 | 2.70 | 450.0 | 500 | 9.0 | 6 | 21.0 | 30.0 | 12.0 | 6.00 | 0.00 |
| Ham* & Amer Chs - Diam Jim SK@ | 1RI/5slmt/ 1slCh | 239 | 37 | 1009 | 2.35 | 1.74 | 162.7 | 150 | 0.0 | 6 | 18.42 | 27.99 | 6.14 | 2.94 | 0.02 |
| Salad Bar, KMS/GHS. Skip@ | 2C Let w/T opngs | 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 | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 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 |
| 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 |
| 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 | | 602 | 78 | 912 | 9.07 | 4.42 | 583.7 | 2007 | 26.24 | *38 | 33.37 | 83.79 | 16.84 | 6.44 | *0.21 |
| % of Calories | | | | | | | | | | *25.3% | 22.2% | 55.6% | 25.2% | 9.6% | *0.3% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS 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) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/14/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Burrito Bowl/Wrap | 1 Bowl or 1 Wrp | 428 | 80 | 1202 | 5.87 | 4.04 | 70.4 | 1162 | 19.78 | *1 | 26.79 | 40.64 | 18.15 | 7.85 | *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, 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 |
| Meatball Hoagie w/Mozz K&G@ | 1B/5Mtb/.5 ozCH | 394 | 53 | 475 | 4.25 | 3.37 | *85.0 | 56 | 7.5 | *5 | 24.5 | 34.75 | 17.25 | 6.57 | *0.75 |
| Chicken on the Bone, BBQ | 1T/Brst or 2Lg | 309 | 149 | 584 | 0.31 | 1.34 | 42.5 | 76 | 0.2 | *11 | 28.42 | 13.86 | 14.28 | 4.70 | 0.00 |
| Roll, Dnr White Wht Alpha SK1* | 1 roll | 77 | 0 | 147 | 1.22 | 0.72 | 20.1 | 0 | 0.0 | 1 | 2.85 | 13.31 | 1.34 | 0.24 | 0.02 |
| Club Sand-Diam Jim - Skip@ | 1R/5slmt/1 slCh | 267 | 50 | 736 | 2.35 | 1.92 | 162.7 | 150 | 0.4 | 5 | 22.92 | 27.32 | 7.89 | 3.19 | 0.02 |
| 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 |
| 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 |
| Oranges, Mandarin, Cnd - 1/2c | 4oz spdl-1 /2C | 71 | 0 | 7 | 1.36 | 0.42 | 9.1 | 1467 | 22.23 | *N/A* | 0.61 | 18.21 | 0.16 | 0.01 | *N/A* |
| 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 | | 604 | 71 | 958 | 6.67 | 3.82 | *540.3 | 2349 | 33.05 | *23 | 34.92 | 80.60 | 16.00 | 6.95 | *0.16 |
| % of Calories | | | | | | | | | | *15.3% | 23.1% | 53.4% | 23.9% | 10.4% | *0.2% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/15/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken Nuggets, Gld Kst - 7 ^ | 7 Nuggets | 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, Ccmdt KMS-GHS@ | 6oz spoodl | 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 | 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 | 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 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 |
| Pizza, Tony's WG ClscWg Ch SK# | 1 Wedge | 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 | 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 | 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/T opngs | 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 | 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 C rsst | 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 | 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 | 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 - 1/2C | 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 | | 757 | 85 | 1295 | 8.20 | 4.27 | 463.8 | 1962 | 66.73 | *39 | 37.95 | 101.82 | 21.56 | 5.88 | *0.00 |
| % of Calories | | | | | | | | | | *20.4% | 20.0% | 53.8% | 25.6% | 7.0% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS Lunch

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|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/16/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| 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 |
| Sloppy Joe, #12-KMS/GHS@ | #12 Mt/1 B | 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 Cheese 1/8@ | 1/8 pizza | 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 | 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 Pepperoni SK | 1/8 pizza | 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/1 bun | 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 | 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 | 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 | 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 | 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 | | 683 | 62 | 1113 | 5.40 | 2.27 | *573.1 | 1274 | 52.72 | *40 | 34.58 | 82.49 | 23.75 | 8.67 | *0.03 |
| % of Calories | | | | | | | | | | *23.5% | 20.2% | 48.3% | 31.3% | 11.4% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/19/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Chili Dog, JTM Chili -2 | 4ozC/2HD | 716 | 91 | 1910 | 7.32 | 4.98 | 134.3 | 858 | 13.17 | 11 | 33.32 | 63.27 | 37.63 | 13.85 | 0.06 |
| | /2Bn | | | | | | | | | | | | | | |
| Fajita, Chicken - KMS/GHS@ | 1T/3ozCK | 410 | 110 | 670 | 4.00 | 2.52 | 240.0 | 300 | 0.0 | *0 | 27.0 | 32.0 | 20.5 | 10.50 | 0.00 |
| | /1ozCH | | | | | | | | | | | | | | |
| 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 |
| Pizza, Bosco, SC WG RF SKIP@ | 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 |
| Ham* Sand w/Cheese, wm 2mtSK | 1 Bun/5SI | 60 | 30 | 640 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 9.0 | 1.0 | 2.5 | 1.00 | 0.00 |
| | Ham/1C | | | | | | | | | | | | | | |
| C-Line Sand-Variety-Cold-SKIP@ | 1Rl/5slmt/ | 268 | 51 | 764 | 2.35 | 2.04 | 189.5 | 141 | 0.6 | *5 | 22.95 | 27.46 | 7.97 | 3.30 | *0.02 |
| | 1slch | | | | | | | | | | | | | | |
| Potatoes, Wedges Skip* | #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 |
| 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 | 72 | 0 | 6 | 2.01 | 0.35 | 6.3 | 0 | 0.88 | 15 | 0.24 | 19.04 | 0.04 | 0.00 | 0.00 |
| | /2C | | | | | | | | | | | | | | |
| 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 | | 698 | 80 | 1161 | 7.47 | 4.01 | 449.9 | 1106 | 11.47 | *41 | 33.11 | 93.50 | 20.78 | 7.54 | *0.01 |
| % of Calories | | | | | | | | | | *23.7% | 19.0% | 53.6% | 26.8% | 9.7% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS 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) |
|------------------|--------------------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/20/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | 8oz spoodl | 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 - 1BrSK@ | 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 \$ | 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# | 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\$ | 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/GHS@ | 317 | 44 | 814 | 4.65 | 2.43 | 72.0 | 378 | 40.0 | *3 | 23.24 | 39.47 | 7.94 | 2.42 | 0.01 |
| | Bun | | | | | | | | | | | | | | |
| | Pizza, Assorted SKIP | 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 ^ | 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@ | 465 | 120 | 1214 | 11.20 | 4.37 | 400.9 | 7358 | 24.91 | *5 | 35.81 | 40.33 | 19.3 | 8.37 | *0.00 |
| | opngs | | | | | | | | | | | | | | |
| | Salad Drsg, Asst KMS- Skip\$ | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| | Roll, Dnr White Wht Alpha SK1* | 77 | 0 | 147 | 1.22 | 0.72 | 20.1 | 0 | 0.0 | 1 | 2.85 | 13.31 | 1.34 | 0.24 | 0.02 |
| | Wrap, Ham & Cheese-Cold 9" SK@ | 364 | 77 | 756 | 3.28 | 2.39 | 245.5 | 576 | 1.6 | *0 | 23.32 | 31.61 | 17.03 | 9.68 | 0.00 |
| | 1Ch | | | | | | | | | | | | | | |
| | Carrots,Frozen,Swt 1/2C\$ | 36 | 0 | 54 | 2.99 | 0.48 | 31.8 | 15357 | 2.09 | 4 | 0.53 | 7.49 | 0.62 | 0.11 | 0.00 |
| | Orange Smiles - 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 |
| | Cookie, Fortune@ | 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% | 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 | 667 | 149 | 1020 | 7.36 | 3.30 | 551.6 | 8596 | 45.19 | *44 | 33.23 | 96.17 | 17.41 | 5.42 | *0.00 |
| | % of Calories | | | | | | | | | *26.4% | 19.9% | 57.7% | 23.5% | 7.3% | *0.0% |
| | Nutrient Guideline | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS 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) |
|-------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/21/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Sub Bar - Ham* or Salami*@ | 1H or 1S SndWh | 455 | 57 | 1435 | 6.00 | 0.36 | 100.0 | 150 | 4.5 | *9 | 25.25 | 45.75 | 18.88 | 7.00 | 0.00 |
| Pizza, Wild Mike's KMS/GHS^ | Slice | 360 | 30 | 510 | 3.00 | 2.70 | 500.0 | 500 | 6.0 | 4 | 20.0 | 34.0 | 17.0 | 8.00 | 0.00 |
| Gyro | 1 Gyro | 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 | 97 | 30 | 23 | 0.25 | 0.13 | 67.3 | 340 | 1.11 | *2 | 1.79 | 3.16 | 7.55 | 6.02 | 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 |
| 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 |
| Peaches, Canned, Lt. Syr-1/2C | 4oz spd-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 |
| Bag of Chips | 1 Bag | 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 | 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 |
| 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 | | 739 | 54 | 1372 | 7.58 | 2.17 | 493.7 | 1185 | 10.18 | *32 | 28.50 | 91.06 | 28.30 | 10.98 | 0.00 |
| % of Calories | | | | | | | | | | *17.5% | 15.4% | 49.3% | 34.5% | 13.4% | 0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS Lunch

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|---------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/22/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Spaghetti w/Meat Sce KMS/GHS@ | 8oz Spdl P & S | 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 | 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 | 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 | 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 | 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 | 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/T opngs | 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 | 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/1 slCh | 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 | 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-1/2 cup | 4oz spdl-1 /2C | 27 | 0 | 0 | 1.78 | 0.64 | 35.6 | 178 | 8.0 | *0 | 0.89 | 5.47 | 0.0 | 0.00 | 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 |
| Weighted Daily Average | | 634 | 59 | 985 | 9.62 | 4.93 | 487.1 | 1877 | 32.72 | *27 | 35.10 | 80.35 | 20.61 | 7.00 | *0.16 |
| % of Calories | | | | | | | | | | *17.0% | 22.2% | 50.7% | 29.3% | 9.9% | *0.2% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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|--------------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Fri - 03/23/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| Pizza, BD Primo 4 Meat WG< | Total slice | 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 | 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 | 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 | 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 |
| Pizza, BD Primo 4 Meat WGSK< | slice | 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 | 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 | 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 | 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 | 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 - 4 oz | #8 - 4 oz Serv | 33 | 0 | 33 | 2.67 | 0.48 | 26.7 | 2000 | 36.0 | *N/A* | 1.33 | 6.67 | 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 |
| 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 |
| 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 % of Calories | | 676 | 60 | 1111 | 9.59 | 3.76 | 599.5 | 3934 | 25.07 | *38 *22.7% | 32.88 19.5% | 92.29 54.6% | 19.52 26.0% | 6.75 9.0% | 0.18 0.2% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Mar 5, 2018 thru Mar 29, 2018

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KMS Lunch

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|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/26/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken Nuggets, Gld Kst - 7 ^ | 7 Nuggets | 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 | 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 | 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/2SI Ham/1C | 385 | 52 | 1415 | 6.00 | 0.54 | 100.0 | 150 | 0.0 | 10 | 27.0 | 46.5 | 9.5 | 3.75 | 0.00 |
| Pizza, Wild Mike's KMS/GHSSK ^ | Slice | 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 | 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/1 slCh | 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 1/2c | #8 - 1/2 cu | 27 | 0 | 10 | 2.83 | 0.58 | 31.2 | 955 | 37.89 | 1 | 2.93 | 5.22 | 0.11 | 0.02 | 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% | 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 |
| 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 | | 642 | 66 | 893 | 5.86 | 3.05 | 649.6 | 1467 | 85.34 | *33 | 35.21 | 80.85 | 19.78 | 5.58 | 0.00 |
| % of Calories | | | | | | | | | | *20.5% | 21.9% | 50.4% | 27.7% | 7.8% | 0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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KMS 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 - 03/27/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Taco, Soft Shell (1)#10 KM/GHS | 1T-1#10M -1ozCh | 391 | 30 | 632 | 5.00 | 3.42 | 280.0 | 950 | 4.8 | *2 | 24.0 | 35.0 | 18.5 | 10.30 | 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, 6" WGRF, 2 KMS/GHS# | 2 Bosco St icks | 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-Homemade-Skip% | 1.5 oz | 28 | 0 | 31 | 0.58 | 0.36 | 5.9 | 154 | 0.98 | *4 | 0.44 | 5.91 | 0.53 | 0.08 | *0.00 |
| Lasagna w/Meat - KMS/GHS | 1 Serv 6x4 cut | 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 | 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 | 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/T opngs | 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 | 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 | 302 | 52 | 1008 | 3.00 | 1.56 | 140.0 | 150 | 0.0 | *2 | 22.17 | 31.0 | 10.5 | 5.25 | 0.00 |
| Breadstick 6" NY WG 1oz1@ | 1 Breadstic | 90 | 0 | 190 | 2.00 | 1.08 | 0.0 | 0 | 0.0 | *N/A* | 3.0 | 17.0 | 1.0 | 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 |
| 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 |
| 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 |
| Weighted Daily Average | | 618 | 57 | 1065 | 8.50 | 4.28 | 629.7 | 2289 | 10.59 | *29 | 36.23 | 82.24 | 16.93 | 7.82 | *0.00 |
| % of Calories | | | | | | | | | | *18.9% | 23.4% | 53.2% | 24.6% | 11.4% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS 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) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/28/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Potato Bar - KMS/GHS@ | 1Pot w/Toppings | 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 | 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 | 456 | 74 | 1230 | 6.79 | 4.57 | 320.5 | 1550 | 22.14 | *3 | 27.43 | 62.16 | 8.85 | 4.42 | 0.00 |
| Chicken Drumsticks - 6 ^ | 6 Drumstick | 315 | 60 | 510 | 3.00 | 1.62 | 30.0 | 0 | 0.0 | 1 | 19.5 | 18.0 | 18.0 | 3.75 | 0.00 |
| C-Line Sand-Variety-Cold-SKIP@ | 1RI/5slmt/1slch | 268 | 51 | 764 | 2.35 | 2.04 | 189.5 | 141 | 0.6 | *5 | 22.95 | 27.46 | 7.97 | 3.30 | *0.02 |
| 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 |
| Carrots, Frozen, Swt 1/2C\$ | #8 - 1/2 cu | 36 | 0 | 54 | 2.99 | 0.48 | 31.8 | 15357 | 2.09 | 4 | 0.53 | 7.49 | 0.62 | 0.11 | 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 | | 597 | 60 | 1029 | 8.41 | 3.67 | 419.7 | 8887 | 17.16 | *27 | 31.45 | 74.05 | 19.35 | 5.68 | *0.00 |
| % of Calories | | | | | | | | | | *18.4% | 21.1% | 49.6% | 29.2% | 8.6% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS 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) |
|--------------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Thu - 03/29/2018 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| 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 |
| Turkey & Gravy KMS/GHS\$ | 6 oz spoodl | 180 | 75 | 690 | 0.00 | 1.08 | 0.0 | 0 | 0.0 | 0 | 24.0 | 3.0 | 9.0 | 3.00 | 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 |
| Potatoes, Mashed #8 \$ | #8 | 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 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 |
| Pizza, Nardone, Chse 4x6 WGSK^ | 1 Slice | 310 | 30 | 360 | 3.00 | 2.70 | 450.0 | 500 | 9.0 | 6 | 21.0 | 30.0 | 12.0 | 6.00 | 0.00 |
| Max Sticks - 2 Skip \$ | 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-Redpack-Skip\$ | 2 oz #16 | 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/T opngs | 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 | 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 Ck n/1C | 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 | 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 | 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 - 4 oz | #8 - 4 oz S erv | 33 | 0 | 33 | 2.67 | 0.48 | 26.7 | 2000 | 36.0 | *N/A* | 1.33 | 6.67 | 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 |
| 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 % of Calories | | 616 | 77 | 1239 | 7.29 | 3.96 | 509.5 | 2562 | 27.77 | *32 *20.9% | 34.71 22.6% | 79.97 52.0% | 17.02 24.9% | 5.41 7.9% | *0.01 *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|------|------|------|--------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average | | 650 | 69 | 1084 | 7.60 | 3.67 | *526.9 | 2740 | 31.79 | *35 *48.0% | 33.28 20.5% | 86.16 53.0% | 19.37 26.8% | 6.56 9.1% | *0.17 *0.2% |
|------------------|--|-----|----|------|------|------|--------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|

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Germantown School District

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

| Nutrient | Menu AVG | 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) | Error Messages (if any) |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|------------|------------|---------------------------------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | | | | | | | | | | |
| Calories | 650 | | 600 - 700 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 69 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1084 | | 1360 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1084 | | 1035 | | | | | | 49 | Correction Required - Sodium too High | | | | | | | |
| Fiber (g) | 7.60 | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.67 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 526.9 | | | | Missing | | | | | | | | | | | | |
| Vitamin A (IU) | 2740 | | | | | | | | | | | | | | | | |
| Sugars (g) | 35 | 21.32% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 31.79 | | | | | | | | | | | | | | | | |
| Protein (g) | 33.28 | 20.48% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 86.16 | 53.01% | | | | | | | | | | | | | | | |
| Total Fat (g) | 19.37 | 26.81% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.56 | 9.08% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.17 | 0.23% | | | Missing | | | | | | | | | | | | |

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