

Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017															
GHS Lunch															
	Total														
Chicken, Mand Org-Ling KM/GH@	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
Rice, Brown, USDA, KMS/GHS #8	#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
Taco Nachos(#10)w/LOL-GHS%	1Cp/#10M t/2Ch	481	20	902	5.00	3.06	120.0	950	16.8	*2	22.0	46.0	26.0	7.80	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Chicken 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
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
Pizza, Tony's Fiestada SKIP\$	1/6 Pizza	340	25	850	4.00	3.60	250.0	500	0.0	10	17.0	39.0	14.0	6.00	0.00
Chicken Sand, Patty Brd SKIP@	1 Patty/1 B	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
Pancake Sausage on Stk-2WG SK\$	2 Pancake Stick	420	40	780	0.00	2.88	40.0	0	0.0	16	14.0	40.0	24.0	6.00	0.00
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	0.00	0.00
Turkey Sand w/Chs,Crsst SKIP #	5T/1C/1 C rsst	308	37	572	3.00	1.68	140.0	450	3.6	*1	20.83	31.0	11.0	4.25	0.00
Garden Bar Wk 6-KMS/GHS%	See Below	78	0	111	5.75	1.73	55.4	9227	7.24	*0	4.54	14.79	0.26	0.06	*0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Peas & Carrots - 1/2 Cup*	#8 1/2 Cup	54	0	77	3.52	1.07	26.1	10789	9.19	5	3.5	11.48	0.48	0.09	0.00
Pineapple,canned,lt syr - 1/2c	#8 - 1/2 cu	66	0	1	1.01	0.49	17.6	48	9.45	16	0.45	16.95	0.15	0.01	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
Mayonnaise, Lite - Skip%	1 oz Serv	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Weighted Daily Average		809	45	1236	12.74	5.51	461.6	13898	42.85	*45	33.45	114.96	26.17	6.24	*0.00
% of Calories										*22.1%	16.5%	56.9%	29.1%	6.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017															
GHS Lunch	Total														
BBQ Pork Prtz Roll-KMS/GHS	#8 pork/1 Bun	502	44	913	3.44	1.00	40.0	378	40.0	*N/A*	25.67	78.0	11.06	3.54	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
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
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, 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
Beef & LOL Cheese Sand-Bun SK#	2.86B/1/4c Ch/1B	243	60	789	0.00	1.44	10.0	200	12.0	*2	18.0	6.0	15.0	7.90	0.00
Chicken Tdrs, Spy,TY - 4 GHSK@	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
Wrap, Ham & Cheese-Cold 9" SK@	1T/4Ham/1Ch	364	77	756	3.28	2.39	245.5	576	1.6	*0	23.32	31.61	17.03	9.68	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
Garden Bar Wk 6-KMS/GHS%	See Below	78	0	111	5.75	1.73	55.4	9227	7.24	*0	4.54	14.79	0.26	0.06	*0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Broccoli, Frozen, Cooked 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
Juice, Cup, Assorted \$	4 oz Serv	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	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
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
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		790	43	1163	12.77	3.83	470.8	10694	38.80	*48	31.96	117.38	22.32	5.19	*0.24
% of Calories										*24.4%	16.2%	59.4%	25.4%	5.9%	*0.3%
Nutrient Guideline		750-850		1420										<10.00	

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GHS Lunch

Portion Values - Detailed

Page 3

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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 - 05/03/2017															
GHS Lunch	Total														
Sub Bar - Ham or Tky@	1/2 bun,5 mt,1ch	377	45	1078	6.00	0.12	100.0	150	0.0	9	25.92	45.75	9.87	3.50	0.00
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
Cheeseburger, Double \$	1Bun/1Ch s/2Bgr	402	68	893	2.65	4.31	172.0	150	0.0	4	31.74	31.47	15.94	6.57	0.01
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
C-Line Sand-Variety-Cold-SKIP@	1Rl/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
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 6-KMS/GHS%	See Below	78	0	111	5.75	1.73	55.4	9227	7.24	*0	4.54	14.79	0.26	0.06	*0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	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
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	0.00
Ice Cream Sandwich - Schoep's@	1 Sandwich	140	14	90	0.00	0.00	40.0	100	0.0	13	2.0	23.0	4.5	2.50	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 oz Serv	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
Weighted Daily Average		937	65	1665	12.69	3.88	551.9	8232	51.68	*58	35.91	128.67	30.52	9.22	*0.00
% of Calories										*24.7%	15.3%	54.9%	29.3%	8.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Thu - 05/04/2017															
GHS 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
Pork Chop, Breaded, WG#	1 Chop	270	35	390	3.00	1.80	40.0	0	0.0	*N/A*	14.0	18.0	16.0	4.50	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
Roll, WG 2oz Rich's \$	1 roll	170	0	135	3.00	1.44	0.0	0	0.0	3	7.0	28.0	3.0	0.50	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, BD Primo Buff Ckn WGSK<	slice	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Hot Dog w/Bun KM/GHS-2 SKIP \$	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 Skip	4ozC/2HD /2Bn	716	91	1910	7.32	4.98	134.3	858	13.17	11	33.32	63.27	37.63	13.85	0.06
Fish Stks, Plk, Brd, HghLnr6SK	6 fish stick	345	75	480	3.00	2.16	30.0	0	0.0	2	22.5	34.5	13.5	2.25	0.00
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
Ham & Swiss Chs Sand-Rye SK	2Br/5slH/1 slCh	299	63	858	3.71	2.71	171.7	154	1.26	*2	21.94	32.25	9.86	4.15	*0.00
Sweet Potato Bites, HvstSpl SK	1/2 cup	129	0	109	2.97	0.36	19.8	3959	2.38	10	1.98	20.79	4.45	0.49	0.00
Garden Bar Wk 6-KMS/GHS%	See Below	78	0	111	5.75	1.73	55.4	9227	7.24	*0	4.54	14.79	0.26	0.06	*0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Corn, Frozen - 1/2C	4oz spdl-1 /2C	120	0	0	2.67	0.00	0.0	0	6.4	*N/A*	4.0	25.33	0.67	0.00	0.00
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
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		916	83	1542	14.79	5.54	424.4	8353	33.11	*39	41.48	124.49	29.13	6.57	*0.01
% of Calories										*17.2%	18.1%	54.4%	28.6%	6.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Fri - 05/05/2017															
GHS Lunch	Total														
Chicken Nuggets, Gld Kst - 8 \$	8 Nuggets	272	56	576	3.20	3.20	32.0	0	0.0	0	30.4	17.6	12.8	2.40	0.00
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
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
Pizza, BD Primo 4 Meat WG<	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
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
BBQ Pulled Pork Sand-KM/GH,SK	#8 pork/1 Bun	317	44	814	4.65	2.43	72.0	378	40.0	*3	23.24	39.47	7.94	2.42	0.01
Cheeseburger, Dbl PJ SKIP#	1bun/2 bgr /1ch	379	95	675	2.00	4.00	783.2	1285	6.0	*0	30.08	5.01	25.11	12.48	1.00
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
Garden Bar Wk 6-KMS/GHS%	See Below	78	0	111	5.75	1.73	55.4	9227	7.24	*0	4.54	14.79	0.26	0.06	*0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Beans, Baked, Veg - 1/2 Cup%	#8 - 1/2Cu	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	0.00	*0.00
Blueberries,Frozen 1/2 Cup	#8 - 1/2 Cu	81	0	1	2.79	0.00	0.1	0	0.0	16	0.0	20.41	1.4	0.00	*0.00
Sidekick, Strawberry Kiwi	4.4 oz cup	80	0	45	0.00	0.36	80.0	1000	60.0	19	0.0	20.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		788	55	1252	13.19	5.86	674.6	8547	56.66	*52	39.06	112.07	22.44	6.17	*0.06
% of Calories										*26.6%	19.8%	56.9%	25.6%	7.0%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/08/2017															
GHS Lunch															
	Total														
Bratwurst in Bun\$	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
Chicken, Wings, BBQ Balls#	6 wings	364	*61	800	1.98	1.87	49.1	202	1.33	*5	27.2	33.83	12.31	0.02	2.44
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
Buffalo Cheese Crunchers#	4 Bites	530	25	860	4.00	1.80	500.0	3000	7.2	3	20.0	40.0	31.0	9.00	0.50
Potato, Lattice, Simplot#	3 oz	160	0	15	3.00	0.36	20.0	0	4.8	*N/A*	3.0	22.0	7.0	2.00	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
Chicken Sand, Patty, Spicy-SK@	1 Bun/1 Pa	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
Chicken Salad Sand, Crsst SK#	#8 Scp Ck n/1C	402	83	809	3.14	2.39	43.0	328	3.97	*0	28.43	39.19	14.88	2.00	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
Potato, Lattice, Simplot SK#	3 oz	160	0	15	3.00	0.36	20.0	0	4.8	*N/A*	3.0	22.0	7.0	2.00	0.00
Garden Bar Wk 1-KMS/GHS%	See Below	74	0	103	4.62	1.48	51.6	8731	8.6	*4	3.98	14.15	0.41	0.08	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	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
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
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
Popcorn, Kettle Corn BOF #	1Bag	120	0	100	2.00	0.72	0.0	0	0.0	*N/A*	2.0	21.0	4.5	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 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
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		921	*50	1310	13.39	4.76	555.7	7239	36.64	*41	37.37	125.79	30.88	6.55	0.88
% of Calories										*17.7%	16.2%	54.7%	30.2%	6.4%	0.9%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/09/2017															
GHS 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
Roll, Dnr Hry 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
Quesadilla, Cheese WG Coyote \$	2 pieces	320	40	560	3.00	2.70	350.0	300	0.0	2	20.0	32.0	12.0	6.00	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
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
Pizza, Tony's Fiestada SKIP\$	1/6 Pizza	340	25	850	4.00	3.60	250.0	500	0.0	10	17.0	39.0	14.0	6.00	0.00
Egg, Cheese Eng Mfn SK@	2EM/1E/1C	245	218	385	3.00	2.16	240.0	350	0.0	*2	15.5	27.0	8.5	3.25	0.00
Cheeseburger, Double SKIP \$	1Bun/1Ch s/2Bgr	402	68	893	2.65	4.31	172.0	150	0.0	4	31.74	31.47	15.94	6.57	0.01
Ham & Mozz Chs Crsst SKIP #	4H/1C/1 C rsst	360	50	945	3.00	2.67	263.3	412	3.6	*N/A*	27.47	33.3	12.28	5.15	*0.00
Garden Bar Wk 1-KMS/GHS%	See Below	74	0	103	4.62	1.48	51.6	8731	8.6	*4	3.98	14.15	0.41	0.08	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Beans, Refried, Cheesy, 1/2C@	#8 - 1/2 Cu	146	10	195	5.01	1.45	104.1	96	2.39	*0	9.27	20.5	2.88	1.92	0.00
Fruit, Tropical Sld - 1/2 C%	4oz spdl-1 /2C	80	0	15	0.00	0.36	0.0	300	21.0	14	1.0	20.0	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
Muffin, Choc Choc Chip WG SL\$	1 Muffin	180	10	105	2.00	1.33	12.8	14	0.05	14	3.0	27.0	6.0	1.50	0.00
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 oz Serv	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		865	65	1228	12.21	5.98	539.3	6839	42.98	*47	37.53	115.27	28.44	7.86	*0.00
% of Calories										*21.6%	17.4%	53.3%	29.6%	8.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 8

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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 - 05/10/2017															
GHS 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
Egg Roll, WG Chicken, Minhs-2\$	2 Egg Roll	320	60	780	6.00	3.60	80.0	1500	12.0	4	18.0	40.0	10.0	3.00	0.00
Rice, Fried, Asian 1/2 Brd \$	#8 - 4oz Ri	105	0	225	1.00	0.36	10.0	0	0.0	2	2.5	21.0	1.0	0.25	0.00
Sweet & Sour Sauce, Mnrs, skip	2 oz	53	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.67	0.67	0.00	0.00
Roll, WG 2oz Rich's \$	1 roll	170	0	135	3.00	1.44	0.0	0	0.0	3	7.0	28.0	3.0	0.50	0.00
Pizza, Tony's WG ClscWg Chs \$	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
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 /2Bn	716	91	1910	7.32	4.98	134.3	858	13.17	11	33.32	63.27	37.63	13.85	0.06
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
Garden Bar Wk 1-KMS/GHS%	See Below	74	0	103	4.62	1.48	51.6	8731	8.6	*4	3.98	14.15	0.41	0.08	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	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*
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		804	64	1519	10.58	5.37	489.8	8611	34.03	*36 *18.0%	35.23 17.5%	106.75 53.1%	26.51 29.7%	8.43 9.4%	*0.01 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017															
GHS Lunch															
	Total														
Mozzarella Sticks, Rich's WG-6	6 Sticks	320	15	620	4.00	1.44	500.0	300	0.0	2	20.0	37.0	12.0	3.50	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
Philly Steak Sandwich	1 Sandwich	493	55	899	6.00	1.08	*10.0	100	12.0	*9	30.0	48.0	18.5	7.80	0.00
Taco, Walking #10 - GHS%	1 Ch/#10 Mt/1Chs	543	30	803	5.12	2.74	302.5	1025	5.25	*2	23.13	38.37	34.0	10.80	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 Bites, HvstSpl \$	1/2 cup	129	0	109	2.97	0.36	19.8	3959	2.38	10	1.98	20.79	4.45	0.49	0.00
Pizza, Gilardi WGSC Cheese sk\$	1 slice	300	30	600	4.00	2.70	350.0	400	0.0	4	16.0	35.0	11.0	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
BBQ Pork Rib Sandwich - Skip@	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
Wrap, Turkey & Chs - GHS - SK*	1T-7sl T-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 Bites, HvstSpl SK	1/2 cup	129	0	109	2.97	0.36	19.8	3959	2.38	10	1.98	20.79	4.45	0.49	0.00
Garden Bar Wk 1-KMS/GHS%	See Below	74	0	103	4.62	1.48	51.6	8731	8.6	*4	3.98	14.15	0.41	0.08	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	120	0	0	2.67	0.00	0.0	0	6.4	*N/A*	4.0	25.33	0.67	0.00	0.00
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
Applesauce - 4.5 oz Cup, Corn\$	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
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		856	43	1297	13.62	4.11	*621.9	9966	19.06	*53	35.62	121.05	26.85	7.46	0.00
% of Calories										*24.5%	16.6%	56.5%	28.2%	7.8%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/12/2017															
GHS Lunch															
	Total														
Pizza, BD Primo Buff Ckn WG \$	1 Slice	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Fish Sandwich w/Chse Wdge #	1fsh/1bun/1Chs	392	58	813	3.25	2.15	132.0	150	3.6	4	19.74	40.47	16.94	3.57	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
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, 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, 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
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
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
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
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
Garden Bar Wk 1-KMS/GHS%	See Below	74	0	103	4.62	1.48	51.6	8731	8.6	*4	3.98	14.15	0.41	0.08	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	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
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
Mayonnaise, Lite - Skip%	1 oz Serv	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		820	50	1174	10.37	4.62	600.7	7598	72.30	*44	32.13	119.87	24.24	6.84	*0.00
% of Calories										*21.3%	15.7%	58.5%	26.6%	7.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/15/2017															
GHS Lunch															
Corn Puppies, Tky Mini -JTM 6\$	Total														
BBQ Pork Prtz Roll-KMS/GHS	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
	#8 pork/1 Bun	502	44	913	3.44	1.00	40.0	378	40.0	*N/A*	25.67	78.0	11.06	3.54	0.00
Chicken Sand, Patty, Spicy@	1 Bun/1 Pa	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	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
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
Cheeseburger, Bacon SKIP@	1bg/1c/1b c/1bn	342	47	748	3.65	2.87	152.0	150	1.2	*5	23.74	29.47	13.94	5.07	0.51
Mozzarella Sticks, Rich's 6 SK	6 Sticks	320	15	620	4.00	1.44	500.0	300	0.0	2	20.0	37.0	12.0	3.50	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	32	0	61	0.91	0.33	9.1	227	2.72	4	0.45	5.44	0.68	0.00	0.00
Egg Salad Sandwich Crsst - SK	1 Br/#10 E	389	327	591	3.00	2.45	82.5	742	3.6	*1	16.7	36.62	18.8	4.78	*0.00
French Fries, KK, Simp 3/8 SK@	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 2-KMS/GHS%	See Below	52	0	99	3.50	1.20	46.0	8529	20.64	*5	2.16	11.03	0.18	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Beans, Baked, Veg - 1/2 Cup%	#8 - 1/2Cu	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	0.00	*0.00
Oranges, Mandarin, Cnd - 1/2c	4oz spd1-1/2C	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*N/A*
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
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		800	48	1259	10.35	5.95	590.8	7636	54.89	*39	32.38	115.73	23.54	5.56	*0.09
% of Calories										*19.3%	16.2%	57.9%	26.5%	6.3%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017															
GHS Lunch	Total														
Meatball Hoagie w/Mozz K&G@	1B/5Mtb/.5 ozCH	394	53	475	4.25	3.37	*85.0	56	7.5	*3	24.5	34.75	17.25	6.57	*0.75
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
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
Omelet, Colby Chs, Michaels-2#	2 Omelet	260	380	520	0.00	1.44	120.0	800	0.0	0	14.0	2.0	22.0	7.00	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
Pizza, Tony's WGFB Chs Glc SK	1 Slice	300	15	550	3.00	1.80	400.0	400	0.0	*N/A*	22.0	32.0	10.0	3.50	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
Chicken Sand, Grl Brst PJ SK@	1 ckn/1 bun/1C	378	85	781	24.65	2.15	775.2	1085	0.0	*3	34.32	28.48	13.55	6.90	0.01
C-Line Sand-Prtzl Bun-SKIP@	1Rl/5slmt/1slch	456	50	798	1.44	0.54	100.0	150	0.4	*1	25.67	66.33	10.81	3.94	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
Garden Bar Wk 2-KMS/GHS%	See Below	52	0	99	3.50	1.20	46.0	8529	20.64	*5	2.16	11.03	0.18	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	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
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	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		831	143	1331	11.39	3.89	*601.6	7359	20.77	*55	30.61	107.35	32.04	8.90	*0.13
% of Calories										*26.2%	14.7%	51.7%	34.7%	9.6%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017															
GHS Lunch	Total														
Sub Bar - Ham or Italian	1/2Bun,5slmt,1C	391	51	1196	6.00	0.52	127.3	236	1.29	*9	25.1	46.59	11.56	3.91	0.00
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	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-Redpack-Skip\$	1.5 oz/#20	32	0	61	0.91	0.33	9.1	227	2.72	4	0.45	5.44	0.68	0.00	0.00
Chicken, Gen TSO, Lin-KMS/GHS	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
Meatballs, Beef w/Teriyaki, 6	6 meatballs	312	55	908	1.54	3.33	108.3	8	1.85	17	19.1	24.01	15.29	5.54	0.92
Rice, Brown, USDA, KMS/GHS #8	#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
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
C-Line Sand-Variety-Cold-SKIP@	1Rl/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
Garden Bar Wk 2-KMS/GHS%	See Below	52	0	99	3.50	1.20	46.0	8529	20.64	*5	2.16	11.03	0.18	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Broccoli, Frozen, Cooked 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
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
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
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
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 oz Serv	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
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		787	57	1250	12.29	5.69	515.3	8420	59.72	*53	33.45	120.07	21.25	5.46	*0.10
% of Calories										*26.8%	17.0%	61.0%	24.3%	6.2%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/18/2017															
GHS 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
BBQ Pulled Pork Sand-KMS/GHS@	#8 pork/1 Bun	317	44	814	4.65	2.43	72.0	378	40.0	*3	23.24	39.47	7.94	2.42	0.01
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, 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	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	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
Philly Steak Sandwich, SKIP	1 Sandwich	233	55	519	0.00	1.08	*10.0	100	12.0	*2	20.0	4.0	14.0	6.80	0.00
Cheeseburger, Bacon SKIP@	1bg/1c/1b c/1bn	342	47	748	3.65	2.87	152.0	150	1.2	*5	23.74	29.47	13.94	5.07	0.51
Wrap, Ham & Cheese-Cold 9" SK@	1T/4Ham/1Ch	364	77	756	3.28	2.39	245.5	576	1.6	*0	23.32	31.61	17.03	9.68	0.00
Potato, Lattice, Simplot SK#	3 oz	160	0	15	3.00	0.36	20.0	0	4.8	*N/A*	3.0	22.0	7.0	2.00	0.00
Garden Bar Wk 2-KMS/GHS%	See Below	52	0	99	3.50	1.20	46.0	8529	20.64	*5	2.16	11.03	0.18	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	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
Corn, Frozen - 1/2C	4oz spdl-1/2C	120	0	0	2.67	0.00	0.0	0	6.4	*N/A*	4.0	25.33	0.67	0.00	0.00
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
Sorbet, Assorted\$	4 oz cup	70	0	5	3.00	0.36	60.0	762	60.0	15	0.0	19.0	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		888	70	1402	12.09	9.59	*489.9	7012	68.50	*48	36.54	129.49	25.11	6.65	*0.06
% of Calories										*21.6%	16.5%	58.3%	25.4%	6.7%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017															
GHS Lunch															
	Total														
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
Roll, WG 2oz Rich's \$	1 roll	170	0	135	3.00	1.44	0.0	0	0.0	3	7.0	28.0	3.0	0.50	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
Fish Sandwich w/Chse Wdge #	1fsh/1bun/1Chs	392	58	813	3.25	2.15	132.0	150	3.6	4	19.74	40.47	16.94	3.57	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
Potatoes, Tri-Tater@	1 Tri-Tater	115	0	315	1.50	0.36	10.0	0	1.8	0	1.5	15.5	5.0	0.75	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
Hot Dog w/Bun KM/GHS-2 SKIP \$	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
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/1slCh	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Potatoes, Tri-Tater SKIP\$	1 Tri-Tater	115	0	315	1.50	0.36	10.0	0	1.8	0	1.5	15.5	5.0	0.75	0.00
Garden Bar Wk 2-KMS/GHS%	See Below	52	0	99	3.50	1.20	46.0	8529	20.64	*5	2.16	11.03	0.18	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
GRAPES, Fresh 1/2 cup	#8 - 1/2 cu	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Juice, Cup, Assorted \$	4 oz Serv	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Popcorn, Kettle Corn BOF #	1Bag	120	0	100	2.00	0.72	0.0	0	0.0	*N/A*	2.0	21.0	4.5	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 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
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
Weighted Daily Average		822	50	1539	8.63	4.07	465.3	6521	20.41	*43	31.97	104.86	30.86	7.39	0.01
% of Calories										*21.1%	15.5%	51.0%	33.8%	8.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2017															
GHS Lunch	Total														
Fajita, Chicken - KMS/GHS@	1T/3ozCK /1ozCH	410	110	670	4.00	2.52	240.0	300	0.0	*0	27.0	32.0	20.5	10.50	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
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
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, 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
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
Ham Sand w/Cheese,wm,2.5mtSK	1 Bun/5SI Ham/1C	120	50	690	0.00	1.44	20.0	0	0.0	*0	17.0	3.0	4.0	1.50	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
Wrap, Veggie - Skip@	1T/Veg/1ozCh	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
Cheese Cubes, Cheddar RF SK\$	1 oz	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Potatoes, Savory Loops SKIP%	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 3-KMS/GHS%	See Below	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	0.28	0.06	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	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
Blueberries,Frozen 1/2 Cup	#8 - 1/2 Cu	81	0	1	2.79	0.00	0.1	0	0.0	16	0.0	20.41	1.4	0.00	*0.00
Orange Smiles	1 Orange	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	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
Weighted Daily Average		804	64	1484	15.31	4.39	561.4	9437	81.79	*44	29.60	110.13	27.14	7.63	*0.00
% of Calories										*22.0%	14.7%	54.8%	30.4%	8.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/23/2017															
GHS Lunch															
	Total														
Chicken Nuggets, Gld Kst - 8 \$	8 Nuggets	272	56	576	3.20	3.20	32.0	0	0.0	0	30.4	17.6	12.8	2.40	0.00
Roll, WG 2oz Rich's \$	1 roll	170	0	135	3.00	1.44	0.0	0	0.0	3	7.0	28.0	3.0	0.50	0.00
Warhawk Burger \$	1 MTLF/1 Bun/1Ch	352	37	743	3.65	2.87	192.0	350	9.0	9	21.74	35.47	13.94	6.57	0.01
Pork Carnita Flatbread Sand@	1 FB,#16P ,1ozCh	317	55	570	3.12	2.48	264.0	808	4.45	*0	20.13	26.88	14.0	7.20	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	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 4x6 WG Chs SK@	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
Bosco Stk, 6" WGRF, 2 KM/GHSK#	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-Redpack-Skip\$	1.5 oz/#20	32	0	61	0.91	0.33	9.1	227	2.72	4	0.45	5.44	0.68	0.00	0.00
Chicken Sand, Patty Brd SKIP@	1 Patty/1 B	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	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
Sweet Potato Bites, HvstSpl SK	1/2 cup	129	0	109	2.97	0.36	19.8	3959	2.38	10	1.98	20.79	4.45	0.49	0.00
Garden Bar Wk 3-KMS/GHS%	See Below	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	0.28	0.06	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Juice Cup, 100% \$	4 oz Serv	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	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
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		854	49	1370	13.46	5.40	570.7	9320	20.20	*55	36.44	126.23	24.52	6.63	*0.00
% of Calories										*25.9%	17.1%	59.1%	25.9%	7.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/24/2017															
GHS Lunch	Total														
Potato Bar - KMS/GHS@	1Pot w/To ppings	441	65	868	6.31	3.49	163.1	1851	51.35	*2	24.6	47.86	16.24	8.76	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
Roll, WG 2oz Rich's \$	1 roll	170	0	135	3.00	1.44	0.0	0	0.0	3	7.0	28.0	3.0	0.50	0.00
Calzone, Meat, Gilardi WG \$	1 Calzone	250	15	480	4.00	2.70	350.0	200	0.0	4	18.0	33.0	5.0	2.00	0.00
Pizza, BD Primo Buff Ckn WG<	slice	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Chicken Sand, Grill Brst@	1 ckn/1 bun	267	60	568	24.65	2.15	52.0	0	0.0	3	28.24	27.47	4.44	0.82	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
Garden Bar Wk 3-KMS/GHS%	See Below	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	0.28	0.06	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	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
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, Mint Fdge Cup 3oz \$	3oz cup	100	15	50	0.00	0.36	60.0	200	0.0	12	1.0	13.0	5.0	3.50	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
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		743	69	1194	13.14	4.81	617.4	7280	37.55	*35	35.03	95.60	24.89	9.61	0.00
% of Calories										*19.1%	18.9%	51.5%	30.2%	11.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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GHS Lunch

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Thu - 05/25/2017															
GHS Lunch															
	Total														
	1 Enchilad	305	51	545	4.06	3.13	146.4	1253	13.3	*0	20.49	35.99	9.24	4.42	0.00
	Rice, Brown, USDA, KMS/GHS #8	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
	Chicken, Mand Org-Ling KM/GH@	167	44	311	0.00	0.80	0.0	0	1.33	11	12.22	21.11	3.33	0.56	0.00
	Rice, Brown, USDA, KMS/GHS #8	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
	Roll, WG 2oz Rich's \$	170	0	135	3.00	1.44	0.0	0	0.0	3	7.0	28.0	3.0	0.50	0.00
	Beef & LOL Cheese Sand-Bun#	243	60	789	0.00	1.44	10.0	200	12.0	*2	18.0	6.0	15.0	7.90	0.00
	Pizza, Gilardi MAX RS CHS SK\$	270	10	800	4.00	5.40	250.0	500	0.0	5	15.0	32.0	10.0	3.00	0.00
	Cheeseburger, Double SKIP \$	402	68	893	2.65	4.31	172.0	150	0.0	4	31.74	31.47	15.94	6.57	0.01
	Chicken Sand, Patty, Spicy-SK@	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
	Wrap, Turkey & Chs - GHS - SK*	340	60	588	3.32	1.91	146.4	214	1.15	*0	24.82	30.46	13.5	7.00	0.00
	Garden Bar Wk 3-KMS/GHS%	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	0.28	0.06	0.00
	Salad Drsg, Asst GHS- Skip\$	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
	Beans, Green, Simplot-1/2 cup	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
	Peaches, Canned, Lt. Syr-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
	Raisels, Sour Org/Lmn 1 Box\$	140	0	5	1.00	0.72	20.0	0	60.0	28	1.0	36.0	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
	Ketchup, Skip%	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	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%	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	762	49	1164	10.52	5.89	483.1	8007	70.31	*58	33.39	117.26	19.18	5.07	0.00
	% of Calories									*30.3%	17.5%	61.5%	22.6%	6.0%	0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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GHS Lunch

Portion Values - Detailed

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Fri - 05/26/2017															
GHS 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
Roll, WG 2oz Rich's \$	1 roll	170	0	135	3.00	1.44	0.0	0	0.0	3	7.0	28.0	3.0	0.50	0.00
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
Taco Nachos(#10)w/LOL-GHS%	1Cp/#10M t/2Ch	481	20	902	5.00	3.06	120.0	950	16.8	*2	22.0	46.0	26.0	7.80	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
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
Pizza, Gilardi WGSC Cheese sk\$	1 slice	300	30	600	4.00	2.70	350.0	400	0.0	4	16.0	35.0	11.0	6.00	0.00
Hot Dog w/Bun KM/GHS-2 SKIP \$	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
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
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
Potatoes, Savory Loops SKIP%	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 3-KMS/GHS%	See Below	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	0.28	0.06	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Beans, Refried, Cheesy, 1/2C@	#8 - 1/2 Cu	146	10	195	5.01	1.45	104.1	96	2.39	*0	9.27	20.5	2.88	1.92	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
Bananas	1 Banana	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Ice Cream Sandwich - Schoep's@	1 Sandwich	140	14	90	0.00	0.00	40.0	100	0.0	13	2.0	23.0	4.5	2.50	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		905	46	1591	15.03	4.87	584.9	7469	44.51	*51	33.19	129.34	29.33	8.29	0.00
% of Calories										*22.6%	14.7%	57.2%	29.2%	8.2%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/30/2017															
GHS Lunch	Total														
Chicken Nuggets, Gld Kst - 8 \$	8 Nuggets	272	56	576	3.20	3.20	32.0	0	0.0	0	30.4	17.6	12.8	2.40	0.00
Biscuit, WG Rich's#	1 Biscuit	110	0	250	1.70	0.36	20.0	0	0.0	*N/A*	2.0	15.0	5.0	3.00	0.00
G-Town Sandwich@	1 Sandwich	369	57	869	3.40	5.22	340.0	1225	7.5	*3	21.83	28.58	17.85	9.96	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, 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
Fish Sandwich w/Chse Wdgc SK#	1fsh/1bun/1Chs	392	58	813	3.25	2.15	132.0	150	3.6	4	19.74	40.47	16.94	3.57	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
Chicken Sand, Patty, Spicy-SK@	1 Bun/1 Pa	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
Warhawk Burger Skip \$	1 MTLF/1 Bun/1Ch	352	37	743	3.65	2.87	192.0	350	9.0	9	21.74	35.47	13.94	6.57	0.01
Wrap, Veggie - Skip@	1T/Veg/1ozCh	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
Cheese Cubes, Cheddar RF SK\$	1 oz	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Garden Bar Wk 4-KMS/GHS%	See Below	122	0	141	4.65	1.43	53.7	8454	13.4	*3	4.28	26.42	0.26	0.06	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	0.00
Beans, Baked, Veg - 1/2 Cup%	#8 - 1/2Cu	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	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
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
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		885	52	1304	11.68	5.83	597.6	6671	57.22	*50	38.28	133.48	22.87	7.59	*0.00
% of Calories										*22.4%	17.3%	60.3%	23.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/31/2017															
GHS Lunch	Total														
Sub Bar - Ham or Salami@	1Bun,5slMt,1C	455	57	1435	6.00	0.36	100.0	150	4.5	*9	25.25	45.75	18.88	7.00	0.00
Pizza, Tony's FB Multi Cheese	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
Wrap, Chicken Tdrs, GHS @	1T3Tnd1Ch1/4L	540	55	730	6.00	3.24	280.0	400	0.0	*1	26.0	46.0	28.5	11.00	0.00
Bratwurst in Bun\$	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
Garden Bar Wk 4-KMS/GHS%	See Below	122	0	141	4.65	1.43	53.7	8454	13.4	*3	4.28	26.42	0.26	0.06	0.00
Salad Drsg, Asst GHS- Skip\$	2 TBSP	102	4	243	0.00	0.00	0.4	0	0.0	*2	0.0	3.61	9.63	1.21	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
Fruit, Fresh, Spring Mix	1 Piece	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
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
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
Weighted Daily Average		730	47	1454	9.19	3.04	498.5	6749	45.43	*38	30.81	96.72	24.60	6.69	0.00
% of Calories										*21.0%	16.9%	53.0%	30.4%	8.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	
Weighted Average		833	*59	1351	12.25	5.13	*544.0	8266	45.88	*47	34.61	116.94	26.04	7.09	*0.07
										*50.7%	16.6%	56.2%	28.1%	7.7%	*0.1%

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	833		750 - 850	100%												
Cholesterol (mg)	59				Missing											
Sodium (mg)	1351		1420													
Fiber (g)	12.25															
Iron (mg)	5.13															
Calcium (mg)	544.0				Missing											
Vitamin A (IU)	8266															
Sugars (g)	47	22.51%			Missing											
Vitamin C (mg)	45.88															
Protein (g)	34.61	16.63%														
Carbohydrate (g)	116.94	56.18%														
Total Fat (g)	26.04	28.15%														
Saturated Fat (g)	7.09	7.66%	<10.00%													
Trans Fat ¹ (g)	0.07	0.08%			Missing											

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