

Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017															
KMS 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, 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
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 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
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
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 - 1/4 cup*	1/4 Cup	27	0	39	1.76	0.53	13.0	5394	4.59	2	1.75	5.74	0.24	0.04	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
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		681	44	1025	9.28	4.45	450.8	10022	21.54	*37	30.72	92.27	22.13	5.55	*0.00
% of Calories										*21.8%	18.0%	54.2%	29.2%	7.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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)
Tue - 05/02/2017															
KMS Lunch	Total														
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
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
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 1/4c	#16 - 1/4 c	14	0	5	1.42	0.29	15.6	478	18.95	1	1.46	2.61	0.06	0.01	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		642	43	1079	10.81	3.63	475.7	9716	23.78	*34	29.04	90.37	19.20	5.13	*0.18
% of Calories										*21.5%	18.1%	56.3%	26.9%	7.2%	*0.3%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/03/2017															
KMS 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
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 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		844	61	1477	10.45	3.31	534.3	7838	30.38	*50	32.38	113.91	28.33	8.54	*0.00
% of Calories										*23.5%	15.3%	54.0%	30.2%	9.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Thu - 05/04/2017															
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
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, 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
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 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
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 & Amer Chse Sand-Crsst SK#	4H/1C/1 C rsst	332	48	900	3.00	2.60	156.1	450	3.6	*1	23.18	33.41	11.22	4.46	0.00
Sweet Potato Tots, Simp, SK \$	3.0 oz - 8 Tots	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Garden Bar Wk 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 - 1/4c	2oz spdl-1 /4C	44	0	0	0.97	0.00	0.0	0	2.33	*N/A*	1.45	9.22	0.24	0.00	0.00
Fruit, 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
Weighted Daily Average		700	83	1377	10.83	4.91	451.4	7346	28.82	*24	38.14	83.27	24.56	6.01	*0.00
% of Calories										*13.9%	21.8%	47.6%	31.6%	7.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Fri - 05/05/2017															
KMS Lunch	Total														
Chicken Nuggets, Gld Kst - 7 \$	7 Nuggets	238	49	504	2.80	2.80	28.0	0	0.0	0	26.6	15.4	11.2	2.10	0.00
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, 1 oz (2)Sk \$	2 - 1 oz cu slice	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
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
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 - 1/4 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
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		673	52	1078	9.67	4.74	609.1	8045	50.10	*46	34.69	90.16	21.23	6.09	*0.00
% of Calories										*27.3%	20.6%	53.6%	28.4%	8.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Mon - 05/08/2017																
KMS Lunch																
	Total															
	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	
	4 drummie	240	35	340	2.00	2.00	20.0	0	0.0	1	14.0	15.0	14.0	3.40	0.00	
	Roll, Dnr White Wht Alpha-1\$	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02	
	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 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
	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, 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
	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
	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 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		772	39	1092	10.79	4.33	522.1	7304	14.72	*37	31.26	100.67	28.40	7.15	*0.04	
% of Calories										*18.9%	16.2%	52.2%	33.1%	8.3%	*0.0%	
Nutrient Guideline		600-700		1360										<10.00		

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Germantown School District

May 1, 2017 thru May 31, 2017

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 - 05/09/2017															
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
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
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, 1/4C@	#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, 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
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		785	58	1287	9.17	5.58	526.8	7194	22.65	*43	36.19	95.38	28.44	8.11	*0.00
% of Calories										*21.9%	18.4%	48.6%	32.6%	9.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

KMS 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 - 05/10/2017															
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
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
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@	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 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 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*
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		655	57	1295	9.21	4.69	495.6	8418	31.59	*26	30.96	83.20	22.57	7.14	*0.01
% of Calories										*15.7%	18.9%	50.8%	31.0%	9.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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)
Thu - 05/11/2017															
KMS 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
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 \$	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 - 1/4c	2oz spdl-1/4C	44	0	0	0.97	0.00	0.0	0	2.33	*N/A*	1.45	9.22	0.24	0.00	0.00
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
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		718	39	1211	11.13	3.86	*613.1	9054	13.83	*41	31.23	94.69	24.73	7.16	0.00
% of Calories										*22.8%	17.4%	52.7%	31.0%	9.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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)
Fri - 05/12/2017															
KMS Lunch	Total														
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
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
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, 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
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		588	30	770	6.96	3.39	548.2	6819	53.20	*37	23.44	86.91	16.85	5.24	*0.00
% of Calories										*25.2%	15.9%	59.1%	25.8%	8.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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Mon - 05/15/2017															
KMS Lunch															
	Total														
Corn Puppies, Tky Mini -JTM 6\$	6 pieces	267	34	365	3.00	1.00	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
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
Chicken Sand, Patty Brd @	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
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
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
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 - 1/4 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
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		717	44	1243	8.35	5.07	507.8	7015	47.45	*40	28.31	96.63	24.04	5.16	*0.08
% of Calories										*22.4%	15.8%	53.9%	30.2%	6.5%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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 - 05/16/2017															
KMS 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
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
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		707	105	1226	7.39	3.71	*567.1	7060	20.38	*36	29.83	85.35	28.39	7.92	*0.16
% of Calories										*20.6%	16.9%	48.3%	36.1%	10.1%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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)
Wed - 05/17/2017															
KMS 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
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
Meatballs, Beef Teriaki, 6 \$	4 meatballs	339	54	1124	1.49	2.96	89.5	0	1.79	22	19.4	35.82	13.43	5.22	0.90
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
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 1/4c	#16 - 1/4 c	14	0	5	1.42	0.29	15.6	478	18.95	1	1.46	2.61	0.06	0.01	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
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
Weighted Daily Average		679	57	1207	8.12	4.86	462.4	7567	27.00	*48	30.25	97.44	20.04	5.35	0.19
% of Calories										*28.1%	17.8%	57.4%	26.6%	7.1%	0.3%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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)
Thu - 05/18/2017															
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
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
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
Corn, Frozen - 1/4c	2oz spdl-1/4C	44	0	0	0.97	0.00	0.0	0	2.33	*N/A*	1.45	9.22	0.24	0.00	0.00
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
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		641	67	1173	10.42	4.16	484.3	7501	69.58	*37	31.76	88.48	17.84	4.96	0.04
% of Calories										*23.1%	19.8%	55.3%	25.1%	7.0%	0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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)
Fri - 05/19/2017															
KMS 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
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
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
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		782	46	1479	8.73	4.02	523.6	6799	21.01	*35	31.17	97.47	30.34	7.44	0.01
% of Calories										*18.1%	15.9%	49.8%	34.9%	8.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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)
Mon - 05/22/2017															
KMS 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,w,m,2.5mtSK	1 Bun/5Sl 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
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 - 2 oz	2 oz Serv	17	0	17	1.33	0.24	13.3	1000	18.0	*N/A*	0.67	3.33	0.0	0.00	0.00
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
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
Weighted Daily Average		672	55	1324	10.85	3.71	491.2	7718	30.25	*34	26.17	88.23	23.39	6.48	*0.00
% of Calories										*20.4%	15.6%	52.5%	31.3%	8.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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 - 05/23/2017															
KMS Lunch															
	Total														
Chicken Nuggets, Gld Kst - 7 \$	7 Nuggets	238	49	504	2.80	2.80	28.0	0	0.0	0	26.6	15.4	11.2	2.10	0.00
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
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 \$	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
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
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		690	49	1279	10.82	4.87	485.7	7467	17.18	*39	33.11	95.63	21.64	5.80	*0.00
% of Calories										*22.8%	19.2%	55.4%	28.2%	7.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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)
Wed - 05/24/2017															
KMS 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, 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
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
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, Grill Brst-Skip@	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
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, 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		697	69	1216	14.33	4.15	640.8	7699	52.49	*38	35.12	85.38	24.78	9.51	0.01
% of Calories										*21.6%	20.2%	49.0%	32.0%	12.3%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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)
Thu - 05/25/2017															
KMS Lunch															
	Total														
Enchilada, Chicken - KMS/GHS@	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
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
Beef & LOL Cheese Sand-Bun#	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
Pizza, Gilardi MAX RS CHS SK\$	1 Slice	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 \$	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
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
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, 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
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
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		558	51	1032	7.58	4.27	421.9	7440	21.80	*36 *25.8%	28.92 20.7%	77.05 55.3%	15.73 25.4%	4.30 6.9%	0.00 0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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)
Fri - 05/26/2017															
KMS 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
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
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, 1/4C@	#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 - 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
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
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		807	44	1488	11.69	5.97	552.9	7770	35.58	*45	29.23	110.01	28.34	7.56	0.00
% of Calories										*22.5%	14.5%	54.5%	31.6%	8.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

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 - 05/30/2017															
KMS Lunch															
	Total														
	7 Nuggets	238	49	504	2.80	2.80	28.0	0	0.0	0	26.6	15.4	11.2	2.10	0.00
	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
	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
	#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
	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
	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
	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
	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
	#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
	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
	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
	#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
	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
	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
	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
	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
	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		696	45	1065	8.13	4.56	550.6	7151	55.50	*35	31.72	101.57	18.74	6.35	*0.00
% of Calories										*20.2%	18.2%	58.3%	24.2%	8.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

KMS 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															
KMS 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
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
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		674	42	1324	7.44	3.26	494.6	6807	21.47	*29	28.94	85.17	24.28	6.30	0.00
% of Calories										*16.9%	17.2%	50.5%	32.4%	8.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	
Weighted Average		699	54	1216	9.64	4.34	*518.6	7716	32.29	*38	31.03	92.69	23.36	6.51	*0.03
										*48.4%	17.8%	53.0%	30.1%	8.4%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Germantown School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

KMS 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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	699		600 - 700	100%													
Cholesterol (mg)	54																
Sodium (mg)	1216		1360														
Fiber (g)	9.64																
Iron (mg)	4.34																
Calcium (mg)	518.6				Missing												
Vitamin A (IU)	7716				Missing												
Sugars (g)	38	21.52%															
Vitamin C (mg)	32.29																
Protein (g)	31.03	17.75%															
Carbohydrate (g)	92.69	53.04%															
Total Fat (g)	23.36	30.08%															
Saturated Fat (g)	6.51	8.38%	<10.00%														
Trans Fat ¹ (g)	0.03	0.04%			Missing												

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