

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018															
Elementary Lunch	Total														
Fr Tst, Mini Choc Chip Eggo ^	1 bag	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	1.5	1.50	0.00
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Syrup, Cup Skip\$	1 Cup	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
BBQ Pulled Pork Sand-ELEM@	#12 pork/1 Bun	253	27	602	3.90	2.06	57.0	236	25.0	*3	16.86	34.59	5.69	1.63	0.01
Potatoes, Tri-Tater, Tiny#	3 Tiny Tate	140	0	330	2.00	0.36	0.0	0	3.6	*N/A*	1.0	17.0	7.0	2.00	0.00
Garden Bar Wk 5-Elem%	See Below	111	0	162	4.93	1.58	45.3	8283	6.47	*11	3.47	25.64	0.28	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		654	171	921	9.80	4.36	413.3	6404	12.71	*50 *30.6%	21.66 13.2%	108.65 66.4%	12.94 17.8%	4.75 6.5%	*0.00 *0.0%
Nutrient Guideline		550-650		1230											<10.00

Wed - 05/02/2018															
Elementary Lunch	Total														
Max Sticks - 2 \$43901	2 Sticks	300	30	640	2.00	1.44	300.0	0	0.0	4	16.0	34.0	12.0	6.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Chicken Ring Things 5 - Tyson#	5 pcs	300	50	450	2.00	1.80	20.0	100	0.0	*N/A*	21.0	15.0	18.0	3.50	0.00
Garden Bar Wk 5-Elem%	See Below	111	0	162	4.93	1.58	45.3	8283	6.47	*11	3.47	25.64	0.28	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Broccoli, Frozen w/Chs 1/4c#	3oz spoodl	63	10	211	1.40	0.46	23.5	565	24.45	*N/A*	3.93	3.97	3.55	2.26	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Graham Snacks, Minion WG ^	Bag	140	0	110	2.00	0.72	0.0	0	0.0	8	2.0	22.0	4.0	1.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		668	52	1172	8.92	3.89	467.0	6475	20.89	*43 *25.5%	31.37 18.8%	88.92 53.3%	21.54 29.0%	6.92 9.3%	0.00 0.0%
Nutrient Guideline		550-650		1230											<10.00

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/03/2018															
Elementary Lunch	Total														
Chicken Nuggets, Tyson WG - 5\$	5 Nuggets	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	0.00
Pork & Gravy, Cmnt ELEM@	4oz spoodl	178	54	626	0.00	0.48	6.0	4	0.4	*N/A*	9.88	8.0	10.7	3.71	0.00
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 5-Elem%	See Below	111	0	162	4.93	1.58	45.3	8283	6.47	*11	3.47	25.64	0.28	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Roll, Dnr Hny WG Gordon1\$	1 roll	75	0	55	2.00	0.90	10.0	0	0.0	1	3.0	14.5	0.75	0.00	0.00
Vegetables, Calif Blen - 2 oz	2 oz Serv	17	0	17	1.33	0.24	13.3	1000	18.0	*N/A*	0.67	3.33	0.0	0.00	0.00
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		571	34	1252	8.90	4.68	370.4	6713	20.07	*41	26.29	89.23	12.56	2.55	0.00
% of Calories										*28.5%	18.4%	62.5%	19.8%	4.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 05/04/2018															
Elementary Lunch	Total														
Pizza, Wild Mike's 5" ELEM^	Pizza	360	35	510	3.00	2.70	450.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Fish Stks, Plk, Brd, HghLnr4%	4 fish stick	230	50	320	2.00	1.44	20.0	0	0.0	1	15.0	23.0	9.0	1.50	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
Sweet Potato Fries, Hrv Sp\$	1/2 cup	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Garden Bar Wk 5-Elem%	See Below	111	0	162	4.93	1.58	45.3	8283	6.47	*11	3.47	25.64	0.28	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Peas - 1/4 Cup*	2 oz spd- 1/4C	44	0	41	2.55	0.86	13.6	1191	5.61	2	2.92	8.09	0.15	0.03	0.00
Juice, Orange	4 oz Serv	56	0	2	0.34	0.15	12.5	48	38.1	9	0.77	13.09	0.14	0.02	0.00
Cupcake, Vanilla WG ^	Cupcake	140	20	170	6.00	0.72	100.0	0	0.0	7	2.0	27.0	2.5	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		664	64	914	11.56	4.12	616.0	7907	37.07	*39	30.11	97.17	18.59	5.82	0.14
% of Calories										*23.2%	18.1%	58.5%	25.2%	7.9%	0.2%
Nutrient Guideline		550-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/07/2018															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem%	12 pcs/6oz spd	244	21	371	3.18	1.91	42.4	106	0.0	1	14.82	14.82	13.76	2.65	0.00
Cheeseburger Elem \$	1Bun/1Ch s/1Bgr	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
Garden Bar Wk 6-Elem%	See Below	48	0	100	3.45	1.38	34.9	8871	6.0	*1	2.23	9.85	0.17	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Beans, Green, Simplot-1/4 cup	2oz spd-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
Pineapple, Tidbits - 1/2 Cup	4oz spd-1/2C	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Ice Cream Sandwich, Mini CF\$	1 Sandwich	90	10	50	0.00	0.00	20.0	0	0.0	8	1.0	15.0	3.0	2.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
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		579	47	813	7.28	3.87	458.1	7902	14.85	*30	29.68	76.26	17.46	5.81	*0.00
% of Calories										*20.8%	20.5%	52.7%	27.1%	9.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 05/08/2018															
Elementary Lunch	Total														
Taco, Soft Shell (1)#16 Elem%	1 T-#16M-1/2 Ch	219	15	365	3.34	2.04	146.8	585	3.21	*1	14.19	18.84	10.34	5.70	0.00
Taco, Hard Shell #20 - Elem%	2 T-2#20M-1/2Ch	325	30	490	3.40	2.52	254.6	968	4.94	*2	21.71	20.27	18.18	9.20	0.00
Pretzel, Bite Mini - 1^	1 Bite	30	0	30	1.00	0.36	0.0	0	0.0	0	1.0	7.0	0.0	0.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Garden Bar Wk 6-Elem%	See Below	48	0	100	3.45	1.38	34.9	8871	6.0	*1	2.23	9.85	0.17	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Beans, 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
Apples,Cinnamon - Warm - 1/2 C	4oz spd-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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		602	29	850	11.75	4.26	558.4	8599	14.01	*34	26.81	93.67	14.41	6.66	*0.00
% of Calories										*22.6%	17.8%	62.2%	21.5%	10.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 05/09/2018															
Elementary Lunch	Total														
Corn Puppies, Tky Mini JTM ^	6 pieces	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Ravioli, Mini WG, Cheese - 10@	10 raviolis	228	37	615	3.40	2.28	160.3	775	11.07	*1	13.72	31.08	4.42	2.21	0.00
Garden Bar Wk 6-Elem%	See Below	48	0	100	3.45	1.38	34.9	8871	6.0	*1	2.23	9.85	0.17	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
Carrots,Frozen,Swt 1/4c\$	#16 - 1/4 c	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
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
Donut, Pwd Sgr Mini WG - 1 \$	1 Mini Don	45	0	38	0.33	0.12	10.0	0	0.0	4	0.67	6.83	1.83	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		628	43	944	11.09	3.04	423.2	12486	45.57	*49	22.90	102.15	14.36	2.94	*0.00
% of Calories										*31.0%	14.6%	65.1%	20.6%	4.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 05/10/2018															
Elementary Lunch	Total														
Mac & Cheese, LOL, RS RF 6oz\$	#6/6 oz	280	25	670	2.00	1.08	400.0	750	0.0	6	17.0	29.0	11.0	5.00	0.00
Chicken Tdrs, TY - 3 ELEM%	3 Tenders	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Carrots & Celery - 3 oz	3 oz Veg	24	0	63	1.87	0.21	31.0	7295	3.83	3	0.69	5.34	0.17	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Potatoes, Smiley - 4 ELEM\$	4 pieces	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		599	33	1024	5.90	2.01	490.9	6826	9.11	*36	25.90	76.84	20.08	4.40	0.00
% of Calories										*23.9%	17.3%	51.3%	30.2%	6.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/14/2018															
Elementary Lunch	Total														
Chicken, Mand Org-Ling ELEM@	6 oz spoodl	125	33	233	0.00	0.60	0.0	0	1.0	8	9.17	15.83	2.5	0.42	0.00
Rice, Brown, USDA, #8 - 1BrSK@	#8/4 oz	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
Corn Dog, WG FFarm Chicken^	1 Corn Dog	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Garden Bar Wk 1-Elem%	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	0.15	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Broccoli, Frozen 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
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*
Graham Bunny Friends %	1 bag	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
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		592	44	719	8.68	3.05	548.4	8349	37.81	*36	22.98	97.70	12.74	2.09	*0.00
% of Calories										*24.5%	15.5%	66.0%	19.4%	3.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 05/15/2018															
Elementary Lunch	Total														
Chicken Tdrs, TY - 3 ELEM%	3 Tenders	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
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
Garden Bar Wk 1-Elem%	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	0.15	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
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	110	5	85	1.00	2.70	0.0	0	0.0	8	1.0	18.0	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
Weighted Daily Average		630	39	1015	7.94	4.77	521.0	6744	25.09	*34	27.12	81.51	22.16	5.84	0.00
% of Calories										*21.4%	17.2%	51.7%	31.6%	8.3%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/16/2018															
Elementary Lunch	Total														
Pizza, Bosco, SC WG RF@	1/8 Pizza	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Sloppy Joe, #12-KMS/GHS SKIP@	#12 Mt/1 B	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Garden Bar Wk 1-Elem%	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	0.15	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Peas - 1/4 Cup*	2 oz spdl-1/4C	44	0	41	2.55	0.86	13.6	1191	5.61	2	2.92	8.09	0.15	0.03	0.00
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 Bar, Frozen Whole Fruit	1 Bar	40	0	5	2.00	0.00	60.0	500	60.0	7	0.0	10.0	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
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		566	37	1054	9.50	3.98	627.7	8692	62.55	*42	29.75	82.20	14.02	3.71	0.00
% of Calories										*29.5%	21.0%	58.1%	22.3%	5.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 05/17/2018															
Elementary Lunch	Total														
Chicken Nuggets, Tyson WG - 5\$	5 Nuggets	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	0.00
Salisbury Steak - 1\$	1 Steak	150	41	550	1.00	1.80	40.0	0	1.2	*1	16.5	5.5	7.25	3.00	0.00
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 1-Elem%	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	0.15	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Cinn Roll w/Cin & Sugar-Sm^	1 Roll	99	0	70	2.14	0.74	2.6	101	0.01	7	2.01	21.31	0.5	0.00	*0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Applesauce - 1/2 C	#8 - 1/2 C	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		594	32	1180	8.59	4.34	356.3	6664	12.17	*39	27.55	94.28	12.36	2.44	*0.00
% of Calories										*26.5%	18.6%	63.5%	18.7%	3.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/18/2018															
Elementary Lunch	Total														
Chicken Drumstick, Breaded \$	1 Drumstic	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Pretzel, Bite Mini - 2^	2 Bites	60	0	60	2.00	0.72	0.0	0	0.0	0	2.0	14.0	0.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Muffin, Choc Choc Chip Arzyta^	1 Muffin	200	40	130	2.00	1.08	40.0	100	0.0	17	4.0	32.0	6.0	2.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Garden Bar Wk 1-Elem%	.5cL.25cC. 125cV	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	0.15	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Carrots,Frozen,Swt 1/4c\$	#16 - 1/4 c	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
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
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		543	65	654	5.49	2.48	574.0	11337	11.21	*31	24.73	78.30	14.36	5.46	*0.00
% of Calories										*22.6%	18.2%	57.7%	23.8%	9.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 05/21/2018															
Elementary Lunch	Total														
Pizza, Tony's 5" DD Cheese \$	1 Pizza	320	30	480	3.00	2.70	250.0	300	0.0	10	17.0	35.0	12.0	6.00	0.00
Chicken Ring Things 5 - Tyson#	5 pcs	300	50	450	2.00	1.80	20.0	100	0.0	*N/A*	21.0	15.0	18.0	3.50	0.00
Potatoes, Wedges*	#8 - 1/2 cu	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Garden Bar Wk 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
Rice Krispie Trt - .78oz/ala	1 Treat	90	0	105	0.00	0.36	0.0	200	0.0	*N/A*	0.0	17.0	2.5	1.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		664	46	880	7.33	4.50	480.3	7456	27.39	*40	29.65	96.07	19.05	6.31	0.00
% of Calories										*23.8%	17.9%	57.9%	25.8%	8.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018															
Elementary Lunch	Total														
Taco, Walking #16 - Elem%	1 Ch/#16	291	38	452	3.46	1.74	169.9	656	3.79	*0	14.32	20.22	17.84	5.70	0.00
	Mt/.5Ch														
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Garden Bar Wk 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
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
Pudding, Chocolate - 3 oz	3 oz Servin	112	0	165	0.00	0.27	30.0	0	0.0	14	0.75	19.5	3.75	3.37	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		633	42	1046	8.25	3.89	584.6	8136	27.83	*43	26.08	84.98	21.48	9.87	0.00
% of Calories										*26.9%	16.5%	53.7%	30.5%	14.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 05/23/2018															
Elementary Lunch	Total														
Fr Tst, Cinn, WG 1PC \$	1 Tst	200	109	290	2.50	1.44	70.0	250	0.0	11	7.8	25.0	8.0	1.50	0.00
Sausage Links, 2, JTM ^	2 Sausage	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Cup Skip\$	1 Cup	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
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
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 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
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		732	84	1219	9.52	3.44	439.7	6824	19.33	*47	25.26	100.88	25.46	5.73	*0.01
% of Calories										*25.8%	13.8%	55.2%	31.3%	7.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/24/2018															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem%	12 pcs/6oz spd	244	21	371	3.18	1.91	42.4	106	0.0	1	14.82	14.82	13.76	2.65	0.00
Hot Dog, Tky w/Bun Elem SgrDI\$	1 Dog/1 Bu	266	35	886	2.29	1.80	90.0	0	2.4	6	12.2	30.49	11.1	3.34	0.03
Garden Bar Wk 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Corn, Frozen - 1/2C	4oz spd-1 /2C	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Applesauce - 1/2 C	#8 - 1/2 C	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Graham Snacks, Minion WG ^	Bag	140	0	110	2.00	0.72	0.0	0	0.0	8	2.0	22.0	4.0	1.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		617	33	939	8.57	3.45	366.4	6517	20.31	*40	26.12	85.76	18.89	4.08	0.01
% of Calories										*25.8%	16.9%	55.6%	27.6%	6.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 05/25/2018															
Elementary Lunch	Total														
Sub Sandwich - Elementary@	1B-2H-2T-1Ch	257	37	578	3.00	1.36	110.0	150	0.4	5	19.63	30.76	6.78	2.25	0.00
Tortilla Chips - WG 1oz Bag%	1oz Bag	140	0	105	1.00	0.36	40.0	0	0.0	0	2.0	19.0	7.0	1.00	0.00
Carrots, Baby Pld Carroteenies	1.6 oz Bag	15	0	35	1.00	0.00	0.0	3000	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
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, 3oz Cup Schoep Ast#	3 oz Cup	73	6	55	0.00	0.12	60.0	200	0.0	11	2.0	13.0	1.33	0.83	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		583	48	895	6.32	1.90	494.2	3368	32.39	*36	31.08	87.17	14.04	3.98	0.00
% of Calories										*25.0%	21.3%	59.8%	21.7%	6.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		618	53	972	8.63	3.67	488.3	7633	25.02	*39	26.95	90.10	17.03	4.96	*0.01
										*57.3%	17.4%	58.3%	24.8%	7.2%	*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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	618		550 - 650	100%														
Cholesterol (mg)	53																	
Sodium 1 (mg)	972		1230															
Sodium 2 (mg)	972		935						37	Correction Required - Sodium too High								
Fiber (g)	8.63																	
Iron (mg)	3.67																	
Calcium (mg)	488.3																	
Vitamin A (IU)	7633																	
Sugars (g)	39	25.45%				Missing												
Vitamin C (mg)	25.02																	
Protein (g)	26.95	17.45%																
Carbohydrate (g)	90.10	58.34%																
Total Fat (g)	17.03	24.81%																
Saturated Fat (g)	4.96	7.23%	<10.00%															
Trans Fat ¹ (g)	0.01	0.01%				Missing												

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.