

**Germantown School District**

**May 1, 2018 thru May 25, 2018**

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 <sup>1</sup> (g)
Tue - 05/01/2018															
GHS Lunch															
	Total														
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, #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
Pretzel, Bite Mini - 3^	3 Bites	90	0	90	3.00	1.08	0.0	0	0.0	0	3.0	21.0	0.0	0.00	0.00
Fr Tst, Cinn, WG 2PC \$	2 Tst	400	218	580	5.00	2.88	140.0	500	0.0	22	15.6	50.0	16.0	3.00	0.00
Omelet, Colby Chs - Michaels#	1 Omelet	130	190	260	0.00	0.72	60.0	400	0.0	0	7.0	1.0	11.0	3.50	0.00
Syrup, Cup Skip\$	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-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
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, PJ DBL - SK#	1bun/2 bgr /1ch	514	95	739	4.65	3.43	799.2	1085	0.0	*3	38.32	29.48	27.05	12.80	0.01
Tornado, Beef Steak 2 SKIP ^	2 Tornos	460	20	720	2.00	3.60	120.0	400	4.8	2	16.0	64.0	16.0	4.00	0.00
Wrap, Veggie - Skip@	1T/Veg/1o zCh	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
String Cheese - Skip	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 5-KMS/GHS%	See Below	117	0	162	5.21	1.68	50.9	8559	7.13	*11	4.03	26.47	0.28	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
Cookie, Fortune@	1 cookie	35	0	15	0.00	0.00	0.0	0	0.0	3	1.0	7.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	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		788	107	994	11.13	3.93	528.3	6996	11.28	*57	31.60	130.18	17.45	5.11	*0.00
% of Calories										*28.9%	16.0%	66.1%	19.9%	5.8%	*0.0%
Nutrient Guideline		750-850		1420										<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.

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Wed - 05/02/2018															
GHS Lunch	Total														
Sub Bar - Ham* or Salami*@	1H or 1S SndWh	455	57	1435	6.00	0.36	100.0	150	4.5	*9	25.25	45.75	18.88	7.00	0.00
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
Gyro	1 Gyro	587	80	1213	4.25	1.93	107.3	340	1.11	*2	23.79	46.16	32.05	16.02	0.00
Gyro Sauce SKIP	2 oz Servin	97	30	23	0.25	0.13	67.3	340	1.11	*2	1.79	3.16	7.55	6.02	0.00
Cook's Choice	1 Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potatoes, Tri-Tater, Tiny#	3 Tiny Tate	140	0	330	2.00	0.36	0.0	0	3.6	*N/A*	1.0	17.0	7.0	2.00	0.00
Garden Bar Wk 5-KMS/GHS%	See Below	117	0	162	5.21	1.68	50.9	8559	7.13	*11	4.03	26.47	0.28	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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		737	51	1441	8.66	2.58	468.5	6681	13.62	*49	27.50	101.63	24.38	9.41	0.00
% of Calories										*26.8%	14.9%	55.1%	29.8%	11.5%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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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 <sup>1</sup> (g)
Thu - 05/03/2018															
GHS Lunch															
	Total														
Chicken Nuggets, Gld Kst - 8 ^	8 Nuggets	272	56	576	3.20	1.15	32.0	0	0.0	0	30.4	17.6	12.8	2.40	0.00
Pork & Gravy, Cmdt KMS-GHS@	6oz spoodl	247	81	639	0.00	0.72	9.0	6	0.6	*N/A*	14.82	8.0	16.05	5.56	0.00
Cuban Sandwich ^	1B/2.35P/1C/1H	326	68	857	3.00	2.17	95.0	0	0.0	*3	21.12	31.52	10.77	4.00	0.00
Potatoes, Mashed #8 \$	#8	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Pizza, Nardone, Chse 4x6 WGSK^	1 Slice	310	30	360	3.00	2.70	450.0	500	9.0	6	21.0	30.0	12.0	6.00	0.00
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
Egg Roll, WG Ckn, Minhs-2SK\$	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
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
Chicken Salad Sand, Crsst SK#	#8 Scp Ck n/1C	598	86	735	3.14	2.39	103.0	228	0.37	*3	27.44	30.41	42.79	9.26	0.00
Potatoes, Wedges Skip*	#8 - 1/2 cu	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Garden Bar Wk 5-KMS/GHS%	See Below	117	0	162	5.21	1.68	50.9	8559	7.13	*11	4.03	26.47	0.28	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
Vegetables, Calif Blen - 4 oz	#8 - 4 oz S erv	33	0	33	2.67	0.48	26.7	2000	36.0	*N/A*	1.33	6.67	0.0	0.00	0.00
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
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
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		886	62	1455	15.05	6.13	507.3	8812	53.60	*47	43.40	133.21	22.67	6.00	0.01
% of Calories										*21.2%	19.6%	60.1%	23.0%	6.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/04/2018															
GHS Lunch															
Pizza, BD Primo 4 Meat WG<	Total slice	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WG@	slice	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Chicken Sand, Filet Brd @	1 Filet/1 Bu	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
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, BD Primo 4 Meat WGSK<	slice	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WGSK@	slice	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Cheeseburger, Double SKIP \$	1Bun/1Ch s/2Bgr	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
Bratwurst in Bun SKIP@	1 Brat/1 Bu	446	50	1206	2.29	2.16	50.0	0	0.0	5	17.2	29.49	28.1	9.34	0.03
Wrap, Turkey & Chs - GHS - SK*	1T-7sl1T-.5CH-L	340	60	588	3.32	1.91	146.4	214	1.15	*0	24.82	30.46	13.5	7.00	0.00
Sweet Potato Fries, Hrv Sp\$SKP	1/2 cup	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
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, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Peas - 1/2 Cup*	4oz spdl-1/2 C	88	0	82	5.10	1.72	27.2	2381	11.23	5	5.84	16.17	0.31	0.06	0.00
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
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
Cupcake, Vanilla WG ^	Cupcake	140	20	170	6.00	0.72	100.0	0	0.0	7	2.0	27.0	2.5	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		839	61	1183	15.81	4.97	614.2	9549	35.78	*62	34.73	126.56	22.88	7.19	0.21
% of Calories										*29.4%	16.6%	60.3%	24.5%	7.7%	0.2%
Nutrient Guideline		750-850		1420										<10.00	

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Mon - 05/07/2018															
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
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
Ham* Sand w/Cheese, wm Sub Bun	1 Bun/2SI Ham/1C	385	52	1415	6.00	0.54	100.0	150	0.0	10	27.0	46.5	9.5	3.75	0.00
Pizza, Wild Mike's KMS/GHSSK ^	Slice	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Chicken Sand, Filet Brd SKIP@	1 Filet/1 Bu	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Egg, Bacon, Cheese Eng Mfn SK@	1EM/1E/1 C/1Bcn	280	225	505	3.00	2.16	240.0	350	0.0	*2	17.5	27.0	11.5	4.25	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
Garden Bar Wk 6-KMS/GHS%	See Below	53	0	100	3.73	1.48	40.5	9147	6.66	*1	2.78	10.68	0.17	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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
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
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		734	80	1241	8.71	4.10	580.5	8280	18.77	*35	34.87	96.99	23.03	7.85	*0.00
% of Calories										*19.2%	19.0%	52.8%	28.2%	9.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Tue - 05/08/2018															
GHS Lunch	Total														
Taco, Soft Shell (2) #16 GHS%	2T-2#16M -1ozCh	438	30	731	6.67	4.09	293.5	1169	6.42	*3	28.39	37.69	20.69	11.41	0.00
Taco, Hard Shell KMS/GHS%	3T-3#20M -1ozCh	431	30	640	5.08	3.77	281.7	1303	7.4	*3	29.05	29.71	22.71	10.78	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco St icks	300	30	440	4.00	2.16	400.0	400	0.0	2	20.0	34.0	10.0	5.00	0.00
Marinara Sauce-Homemade-Skip%	1.5 oz	28	0	31	0.58	0.36	5.9	154	0.98	*4	0.44	5.91	0.53	0.08	*0.00
Lasagna w/Meat - KMS/GHS	1 Serv 6x4 cut	128	8	132	0.00	0.06	172.7	94	0.0	*0	9.49	17.24	2.55	1.62	*0.00
Pizza, Bosco, SC WG RF SKIP@	1/8 Pizza	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Hamburger , DBL -Skip	2Bgr/1Bun	403	70	526	4.65	3.43	76.0	0	0.0	3	32.24	28.47	17.94	6.72	0.01
Fish Sandwich w/Chse Square SK	1fsh/1ch/1 bun	372	58	603	3.65	2.51	152.0	150	0.0	5	23.74	43.47	10.94	2.57	0.01
Tartar Sauce, Skip%	2 TBSP	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
Wrap, Ham & Tky w/C - SKIP@	1T/2H/2T/ 1Ch	302	52	1008	3.00	1.56	140.0	150	0.0	*2	22.17	31.0	10.5	5.25	0.00
Garden Bar Wk 6-KMS/GHS%	See Below	53	0	100	3.73	1.48	40.5	9147	6.66	*1	2.78	10.68	0.17	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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
Fruit, Mixed - 1/2 Cup	4oz spdl-1 /2C	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	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
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		757	45	990	13.43	5.13	669.6	8724	14.33	*33	36.53	112.28	19.90	8.11	*0.00
% of Calories										*17.2%	19.3%	59.3%	23.6%	9.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Wed - 05/09/2018															
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
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 - 20@	20 raviolis	456	74	1230	6.79	4.57	320.5	1550	22.14	*3	27.43	62.16	8.85	4.42	0.00
Chicken on the Bone, Roasted\$	1B/1L&W/ 1Thg	100	36	200	0.00	0.47	0.0	0	0.0	0	9.3	0.0	6.6	2.00	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 6-KMS/GHS%	See Below	53	0	100	3.73	1.48	40.5	9147	6.66	*1	2.78	10.68	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
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
Carrots,Frozen,Swt 1/2C\$	#8 - 1/2 cu	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
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
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
Donut, Pwd Sgr Mini WG - 3 \$	3 Mini Don uts	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	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
Weighted Daily Average		822	61	1213	14.07	5.03	500.3	16212	40.61	*61	33.52	130.48	18.61	5.71	*0.00
% of Calories										*29.5%	16.3%	63.5%	20.4%	6.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Thu - 05/10/2018															
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
Chicken Tdrs, Spy,TY - 4 GHS@	4 tenders	344	33	515	3.96	2.38	0.0	132	0.0	1	19.82	22.47	19.82	3.30	0.00
Hamburger , DBL	2Bgr/1Bun	403	70	526	4.65	3.43	76.0	0	0.0	3	32.24	28.47	17.94	6.72	0.01
Pizza, Tony's 5" DD Cheese SK\$	1 pizza	320	30	480	3.00	2.70	250.0	300	0.0	10	17.0	35.0	12.0	6.00	0.00
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
Bratwurst in Bun SKIP@	1 Brat/1 Bu	446	50	1206	2.29	2.16	50.0	0	0.0	5	17.2	29.49	28.1	9.34	0.03
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 5-KMS/GHS%	See Below	117	0	162	5.21	1.68	50.9	8559	7.13	*11	4.03	26.47	0.28	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
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		734	47	1169	12.14	4.01	581.7	6727	25.21	*41	34.58	106.20	19.77	6.19	0.00
% of Calories										*22.2%	18.9%	57.9%	24.2%	7.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

Base Menu Spreadsheet

GHS 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/11/2018															
GHS Lunch															
Pizza, BD Primo 4 Meat WG<	Total slice	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WG@	slice	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Fish, Pot Crst Filet, Pollak-2	2 Filets	210	50	460	0.60	0.72	0.0	0	3.6	0	10.0	13.0	13.0	2.00	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
Pretzel, Bite Mini - 3^	3 Bites	90	0	90	3.00	1.08	0.0	0	0.0	0	3.0	21.0	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
Sweet Potato Fries, Hrv Sp\$	1/2 cup	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Pizza, BD Primo 4 Meat WGSK<	slice	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WGSK@	slice	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Warhawk Burger Skip \$	1 MTLF/1 Bun/1Ch	317	30	638	3.65	2.87	92.0	200	9.0	8	18.24	34.47	11.94	5.32	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
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
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	53	0	100	3.73	1.48	40.5	9147	6.66	*1	2.78	10.68	0.17	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Vegetables, Cntry Blend - 4oz#	4 oz Serv	80	0	13	2.67	0.48	26.7	1667	8.0	*N/A*	2.67	16.0	0.0	0.00	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisels, Sour Org/Lmn 1 Box\$	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
Desserts, Assorted	1 Dessert	119	3	78	0.07	0.40	13.1	23	6.13	*5	1.06	20.22	3.76	1.47	*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
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		862	46	1115	10.57	5.08	554.0	10445	58.97	*63	30.73	133.67	24.05	7.05	*0.21
% of Calories										*29.1%	14.3%	62.0%	25.1%	7.4%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Mon - 05/14/2018															
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, #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
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
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
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
Pizza, Nardone, Chse 4x6 WGSK^	1 Slice	310	30	360	3.00	2.70	450.0	500	9.0	6	21.0	30.0	12.0	6.00	0.00
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
Cheeseburger KMS/GHS SKIP \$	1Bun/1Ch s/1Bgr	322	42	653	3.65	2.87	152.0	150	1.2	5	21.74	29.47	12.94	5.07	0.51
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 1-KMS/GHS%	See Below	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Broccoli, Frozen 1/2c	#8 - 1/2 cu	27	0	10	2.83	0.58	31.2	955	37.89	1	2.93	5.22	0.11	0.02	0.00
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*
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
Cookie, Fortune@	1 cookie	35	0	15	0.00	0.00	0.0	0	0.0	3	1.0	7.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	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		614	43	833	11.05	3.26	468.6	8401	45.39	*51 *33.5%	28.06 18.3%	98.09 63.9%	12.17 17.8%	3.56 5.2%	*0.04 *0.1%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Tue - 05/15/2018															
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
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
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
Chicken Alfredo - KMS/GHS^	6ozSce	417	152	1086	0.00	1.37	504.8	0	0.0	*0	48.16	5.05	22.11	11.36	0.00
Pasta, Rotini WG - 2 Br \$	8 oz spoodl	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	0.00	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
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
Bratwurst in Bun SKIP@	1 Brat/1 Bu	446	50	1206	2.29	2.16	50.0	0	0.0	5	17.2	29.49	28.1	9.34	0.03
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
Wrap, Veggie - Skip@	1T/Veg/1o zCh	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
String Cheese - Skip	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-KMS/GHS%	See Below	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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
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	60	1264	10.72	6.56	588.2	6594	30.37	*37	36.76	105.31	26.94	7.76	*0.00
% of Calories										*18.7%	18.4%	52.7%	30.3%	8.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

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 <sup>1</sup> (g)
Wed - 05/16/2018															
GHS Lunch	Total														
Sub Bar - Tky or Italian*	1Hm or 1l T SW	460	56	1149	6.00	0.64	102.3	236	5.19	*8	25.77	45.34	19.19	7.04	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
Gyro	1 Gyro	587	80	1213	4.25	1.93	107.3	340	1.11	*2	23.79	46.16	32.05	16.02	0.00
Gyro Sauce SKIP	2 oz Servin	97	30	23	0.25	0.13	67.3	340	1.11	*2	1.79	3.16	7.55	6.02	0.00
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 B	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Garden Bar Wk 1-KMS/GHS%	See Below	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Peas - 1/2 Cup*	4oz spdl-1 /2 C	88	0	82	5.10	1.72	27.2	2381	11.23	5	5.84	16.17	0.31	0.06	0.00
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
Juice, Apple/Cherry Cup 4 oz \$	4 oz cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Bag of Chips	1 Bag	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
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		840	56	1412	13.54	3.79	562.2	8803	57.20	*51	37.00	116.21	25.05	8.16	0.00
% of Calories										*24.3%	17.6%	55.3%	26.8%	8.7%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

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 <sup>1</sup> (g)
Thu - 05/17/2018															
GHS Lunch															
	Total														
Chicken Nuggets, Gld Kst - 8 ^	8 Nuggets	272	56	576	3.20	1.15	32.0	0	0.0	0	30.4	17.6	12.8	2.40	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
Cuban Sandwich ^	1B/2.35P/1C/1H	326	68	857	3.00	2.17	95.0	0	0.0	*3	21.12	31.52	10.77	4.00	0.00
Potatoes, Mashed #8 \$	#8	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Pizza, 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
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
Egg, Can Bacon & Chs Bagel-SK@	1Bgl/1E/1C/1CB	199	18	424	4.00	2.09	144.0	150	0.0	*1	12.92	30.6	3.8	1.55	0.00
Wrap, Turkey & Chs - GHS - SK*	1T-7sl1T-.5CH-L	340	60	588	3.32	1.91	146.4	214	1.15	*0	24.82	30.46	13.5	7.00	0.00
Potatoes, Hash Brown Patty, SK	2.22 oz Pat	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Garden Bar Wk 1-KMS/GHS%	See Below	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Cinn Roll w/Cin & Sugar-Lg ^	1 Roll	189	5	135	3.14	1.10	22.6	301	0.01	12	5.01	39.31	1.0	0.50	*0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
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
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 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		782	63	1401	11.26	4.87	481.4	6810	10.45	*41	40.21	113.70	20.55	6.30	*0.01
% of Calories										*20.7%	20.6%	58.2%	23.7%	7.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Fri - 05/18/2018															
GHS Lunch															
Pizza, BD Primo 4 Meat WG<	Total slice	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo 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
Meatball Hoagie w/Mozz K&G@	1B/5Mtb/.5 ozCH	394	53	475	4.25	3.37	*85.0	56	7.5	*5	24.5	34.75	17.25	6.57	*0.75
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
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, 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
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
Cheeseburger, Bacon SKIP@	1bg/1c/1b c/1bn	357	50	773	3.65	2.87	152.0	150	1.2	5	23.74	29.47	15.94	6.07	0.51
Ham* & Amer Chs Sand-Crsst SK#	4H/1C/1 C rsst	275	37	1035	3.00	1.80	200.0	350	0.0	5	17.5	32.0	10.0	4.75	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 1-KMS/GHS%	See Below	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	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 1/2C\$	#8 - 1/2 cu	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
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
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
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		809	53	1356	10.93	5.04	*563.2	14096	19.79	*39	35.44	110.16	25.10	7.74	*0.23
% of Calories										*19.5%	17.5%	54.5%	27.9%	8.6%	*0.3%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

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 <sup>1</sup> (g)
Mon - 05/21/2018															
GHS Lunch	Total														
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
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 Ques, Chs WG Max ^	1 slice	320	10	810	4.00	2.70	150.0	300	0.0	3	18.0	39.0	12.0	3.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
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
Bratwurst in Bun SKIP@	1 Brat/1 Bu	446	50	1206	2.29	2.16	50.0	0	0.0	5	17.2	29.49	28.1	9.34	0.03
Cheeseburger, Double SKIP \$	1Bun/1Ch s/2Bgr	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
Wrap, Honey Mst Deli - SK*	1T-4sl T-3 slH	345	51	908	3.32	2.72	89.4	104	2.25	*1	25.77	43.55	7.78	3.57	*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 2-KMS/GHS%	See Below	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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
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		866	*50	1293	10.52	5.45	502.8	10168	45.03	*59	34.67	133.55	21.79	6.02	*0.61
% of Calories										*27.3%	16.0%	61.6%	22.6%	6.2%	*0.6%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

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 <sup>1</sup> (g)
Tue - 05/22/2018															
GHS Lunch	Total														
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
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
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco St icks	300	30	440	4.00	2.16	400.0	400	0.0	2	20.0	34.0	10.0	5.00	0.00
Marinara Sauce-Homemade-Skip%	1.5 oz	28	0	31	0.58	0.36	5.9	154	0.98	*4	0.44	5.91	0.53	0.08	*0.00
Pizza, Wild Mike's KMS/GHSSK ^	Slice	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
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
Corn Puppies, Tky Mini JTM SK^	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
Wrap, Veggie - Skip@	1T/Veg/1o zCh	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
String Cheese - Skip	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 2-KMS/GHS%	See Below	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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
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
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
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		925	50	1358	14.99	6.36	683.0	10111	41.20	*61	38.43	136.79	26.56	11.01	*0.00
% of Calories										*26.2%	16.6%	59.1%	25.8%	10.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

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 <sup>1</sup> (g)
Wed - 05/23/2018															
GHS Lunch															
	Total														
	2 Tornados	460	20	720	2.00	3.60	120.0	400	4.8	2	16.0	64.0	16.0	4.00	0.00
	Fr Tst, Cinn, WG 2PC \$	400	218	580	5.00	2.88	140.0	500	0.0	22	15.6	50.0	16.0	3.00	0.00
	Sausage Links, 2, JTM ^	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
	Syrup, Cup Skip\$	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
	Chicken Sand, Filet Brd @	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	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Club Sand-Diam Jim - Skip@	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 2-KMS/GHS%	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
	Salad Drsg, Asst GHS- Skip\$	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
	Strawberries - 1/2C@	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
	Apples,Cinnamon - Warm - 1/2 C	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
	Donut, Pwd Sgr Mini WG - 3 \$	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
	Milk, SKIP - AVG - PF%	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
	Mayonnaise, Lite - Skip%	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
	Lettuce, Shredded - SKIP	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		882	86	1061	11.57	4.04	506.2	8035	19.86	*66	27.97	142.40	25.04	5.72	*0.00
% of Calories										*30.1%	12.7%	64.6%	25.6%	5.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**May 1, 2018 thru May 25, 2018**

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 <sup>1</sup> (g)
Thu - 05/24/2018															
GHS Lunch	Total														
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
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
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
Garden Bar Wk 2-KMS/GHS%	See Below	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Applesauce - 1/2 C	#8 - 1/2 C	45	0	2	0.89	0.27	4.4	31	1.07	11	0.18	12.44	0.09	0.01	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		431	8	472	6.04	1.44	343.4	9145	30.21	*53	13.46	81.60	5.85	0.84	0.00
% of Calories										*49.0%	12.5%	75.8%	12.2%	1.7%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 05/25/2018															
GHS Lunch	Total														
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
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
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
French Fries, KK, Simp 3/8@	3 oz Serv	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Garden Bar Wk 3-KMS/GHS%	See Below	75	0	179	5.30	1.59	45.6	8905	9.7	*4	4.35	14.45	0.27	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	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 ^	1Bag	120	0	130	2.00	0.36	0.0	0	0.0	9	2.0	20.0	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
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

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# Germantown School District

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Weighted Daily Average		675	9	906	13.41	3.31	397.8	9863	48.58	*51	17.62	119.05	16.58	1.94	0.00
% of Calories										*30.3%	10.4%	70.6%	22.1%	2.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		778	*55	1166	11.77	4.48	*531.7	9182	32.64	*50 *58.2%	32.48 16.7%	117.27 60.3%	20.97 24.2%	6.40 7.4%	*0.07 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	778		750 - 850	100%				
Cholesterol (mg)	55				Missing			
Sodium 1 (mg)	1166		1420					
Sodium 2 (mg)	1166		1080				86	Correction Required - Sodium too High
Fiber (g)	11.77							
Iron (mg)	4.48							
Calcium (mg)	531.7				Missing			
Vitamin A (IU)	9182							
Sugars (g)	50	25.89%			Missing			
Vitamin C (mg)	32.64							
Protein (g)	32.48	16.69%						
Carbohydrate (g)	117.27	60.28%						
Total Fat (g)	20.97	24.25%						
Saturated Fat (g)	6.40	7.41%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.07	0.08%			Missing			

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