

Germantown School District

Nov 1, 2017 thru Nov 30, 2017

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 - 11/01/2017															
Elementary Lunch	Total														
Cheeseburger Elem \$	1Bun/1Chs/1Bgr	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
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 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	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
Oranges, Mandarin, Cnd - 1/2c	4oz spdl-1/2C	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*N/A*
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average % of Calories		566	62	669	5.30	2.39	596.9	8024	27.42	*30 *21.4%	25.75 18.2%	83.31 58.8%	14.50 23.0%	6.11 9.7%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

	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 - 11/02/2017															
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, Cmdt 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 prepared	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 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	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, 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
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
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
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 % of Calories		600	35	1237	8.87	4.43	380.1	11034	33.46	*26 *17.1%	25.34 16.9%	92.24 61.5%	14.93 22.4%	3.40 5.1%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Fri - 11/03/2017															
Elementary Lunch	Total														
Sloppy Joe, #16-ELEM@	#16 Mt/1 B	245	19	732	3.85	2.94	59.8	270	3.59	7	14.58	32.69	6.14	0.32	0.01
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
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	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
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
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
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
Weighted Daily Average % of Calories		587	44	811	6.43	3.54	529.8	6440	13.93	*42 *28.7%	26.86 18.3%	86.16 58.7%	15.60 23.9%	6.93 10.6%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	
Mon - 11/06/2017															
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
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 5-Elem%	See Below	84	0	47	2.86	1.01	34.8	8282	5.67	*11	1.66	20.68	0.2	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
Vegetables, Cntry Blend - 2oz#	2 oz Serv	40	0	7	1.33	0.24	13.3	833	4.0	*N/A*	1.33	8.0	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
Doritos, RF - Frito Lay*	1 Bag	130	0	220	1.00	0.36	20.0	200	0.0	*N/A*	2.0	19.0	5.0	1.00	*N/A*
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		649	31	941	8.64	3.69	372.5	6538	16.38	*41 *25.2%	26.15 16.1%	95.06 58.6%	18.71 26.0%	3.83 5.3%	*0.01 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Tue - 11/07/2017															
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, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	0.00	0.00
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
Garden Bar Wk 5-Elem%	See Below	84	0	47	2.86	1.01	34.8	8282	5.67	*11	1.66	20.68	0.2	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
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		559	171	630	7.19	3.78	408.0	6735	9.91	*52	19.86	97.42	8.12	3.35	*0.00
% of Calories										*37.4%	14.2%	69.7%	13.1%	5.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 11/08/2017															
Elementary Lunch	Total														
Pizza, Wild Mike's KMS/GHS^	Slice	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Fish Sandwich w/Chse - Square#	1fsh/1bun/1Chs	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
Garden Bar Wk 5-Elem%	See Below	84	0	47	2.86	1.01	34.8	8282	5.67	*11	1.66	20.68	0.2	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 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
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
Weighted Daily Average		688	48	968	8.17	4.11	732.5	7065	23.87	*43	32.61	93.38	23.03	8.79	0.00
% of Calories										*25.1%	18.9%	54.3%	30.1%	11.5%	0.0%
Nutrient Guideline		550-650		1230										<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)
Thu - 11/09/2017															
Elementary Lunch	Total														
Spaghetti w/Meat Sce -Elem@	6oz spdle P & S	310	32	305	7.33	5.62	34.3	609	8.97	*4	18.0	41.06	10.62	3.49	*0.54
Cheese, Parmesan %	1/2 oz	59	12	247	0.29	0.10	137.1	107	0.0	0	9.86	0.57	4.0	2.57	0.00
Chicken Tdrs, 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
Garden Bar Wk 5-Elem%	See Below	84	0	47	2.86	1.01	34.8	8282	5.67	*11	1.66	20.68	0.2	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
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
Sorbet, Assorted\$	4 oz cup	70	0	5	3.00	0.36	60.0	762	60.0	15	0.0	19.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		589	36	671	10.82	4.05	403.2	7094	72.33	*42 *28.2%	26.20 17.8%	88.59 60.2%	16.50 25.2%	3.42 5.2%	*0.16 *0.2%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 11/10/2017															
Elementary Lunch	Total														
Taco, Walking #16 - Elem%	1 Ch/#16 Mt/.5Ch	291	38	452	3.46	1.74	169.9	656	3.79	*0	14.32	20.22	17.84	5.70	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
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	84	0	47	2.86	1.01	34.8	8282	5.67	*11	1.66	20.68	0.2	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
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Cupcake, Vanilla WG ^	Cupcake	140	20	170	6.00	0.72	100.0	0	0.0	7	2.0	27.0	2.5	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average % of Calories		691	65	987	11.26	3.92	642.9	8605	12.65	*39 *22.5%	28.70 16.6%	94.68 54.8%	22.28 29.0%	7.90 10.3%	0.17 0.2%
Nutrient Guideline		550-650		1230										<10.00	

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Mon - 11/13/2017															
Elementary Lunch	Total														
Mozz Stx, WG, Seapak, ELEM#	4 Sticks	248	10	348	2.01	0.96	375.1	435	0.8	2	13.4	18.09	13.4	3.35	0.00
Marinara Sauce, 1 oz (1)Sk \$	1 - 1 oz cu	15	0	120	1.00	0.36	0.0	100	1.2	2	0.0	3.0	0.0	0.00	0.00
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 - 1Br @	#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 6-Elem%	See Below	75	0	135	5.53	1.95	45.4	8872	6.8	*1	4.03	14.82	0.25	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
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
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
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
Weighted Daily Average		508	29	662	7.29	3.13	546.5	7968	16.02	*26	25.72	78.74	9.94	2.22	*0.00
% of Calories										*20.5%	20.2%	62.0%	17.6%	3.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 11/14/2017															
Elementary Lunch	Total														
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
Enchilada, Chicken - ELEM@	1 Enchilad	225	51	470	3.06	2.41	126.4	1253	13.3	*0	18.49	21.99	7.24	3.42	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
Garden Bar Wk 6-Elem%	See Below	75	0	135	5.53	1.95	45.4	8872	6.8	*1	4.03	14.82	0.25	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
PICKLES,DILL SPEAR	1 EACH	4	0	283	0.35	0.09	20.0	44	0.81	0	0.18	0.84	0.11	0.03	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
fritos - 1 oz bag	1 Bag	160	0	160	2.00	0.36	40.0	50	0.0	*N/A*	2.0	16.0	10.0	1.50	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Elementary 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)
Weighted Daily Average		670	57	1192	11.53	4.39	525.7	7471	36.27	*25	34.14	87.78	20.95	6.45	*0.01
% of Calories										*15.1%	20.4%	52.4%	28.1%	8.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 11/15/2017															
Elementary Lunch															
Taco, Hard Shell #20 - Elem%	Total														
	2 T-2#20M	325	30	490	3.40	2.52	254.6	968	4.94	*2	21.71	20.27	18.18	9.20	0.00
	-1/2Ch														
Taco, Soft Shell (1)#16 Elem%	1 T-#16M-	219	15	365	3.34	2.04	146.8	585	3.21	*1	14.19	18.84	10.34	5.70	0.00
	1/2 Ch														
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
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 (1)Sk \$	1 - 1 oz cu	15	0	120	1.00	0.36	0.0	100	1.2	2	0.0	3.0	0.0	0.00	0.00
Garden Bar Wk 6-Elem%	See Below	75	0	135	5.53	1.95	45.4	8872	6.8	*1	4.03	14.82	0.25	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
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
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
Churro, Rasp 5" (1/2)	1/2 Churro	75	0	30	0.50	0.36	10.0	0	0.0	5	1.5	14.0	2.0	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
Weighted Daily Average		617	41	1022	9.92	4.52	620.3	7965	14.91	*35	30.94	84.55	18.80	8.84	*0.00
% of Calories										*22.4%	20.0%	54.8%	27.4%	12.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

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 - 11/16/2017															
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
Turkey & Gravy ELEM \$	4 oz spoodl	120	50	460	0.00	0.72	0.0	0	0.0	0	16.0	2.0	6.0	2.00	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 6-Elem%	See Below	75	0	135	5.53	1.95	45.4	8872	6.8	*1	4.03	14.82	0.25	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
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
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
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
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		612	35	1157	9.62	4.72	361.9	7237	20.22	*40	28.69	86.72	15.96	3.12	*0.00
% of Calories										*26.0%	18.8%	56.7%	23.5%	4.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 11/17/2017															
Elementary Lunch	Total														
Mac & Cheese, JTM WG 6oz\$	#6/6 oz	279	37	656	2.00	1.08	380.0	500	1.2	8	16.0	30.0	11.0	6.10	0.00
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
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 6-Elem%	See Below	75	0	135	5.53	1.95	45.4	8872	6.8	*1	4.03	14.82	0.25	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
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 Bar, Cotton Candy %	Bar	70	40	15	0.00	0.00	60.0	500	0.0	8	1.0	15.0	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
Weighted Daily Average		590	65	949	9.58	3.96	518.9	9789	8.14	*40	27.41	89.73	14.75	4.19	*0.24
% of Calories										*27.0%	18.6%	60.8%	22.5%	6.4%	*0.4%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

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)
Mon - 11/20/2017															
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
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
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
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
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
Shape Up, Blue	4.4 oz cup	70	0	5	3.00	0.36	80.0	0	60.0	15	0.0	18.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		580	36	889	8.64	2.50	413.5	6641	80.98	*39	22.85	78.69	19.25	2.96	0.00
% of Calories										*26.7%	15.8%	54.3%	29.9%	4.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 11/21/2017															
Elementary Lunch	Total														
Taco Nachos(#16) w/LOL-ELEM%	1Cp/#16 mt/2ch	314	20	700	2.34	2.04	66.8	635	15.21	*1	15.69	25.34	17.34	6.70	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
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
Soup, Tomato, Cond. - ELEM	4 oz servin	90	0	480	1.00	0.72	0.0	400	6.0	*N/A*	2.0	20.0	0.0	0.00	0.00
Bananas	1 Banana	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
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
Weighted Daily Average		687	36	1326	8.65	3.75	540.7	7550	28.66	*38	29.07	96.44	21.07	8.22	0.00
% of Calories										*21.9%	16.9%	56.2%	27.6%	10.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

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)
Wed - 11/22/2017															
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
Pancakes, Maple, Mini Lunch %	1 Pkg PC	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	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, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	0.00	0.00
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
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		553	108	650	7.31	2.48	539.1	7311	9.16	*45 *32.3%	23.60 17.1%	87.89 63.6%	13.42 21.8%	3.97 6.5%	*0.00 *0.0%
Nutrient Guideline		550-650		1230											<10.00

	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)
Thu - 11/23/2017															
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, Cmdt 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 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 - 1/4c	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
Apple, Fresh	1 Apple	59	0	1	2.71	0.14	6.8	61	5.2	12	0.29	15.61	0.19	0.03	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		586	35	1207	9.17	3.97	363.4	6720	13.88	*41 *28.1%	25.62 17.5%	92.05 62.8%	12.97 19.9%	2.61 4.0%	*0.00 *0.0%
Nutrient Guideline		550-650		1230											<10.00

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

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)
Fri - 11/24/2017															
Elementary Lunch	Total														
Chicken Drumstick, BBQ Elem	1 Drumstic	214	*90	537	0.37	0.81	23.1	78	0.4	11	16.27	15.06	10.12	2.51	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		550	*77	680	5.30	2.40	574.9	11331	11.32	*34	24.81	81.32	14.09	5.46	*0.00
% of Calories										*24.7%	18.0%	59.1%	23.1%	8.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 11/27/2017															
Elementary Lunch	Total														
Sloppy Joe, #16-ELEM@	#16 Mt/1 B	245	19	732	3.85	2.94	59.8	270	3.59	7	14.58	32.69	6.14	0.32	0.01
Pizza, Tony's 4x6 WG Chs@	1 Slice	340	35	510	3.00	2.70	350.0	400	0.0	11	17.0	36.0	14.0	7.00	0.00
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
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
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		612	40	879	8.94	5.03	631.1	7022	26.48	*41	29.01	92.97	14.81	6.09	*0.00
% of Calories										*27.0%	18.9%	60.7%	21.8%	8.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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)
Tue - 11/28/2017															
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, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	0.00	0.00
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, UB, GHS #8-1Br@	#8 scoop	80	0	0	0.50	0.36	0.0	0	0.0	*N/A*	2.0	17.5	0.75	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
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*
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
Weighted Daily Average		594	105	739	4.48	2.29	439.9	7287	29.20	*48	23.36	92.78	14.78	3.54	*0.00
% of Calories										*32.5%	15.7%	62.5%	22.4%	5.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 11/29/2017															
Elementary Lunch	Total														
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
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 (1)Sk \$	1 - 1 oz cu	15	0	120	1.00	0.36	0.0	100	1.2	2	0.0	3.0	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, 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
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
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
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		483	30	990	5.53	2.83	466.0	5991	19.70	*36	21.51	71.34	12.55	4.08	0.02
% of Calories										*29.8%	17.8%	59.1%	23.4%	7.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Thu - 11/30/2017															
Elementary Lunch	Total														
Spaghetti w/Meat Sce -Elem@	6oz spdle P & S	310	32	305	7.33	5.62	34.3	609	8.97	*4	18.0	41.06	10.62	3.49	*0.54
Cheese, Parmesan %	1/2 oz	59	12	247	0.29	0.10	137.1	107	0.0	0	9.86	0.57	4.0	2.57	0.00
Chicken 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 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
Garlic Toast, WG, GFS \$	1 Slice	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
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
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		583	53	827	7.58	4.62	359.0	6677	20.80	*29	32.82	71.23	20.80	5.13	*0.22
% of Calories										*19.9%	22.5%	48.8%	32.1%	7.9%	*0.3%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		598	*56	913	8.19	3.66	498.5	7659	24.80	*38	26.86	87.41	16.26	5.03	*0.04
										*56.9%	18.0%	58.5%	24.5%	7.6%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	598		550 - 650	100%				
Cholesterol (mg)	56				Missing			
Sodium (mg)	913		1230					
Fiber (g)	8.19							
Iron (mg)	3.66							
Calcium (mg)	498.5							
Vitamin A (IU)	7659							
Sugars (g)	38	25.27%			Missing			
Vitamin C (mg)	24.80							
Protein (g)	26.86	17.97%						
Carbohydrate (g)	87.41	58.48%						
Total Fat (g)	16.26	24.48%						
Saturated Fat (g)	5.03	7.57%	<10.00%					
Trans Fat ¹ (g)	0.04	0.06%			Missing			

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