

Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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Generated on: 10/31/2017 7:59:06 AM

	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															
KMS Lunch	Total														
Burrito Bowl/Wrap	1 Bowl or 1 Wrp	428	80	1202	5.87	4.04	70.4	1162	19.78	*1	26.79	40.64	18.15	7.85	*0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Roll, Dnr White Wht Alpha-1\$	1 roll	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Meatball Hoagie w/Mozz K&G@	1B/5Mtb/.5 ozCH	394	53	475	4.25	3.37	*85.0	56	7.5	*3	24.5	34.75	17.25	6.57	*0.75
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
Chicken on the Bone, BBQ	1T/Brst or 2Lg	309	149	584	0.31	1.34	42.5	76	0.2	*11	28.42	13.86	14.28	4.70	0.00
Roll, Dnr White Wht Alpha-1\$	1 roll	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
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
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 4-KMS/GHS%	See Below	42	0	49	2.79	0.85	39.8	8454	14.04	*3	2.02	8.87	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		631	70	1046	7.38	4.10	*535.4	7196	41.17	*26	34.29	85.02	17.26	6.77	*0.17
% of Calories										*16.5%	21.7%	53.9%	24.6%	9.7%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

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Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/02/2017															
KMS Lunch															
	Total														
Chicken Nuggets, Gld Kst - 7 ^	7 Nuggets	453	113	609	3.48	2.51	34.8	174	188.03	0	29.6	26.12	24.37	2.61	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
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
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
Chicken Sand, Patty Brd SKIP@	1 Patty/1 B	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
Turkey Sand w/Chs,Crsst SKIP #	5T/1C/1 C rsst	308	37	572	3.00	1.68	140.0	450	3.6	*1	20.83	31.0	11.0	4.25	0.00
Potatoes, Tater Gems, Smp SK#	8 Gems - 1/2 C	143	0	286	1.68	0.61	16.8	0	1.01	*N/A*	1.68	15.96	8.4	2.10	0.00
Garden Bar Wk 4-KMS/GHS%	See Below	42	0	49	2.79	0.85	39.8	8454	14.04	*3	2.02	8.87	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
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
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
Apples,Cinnamon - Warm - 1/2 C	4oz spdl-1 /2C	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		834	85	1311	11.49	5.20	507.3	10155	83.33	*42 *20.3%	38.70 18.6%	116.09 55.7%	24.41 26.3%	6.08 6.6%	*0.00 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

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KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/03/2017															
KMS Lunch	Total														
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
Pizza, Homemade Cheese 1/8@	1/8 pizza	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	0.00
Pizza, Homemade Sausage 1/8@	1/8 pizza	451	45	782	4.63	0.76	*20.0	481	25.8	*N/A*	24.12	39.0	20.87	9.30	0.00
Chicken Tdrs, Spy, TY - 4 GHS@	4 tenders	347	33	520	4.00	2.40	53.3	133	0.0	*N/A*	20.0	20.0	20.0	3.33	0.00
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
Pizza, Homemade Cheese 1/8 SK	1/8 pizza	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	0.00
Pizza, Homemade Sausage 1/8SK	1/8 pizza	451	45	782	4.63	0.76	*20.0	481	25.8	*N/A*	24.12	39.0	20.87	9.30	0.00
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
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
Garden Bar Wk 4-KMS/GHS%	See Below	42	0	49	2.79	0.85	39.8	8454	14.04	*3	2.02	8.87	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
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		633	49	871	7.09	2.27	*355.6	6486	25.35	*36	30.07	81.25	20.88	6.98	*0.00
% of Calories										*23.0%	19.0%	51.4%	29.7%	9.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/06/2017															
KMS Lunch	Total														
Warhawk Burger w/cheese \$	1 MTLF/1 Bun/1Ch	352	37	743	3.65	2.87	192.0	350	9.0	9	21.74	35.47	13.94	6.57	0.01
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
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Chili Dog, JTM Chili -2	4ozC/2HD /2Bn	716	91	1910	7.32	4.98	134.3	858	13.17	11	33.32	63.27	37.63	13.85	0.06
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
Ham* Sand w/Cheese, wm 2mtSK	1 Bun/5SI Ham/1C	60	30	640	0.00	0.00	0.0	0	0.0	1	9.0	1.0	2.5	1.00	0.00
C-Line Sand-Variety-Cold-SKIP@	1RI/5slmt/1slch	268	51	764	2.35	2.04	189.5	141	0.6	*5	22.95	27.46	7.97	3.30	*0.02
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	103	0	86	3.83	1.51	47.9	8563	8.61	*13	2.62	24.79	0.24	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
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		740	67	1283	9.19	4.01	477.1	6376	20.18	*41	33.93	104.51	20.86	6.10	*0.01
% of Calories										*22.0%	18.3%	56.5%	25.4%	7.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Tue - 11/07/2017															
KMS Lunch															
	Total														
Chicken, Wings, Drummies \$	6 wings	323	47	457	2.69	2.69	26.9	0	0.0	1	18.81	20.16	18.81	4.57	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 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
Omelet, Colby Chs, Michaels-2#	2 Omelet	260	380	520	0.00	1.44	120.0	800	0.0	0	14.0	2.0	22.0	7.00	0.00
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 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, Tri-Tater@	1 Tri-Tater	115	0	315	1.50	0.36	10.0	0	1.8	0	1.5	15.5	5.0	0.75	0.00
Pizza, 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
Tornado, Beef Steak 2 SKIP ^	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
Wrap, Ham & Cheese-Cold 9" SK@	1T/4Ham/1Ch	364	77	756	3.28	2.39	245.5	576	1.6	*0	23.32	31.61	17.03	9.68	0.00
Potatoes, Tri-Tater SKIP\$	1 Tri-Tater	115	0	315	1.50	0.36	10.0	0	1.8	0	1.5	15.5	5.0	0.75	0.00
Garden Bar Wk 5-KMS/GHS%	See Below	103	0	86	3.83	1.51	47.9	8563	8.61	*13	2.62	24.79	0.24	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
Weighted Daily Average		700	129	1071	7.83	3.94	479.0	6028	12.41	*37	29.89	96.29	22.87	6.43	*0.00
% of Calories										*21.2%	17.1%	55.0%	29.4%	8.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Wed - 11/08/2017															
KMS 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
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
Corn Dog, WG FFarm Chicken#	1 Corn Dog	240	40	390	5.00	1.80	80.0	0	0.0	1	9.0	30.0	8.0	2.50	0.00
Cook's Choice	1 Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Garden Bar Wk 5-KMS/GHS%	See Below	103	0	86	3.83	1.51	47.9	8563	8.61	*13	2.62	24.79	0.24	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
Soup, Broccoli Cheese 8oz\$	8 oz	272	49	792	1.33	0.00	520.0	593	24.0	11	17.33	18.67	14.67	8.00	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Popcorn, Kettle Corn ^	1Bag	120	0	130	2.00	0.36	0.0	0	0.0	9	2.0	20.0	4.5	0.50	0.00
Bag of Chips	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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		671	57	1206	8.23	2.84	693.1	6444	20.04	*43	30.64	90.04	22.20	8.37	0.00
% of Calories										*25.5%	18.3%	53.7%	29.8%	11.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/09/2017															
KMS Lunch	Total														
Spaghetti w/Meat Sce KMS/GHS@	8oz Spdl P & S	414	43	407	9.78	7.50	45.7	812	11.95	*5	24.0	54.75	14.16	4.65	*0.72
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
Fajita, Chicken - KMS/GHS@	1T/3ozCK /1ozCH	410	110	670	4.00	2.52	240.0	300	0.0	*0	27.0	32.0	20.5	10.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
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
Chicken Tdrs, Spy, TY - 4 GHS@	4 tenders	347	33	520	4.00	2.40	53.3	133	0.0	*N/A*	20.0	20.0	20.0	3.33	0.00
Pizza, 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
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	103	0	86	3.83	1.51	47.9	8563	8.61	*13	2.62	24.79	0.24	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 - 1/4c	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		667	55	884	11.00	4.66	487.2	6511	65.11	*40	31.23	93.43	20.54	6.45	*0.13
% of Calories										*24.0%	18.7%	56.0%	27.7%	8.7%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/10/2017															
KMS 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
Taco Nachos(#12)w/LOL-KMS%	1Cp/#12Mt/2Ch	393	20	804	3.67	2.73	93.4	843	16.01	*2	18.87	36.18	22.18	7.00	0.00
Quesadilla, Cheese WG Coyote \$	2 pieces	320	40	560	3.00	2.70	350.0	300	0.0	2	20.0	32.0	12.0	6.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
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
Chicken Sand, Bacon*Ranch SK @	1 Ckn/1Bac/1Bun	398	52	944	4.65	2.51	52.0	200	0.0	4	28.24	42.47	12.94	2.32	0.01
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	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
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
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
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		717	61	1115	10.76	4.44	662.1	8021	13.21	*39	32.41	98.28	23.24	8.40	0.17
% of Calories										*21.9%	18.1%	54.8%	29.2%	10.5%	0.2%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/13/2017															
KMS Lunch															
	Total														
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	370	15	520	3.00	1.44	560.0	650	1.2	3	20.0	27.0	20.0	5.00	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	32	0	61	0.91	0.33	9.1	227	2.72	4	0.45	5.44	0.68	0.00	0.00
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 - 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
Ham* Sand w/Cheese, wm 2mt	1 Bun/5SI	242	37	993	2.65	1.43	132.0	150	0.0	5	18.74	28.47	6.44	2.57	0.01
	Ham/1C														
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
Cheeseburger KMS/GHS SKIP \$	1Bun/1Ch	322	42	653	3.65	2.87	152.0	150	1.2	5	21.74	29.47	12.94	5.07	0.51
	s/1Bgr														
Club Sand-Diam Jim - Skip@	1R/5slmt/1	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
	slCh														
Garden Bar Wk 6-KMS/GHS%	See Below	81	0	135	5.80	2.05	51.0	9148	7.46	*1	4.59	15.65	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	14	0	0	0.89	0.32	17.8	89	4.0	*0	0.44	2.73	0.0	0.00	0.00
	/4C														
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
	/2C														
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		575	40	874	7.59	3.84	642.1	6959	16.15	*25	31.14	78.25	15.54	4.93	*0.07
% of Calories										*17.1%	21.7%	54.4%	24.3%	7.7%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/14/2017															
KMS Lunch															
	Total														
Chicken, Wings of Fire 4 [^]	4 Wings	213	107	547	0.00	0.00	0.0	0	0.0	0	20.0	1.33	14.67	3.33	0.00
Lasagna w/Meat - KMS/GHS	1 Serv 6x4 cut	245	30	336	1.89	2.01	195.6	500	5.98	*2	17.49	25.12	8.88	3.94	*0.36
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
Pizza, Bosco, SC WG RF SKIP@	1/8 Pizza	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Chicken Sand, Filet Brd SKIP@	1 Filet/1 Bu	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Wrap, 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	81	0	135	5.80	2.05	51.0	9148	7.46	*1	4.59	15.65	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 White Wht Alpha-1\$	1 roll	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
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
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Weighted Daily Average		659	58	1023	10.37	3.79	563.5	7184	32.29	*22	33.32	85.78	21.33	6.00	*0.06
% of Calories										*13.1%	20.2%	52.1%	29.1%	8.2%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/15/2017															
KMS Lunch	Total														
Potato Bar - KMS/GHS@	1Pot w/To ppings	441	65	868	6.31	3.49	163.1	1851	51.35	*2	24.6	47.86	16.24	8.76	0.00
Taco, Soft Shell (1)#10 KM/GHS	1T-2#10M -1ozCh	391	30	632	5.00	3.42	280.0	950	4.8	*2	24.0	35.0	18.5	10.30	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
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-Redpack-Skip\$	2 oz #16	32	0	61	0.91	0.33	9.1	227	2.72	4	0.45	5.44	0.68	0.00	0.00
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	81	0	135	5.80	2.05	51.0	9148	7.46	*1	4.59	15.65	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 White Wht Alpha-1\$	1 roll	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
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, Raspberry 5"	1Churro	150	0	60	1.00	0.72	20.0	0	0.0	9	3.0	28.0	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 % of Calories		674	51	1047	10.34	5.03	544.6	7687	23.01	*34 *20.2%	33.81 20.1%	93.67 55.6%	19.68 26.3%	8.58 11.5%	*0.01 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/16/2017															
KMS Lunch															
	Total														
Chicken, Popcorn, GK KM/GH\$	15 pieces	390	105	825	4.50	2.16	0.0	150	0.0	0	27.0	24.0	19.5	3.75	0.00
Turkey & Gravy KMS/GHS\$	6 oz spoodl	180	75	690	0.00	1.08	0.0	0	0.0	0	24.0	3.0	9.0	3.00	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
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
Sweet Potatoes, Orge Glzd 1/4C	#16 scoop 1/4 c	87	0	38	1.60	0.53	12.6	4833	7.3	*3	0.7	16.93	2.0	0.39	*0.33
Pizza, Tony's 4x6 WG Chs SK@	1 Slice	340	35	510	3.00	2.70	350.0	400	0.0	11	17.0	36.0	14.0	7.00	0.00
Hot Dog w/Bun KM/GHS-2 SKIP \$	2 Dog/2 Bu	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Chicken Salad Sand, Crsst SK#	#8 Scp Ck n/1C	402	83	809	3.14	2.39	43.0	328	3.97	*0	28.43	39.19	14.88	2.00	0.00
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 6-KMS/GHS%	See Below	81	0	135	5.80	2.05	51.0	9148	7.46	*1	4.59	15.65	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-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
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		748	83	1467	10.30	5.53	447.0	7753	20.59	*39	39.17	102.00	19.99	6.32	*0.05
% of Calories										*21.0%	20.9%	54.5%	24.0%	7.6%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/17/2017															
KMS 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, Gld Kst - 7 ^	7 Nuggets	453	113	609	3.48	2.51	34.8	174	188.03	0	29.6	26.12	24.37	2.61	0.00
Pizza, Homemade Sausage 1/8@	1/8 pizza	451	45	782	4.63	0.76	*20.0	481	25.8	*N/A*	24.12	39.0	20.87	9.30	0.00
Pizza, Homemade Cheese 1/8@	1/8 pizza	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	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, Homemade Pepperoni SK	1/8 pizza	231	33	620	0.84	0.73	417.1	506	1.8	*0	19.43	8.41	12.84	6.37	*0.21
Pizza, Homemade Cheese 1/8 SK	1/8 pizza	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	0.00
Rib-B-Que Sandwich SKIP\$	1 rib/1 bun	307	40	688	3.65	2.51	52.0	300	1.2	5	19.24	29.47	8.94	2.82	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	81	0	135	5.80	2.05	51.0	9148	7.46	*1	4.59	15.65	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
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Sorbet, Assorted\$	4 oz cup	70	0	5	3.00	0.36	60.0	762	60.0	15	0.0	19.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		649	61	954	10.71	3.23	*447.3	9166	115.28	*44	30.30	89.14	18.92	5.11	*0.21
% of Calories										*27.1%	18.7%	54.9%	26.2%	7.1%	*0.3%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/20/2017															
KMS Lunch															
	Total														
	4 tenders	347	33	520	4.00	2.40	53.3	133	0.0	*N/A*	20.0	20.0	20.0	3.33	0.00
	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
	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
	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
	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
	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
	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
	1R/5slmt/1slCh	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
	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
	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
	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
	#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
	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
	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		678	47	1060	9.65	4.08	531.4	6407	56.57	*38	30.71	88.04	22.23	5.27	0.04
% of Calories										*22.3%	18.1%	51.9%	29.5%	7.0%	0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/21/2017															
KMS 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
Fajita, Chicken - KMS/GHS@	1T/3ozCK /1ozCH	410	110	670	4.00	2.52	240.0	300	0.0	*0	27.0	32.0	20.5	10.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
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
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
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
Ham & Amer Chs - Diam Jim SK@	1Rl/5slmt/ 1slCh	262	58	831	2.35	2.28	162.7	150	1.0	5	21.92	27.82	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, 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, - KMS/GHS	8 oz	180	0	960	2.00	1.44	0.0	800	12.0	*N/A*	4.0	40.0	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
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		729	47	1402	9.63	4.57	573.1	6968	25.61	*33	32.40	103.32	21.21	7.41	0.00
% of Calories										*18.0%	17.8%	56.7%	26.2%	9.1%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/22/2017															
KMS 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
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
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
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
Sweet Potato Bites, HvstSpl \$	1/2 cup	129	0	109	2.97	0.36	19.8	3959	2.38	10	1.98	20.79	4.45	0.49	0.00
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
Bag of Chips	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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
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
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Weighted Daily Average		733	53	1249	10.11	2.80	534.8	8384	10.63	*36	34.07	97.50	22.65	7.07	*0.00
% of Calories										*19.5%	18.6%	53.2%	27.8%	8.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/23/2017															
KMS Lunch															
	Total														
Chicken Nuggets, Gld Kst - 7 ^	7 Nuggets	453	113	609	3.48	2.51	34.8	174	188.03	0	29.6	26.12	24.37	2.61	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
Philly Steak Sandwich	1 Sandwich	493	55	899	6.00	1.08	*10.0	100	12.0	*9	30.0	48.0	18.5	7.80	0.00
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
Egg, Can Bacon & Chs Bagel-SK@	1Bgl/1E/1 C/1CB	239	123	464	4.00	2.45	164.0	250	0.0	*1	15.92	31.6	6.3	2.55	0.00
Wrap, Turkey & Chs - GHS - SK*	1T-7s1T-. 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, Wedges Skip*	#8 - 1/2 cu	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Garden Bar Wk 1-KMS/GHS%	See Below	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
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 - 1/4c	2oz spd1-1 /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		722	94	1119	10.55	4.38	*457.8	6287	65.19	*34	36.18	100.85	19.50	5.36	*0.00
% of Calories										*18.9%	20.0%	55.9%	24.3%	6.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/24/2017															
KMS 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 Drumstick, BBQ KMS/GHS	2 Drumstic	429	*180	1074	0.74	1.63	46.2	155	0.79	22	32.54	30.13	20.24	5.02	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
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
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
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
Ham & Amer Chse Sand-Crsst SK#	4H/1C/1 C rsst	305	52	1375	3.00	1.44	200.0	350	0.0	6	22.0	32.5	11.75	5.25	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 1/4c\$	#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
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		602	*74	1019	7.20	3.88	544.5	9861	12.96	*27	33.51	76.70	19.29	6.10	0.00
% of Calories										*18.2%	22.2%	50.9%	28.8%	9.1%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/27/2017															
KMS Lunch	Total														
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
Chicken, Wings, Drummies \$	6 wings	323	47	457	2.69	2.69	26.9	0	0.0	1	18.81	20.16	18.81	4.57	0.00
Roll, Dnr White Wht Alpha-1\$	1 roll	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
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
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
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, Ham & Cheese-Cold 9" SK@	1T/4Ham/ 1Ch	364	77	756	3.28	2.39	245.5	576	1.6	*0	23.32	31.61	17.03	9.68	0.00
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, 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 spd-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
Johnny Pop - Straw Banana \$	1 Johnny Pop	50	5	25	0.00	2.00	20.0	0	6.0	10	1.0	10.0	1.0	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		719	57	1115	9.60	6.71	621.6	7429	34.28	*45	36.40	102.60	18.98	6.43	*0.01
% of Calories										*25.1%	20.2%	57.0%	23.8%	8.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/28/2017															
KMS Lunch															
	Total														
Chicken, Mand Org-Ling KM/GH@	8 oz spoodl	167	44	311	0.00	0.80	0.0	0	1.33	11	12.22	21.11	3.33	0.56	0.00
Rice, Brown, USDA, #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
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
G-Town Sandwich@	1 Sandwich	369	57	869	3.40	5.22	340.0	1225	7.5	*3	21.83	28.58	17.85	9.96	0.00
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
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
C-Line Sand-Variety-Cold-SKIP@	1Rl/5slmt/1slch	268	51	764	2.35	2.04	189.5	141	0.6	*5	22.95	27.46	7.97	3.30	*0.02
Garden Bar Wk 2-KMS/GHS%	See Below	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, 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
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		496	55	660	4.79	2.39	466.1	7167	37.16	*32	22.60	74.66	12.62	3.71	*0.00
% of Calories										*25.6%	18.2%	60.2%	22.9%	6.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/29/2017															
KMS Lunch	Total														
Burrito Bowl/Wrap	1 Bowl or 1 Wrp	428	80	1202	5.87	4.04	70.4	1162	19.78	*1	26.79	40.64	18.15	7.85	*0.00
Roll, Dnr White Wht Alpha-1\$	1 roll	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
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
Beef & LOL Cheese Sand-Bun#	2.86B/1/4c Ch/1B	390	60	1037	2.65	2.87	42.0	200	12.0	*5	24.24	32.47	16.94	8.22	0.01
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Chili Dog, JTM Chili -2	4ozC/2HD /2Bn	716	91	1910	7.32	4.98	134.3	858	13.17	11	33.32	63.27	37.63	13.85	0.06
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	300	30	440	4.00	2.16	400.0	400	0.0	2	20.0	34.0	10.0	5.00	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	32	0	61	0.91	0.33	9.1	227	2.72	4	0.45	5.44	0.68	0.00	0.00
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 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, 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 - 3 \$	3 Mini Donuts	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
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		708	65	1431	8.25	4.31	502.8	6904	27.72	*37	32.31	86.79	26.67	9.66	*0.02
% of Calories										*20.7%	18.3%	49.1%	33.9%	12.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/30/2017															
KMS Lunch	Total														
Spaghetti w/Meat Sce KMS/GHS@	8oz Spdl P & S	414	43	407	9.78	7.50	45.7	812	11.95	*5	24.0	54.75	14.16	4.65	*0.72
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
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
Cheeseburger, Bacon@	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
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
Fajita, Chicken - KMS/GHS@	1T/3ozCK /1ozCH	410	110	670	4.00	2.52	240.0	300	0.0	*0	27.0	32.0	20.5	10.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
French Fries, KK, Simp 3/8@	3 oz Serv	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Pizza, 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, 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
Wrap, Club - Skip@	1T/5slmt/1 slCh	333	60	792	3.00	1.98	140.0	150	0.4	*1	25.0	30.33	12.25	5.00	0.00
French Fries, KK, Simp 3/8 SK@	3 oz Serv	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Garden Bar Wk 2-KMS/GHS%	See Below	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, 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
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
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		660	55	1019	8.31	4.65	527.8	6372	25.13	*34	32.35	88.38	20.84	7.22	*0.25
% of Calories										*20.8%	19.6%	53.6%	28.4%	9.9%	*0.3%
Nutrient Guideline		600-700		1360										<10.00	
Weighted Average		679	*64	1101	9.11	4.12	*527.3	7352	35.61	*36	32.70	92.39	20.53	6.58	*0.05
										*47.2%	19.3%	54.4%	27.2%	8.7%	*0.1%

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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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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	679		600 - 700	100%													
Cholesterol (mg)	64				Missing												
Sodium (mg)	1101		1360														
Fiber (g)	9.11																
Iron (mg)	4.12																
Calcium (mg)	527.3				Missing												
Vitamin A (IU)	7352																
Sugars (g)	36	20.98%			Missing												
Vitamin C (mg)	35.61																
Protein (g)	32.70	19.25%															
Carbohydrate (g)	92.39	54.40%															
Total Fat (g)	20.53	27.20%															
Saturated Fat (g)	6.58	8.72%	<10.00%														
Trans Fat ¹ (g)	0.05	0.07%			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*

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