

Germantown School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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Generated on: 9/28/2017 8:52:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/02/2017															
GHS 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, KMS/GHS #8	#8/4 oz	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
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
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, Double SKIP \$	1Bun/1Ch	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
	s/2Bgr														
Egg, Bacon, Cheese Eng Mfn SK@	1EM/1E/1	240	120	465	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	9.0	3.25	0.00
	C/1Bcn														
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	78	0	111	5.75	1.73	55.4	9227	7.24	*0	4.54	14.79	0.26	0.06	*0.00
Salad Drsg, Asst GHS- Skip\$	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	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
	/2C														
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														
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, 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 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
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		683	49	947	10.92	4.30	657.8	8162	38.51	*28	33.50	99.51	17.50	5.16	*0.00
% of Calories										*16.6%	19.6%	58.3%	23.1%	6.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

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Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 2

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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 ¹ (g)
Tue - 10/03/2017															
GHS Lunch															
	Total														
Chicken, Wings of Fire -3^	3 Wings	160	80	410	0.00	0.00	0.0	0	0.0	0	15.0	1.0	11.0	2.50	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
Cheeseburger, Double \$	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
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
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
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	78	0	111	5.75	1.73	55.4	9227	7.24	*0	4.54	14.79	0.26	0.06	*0.00
Salad Drsg, Asst GHS- Skip\$	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 spd-1/2C	120	0	0	2.67	0.00	0.0	0	6.4	*N/A*	4.0	25.33	0.67	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
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
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		830	65	1104	13.97	4.52	565.0	8533	37.74	*31	38.63	113.07	26.30	7.16	*0.00
% of Calories										*14.7%	18.6%	54.5%	28.5%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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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)
Wed - 10/04/2017															
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
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
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
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@	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
Garden Bar Wk 6-KMS/GHS%	See Below	78	0	111	5.75	1.73	55.4	9227	7.24	*0	4.54	14.79	0.26	0.06	*0.00
Salad Drsg, 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
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
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
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
Weighted Daily Average		751	54	1113	14.41	5.56	593.8	8887	28.83	*39	38.00	104.66	21.20	9.54	*0.00
% of Calories										*20.9%	20.2%	55.7%	25.4%	11.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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GHS Lunch

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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 ¹ (g)
Thu - 10/05/2017															
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
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
Pizza, Tony's Fiestada SKIP\$	1/6 Pizza	340	25	850	4.00	3.60	250.0	500	0.0	10	17.0	39.0	14.0	6.00	0.00
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 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
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	78	0	111	5.75	1.73	55.4	9227	7.24	*0	4.54	14.79	0.26	0.06	*0.00
Salad Drsg, Asst GHS- Skip\$	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	179	5	180	0.14	7.94	2.6	1	0.01	*2	4.01	32.31	3.0	1.00	*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
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		869	63	1592	12.61	11.51	455.2	9207	50.70	*39	42.56	126.95	22.83	6.21	*0.01
% of Calories										*17.9%	19.6%	58.4%	23.6%	6.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Fri - 10/06/2017															
GHS Lunch															
	Total														
	Mac & Cheese, JTM WG 6oz\$	279	37	656	2.00	1.08	380.0	500	1.2	8	16.0	30.0	11.0	6.10	0.00
	Fish, Pot Crst Filet, Pollak-2	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%	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
	Chicken, Popcorn, GK KM/GH\$	390	105	825	4.50	2.16	0.0	150	0.0	0	27.0	24.0	19.5	3.75	0.00
	Pretzel, Bite Mini - 3^	90	0	90	3.00	1.08	0.0	0	0.0	0	3.0	21.0	0.0	0.00	0.00
	Sweet Potato Fries, Hrv Sp\$	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
	Pizza, Tony's WG ClscWg Ch SK#	300	15	470	4.00	2.70	300.0	500	0.0	10	16.0	34.0	11.0	4.00	0.00
	Cheeseburger, PJ DBL - SK#	514	95	739	4.65	3.43	799.2	1085	0.0	*3	38.32	29.48	27.05	12.80	0.01
	Chicken Sand, Grl Brst PJ SK@	378	85	781	24.65	2.15	775.2	1085	0.0	*3	34.32	28.48	13.55	6.90	0.01
	Jamwich, PB & Jelly, WG-2SKIP#	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	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%	78	0	111	5.75	1.73	55.4	9227	7.24	*0	4.54	14.79	0.26	0.06	*0.00
	Salad Drsg, Asst GHS- Skip\$	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
	Pears, Canned, Lt. Syr - 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
	Fruit, Fresh, Winter Mix	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\$	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%	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%	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	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%	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	805	69	1175	16.33	4.74	616.2	10622	75.68	*53	34.57	119.92	22.06	5.96	*0.21
	% of Calories									*26.5%	17.2%	59.6%	24.7%	6.7%	*0.2%
	Nutrient Guideline	750-850		1420									<10.00		

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Mon - 10/09/2017															
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
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
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
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, 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
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, BD Primo Buff Ckn WGSK<	slice	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	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
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
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
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 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
Beans. Green, Simplot-1/2 cup	4oz spd-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
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
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		840	47	1309	13.87	5.41	568.9	7230	83.19	*45	34.04	116.78	26.32	5.50	0.00
% of Calories										*21.6%	16.2%	55.6%	28.2%	5.9%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Tue - 10/10/2017															
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
Fajita, Chicken - KMS/GHS@	1T/3ozCK /1ozCH	410	110	670	4.00	2.52	240.0	300	0.0	*0	27.0	32.0	20.5	10.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Corn Puppies, Tky Mini -JTM 6\$	6 pieces	267	34	365	3.00	1.00	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
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, 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, 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
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
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 - 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
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		802	68	1205	9.20	4.25	552.4	7711	29.00	*48	33.44	107.14	27.90	10.07	*0.00
% of Calories										*23.9%	16.7%	53.4%	31.3%	11.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Wed - 10/11/2017															
GHS Lunch	Total														
Sub Bar - Ham* or Italian*	1Hm or 1l T SW	469	64	1516	6.00	0.52	102.3	236	5.19	*9	26.85	46.09	19.56	7.29	0.00
Pizza, Tony's Smt Sge 4 x 6 ^	1Slice	226	19	353	3.80	1.98	110.0	0	0.0	6	16.0	26.3	7.5	3.40	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
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, 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
Sweet Potato Tots, Simp\$	3.0 oz - 8 t	120	0	190	2.00	1.44	20.0	5000	6.0	10	2.0	17.0	5.0	1.00	0.00
Applesauce - 4.5 oz Cup, Com\$	4 oz	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
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
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
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		816	60	1584	10.44	3.49	431.4	9489	14.14	*49	35.84	110.38	25.68	8.24	0.00
% of Calories										*24.2%	17.6%	54.1%	28.3%	9.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Thu - 10/12/2017															
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, Ccmdt 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
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/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-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	179	5	180	0.14	7.94	2.6	1	0.01	*2	4.01	32.31	3.0	1.00	*0.00
Corn, Frozen - 1/2C	4oz spdl-1 /2C	120	0	0	2.67	0.00	0.0	0	6.4	*N/A*	4.0	25.33	0.67	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
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
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Weighted Daily Average		861	68	1466	10.79	9.52	*458.2	6726	14.54	*41	40.36	124.44	23.56	7.23	*0.01
% of Calories										*19.2%	18.7%	57.8%	24.6%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Fri - 10/13/2017															
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 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
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
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 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
Cheeseburger, Bacon SKIP@	1bg/1c/1b c/1bn	342	47	748	3.65	2.87	152.0	150	1.2	*5	23.74	29.47	13.94	5.07	0.51
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
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
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
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		836	*75	1461	12.36	4.96	599.5	14236	35.35	*37	37.94	114.89	25.74	7.43	0.07
% of Calories										*17.6%	18.2%	55.0%	27.7%	8.0%	0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Mon - 10/16/2017															
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
Cheeseburger, Bacon@	1bg/1c/1b c/1bn	342	47	748	3.65	2.87	152.0	150	1.2	*5	23.74	29.47	13.94	5.07	0.51
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
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
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, 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, 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, Baked, Veg - 1/2 Cup%	#8 - 1/2Cu	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	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
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
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		838	*51	1296	13.28	5.83	580.2	7690	50.88	*48	37.66	128.19	19.55	5.24	*0.66
% of Calories										*22.7%	18.0%	61.2%	21.0%	5.6%	*0.7%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Tue - 10/17/2017															
GHS 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
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
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
Egg Roll, WG Chicken, Minhs-2\$	2 Egg Roll	320	60	780	6.00	3.60	80.0	1500	12.0	4	18.0	40.0	10.0	3.00	0.00
Sweet & Sour Sauce, Mnrs, skip	2 oz	53	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.67	0.67	0.00	0.00
Pizza, BD Primo WGSK@	slice	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Fish 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
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
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, 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
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
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 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
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		735	60	1242	10.30	7.35	530.9	8079	54.31	*41	34.75	100.22	23.20	7.22	*0.16
% of Calories										*22.5%	18.9%	54.6%	28.4%	8.8%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Wed - 10/18/2017															
GHS 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
Breadstick 6" NY WG 1oz Skip1@	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
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	243	60	789	0.00	1.44	10.0	200	12.0	*2	18.0	6.0	15.0	7.90	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
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 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
Chicken Sand, Patty, Spicy@	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
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, 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
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*
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, Chocolate, WG ^	Cupcake	140	20	200	6.00	1.80	100.0	0	0.0	8	2.0	26.0	3.0	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
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		855	112	1479	13.71	6.37	512.2	9130	46.55	*45 *21.1%	34.37 16.1%	119.02 55.7%	27.02 28.4%	8.16 8.6%	*0.00 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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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 - 10/19/2017															
GHS Lunch	Total														
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
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
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
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
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
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
Wrap, Veggie - Skip@	1T/Veg/1ozCh	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
Cheese Cubes, Cheddar RF SK\$	1 oz	90	20	190	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
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
Watermelon, Sliced 1/2 Cup	1 Slice - 1/2 C	23	0	1	0.30	0.18	5.3	432	6.16	5	0.46	5.74	0.11	0.01	0.00
Cantaloupe - 1/2 cup	#8 - 1/2 Cu	30	0	14	0.80	0.19	8.0	2993	32.48	7	0.74	7.22	0.17	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
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
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		772	54	1165	10.21	5.02	707.8	9039	39.93	*48	34.73	107.87	24.15	8.84	0.00
% of Calories										*24.8%	18.0%	55.9%	28.1%	10.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Mon - 10/23/2017															
GHS 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
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
BBQ Pork Rib Sandwich@	1Pork Rib/ 1 Bun	317	40	648	3.65	2.43	34.0	100	1.0	8	20.24	32.47	11.94	3.82	0.01
Sweet Potato Bites, HvstSpl \$	1/2 cup	129	0	109	2.97	0.36	19.8	3959	2.38	10	1.98	20.79	4.45	0.49	0.00
Pizza, Tony's Fiestada SKIP\$	1/6 Pizza	340	25	850	4.00	3.60	250.0	500	0.0	10	17.0	39.0	14.0	6.00	0.00
Cheeseburger, Double SKIP \$	1Bun/1Ch s/2Bgr	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
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
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
Sweet Potato Bites, HvstSpl SK	1/2 cup	129	0	109	2.97	0.36	19.8	3959	2.38	10	1.98	20.79	4.45	0.49	0.00
Garden Bar Wk 3-KMS/GHS%	See Below	78	0	194	5.59	1.63	53.1	8988	10.27	*4	4.48	15.01	0.3	0.06	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 - 1/2 Cup%	#8 - 1/2Cu	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	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
Ice Cream, 3oz Cup/Orange Van%	1 Cup	80	5	40	0.00	0.00	60.0	0	0.0	12	1.0	16.0	1.0	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
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		855	50	1326	14.42	5.49	767.8	10603	33.69	*48	39.67	118.57	24.91	7.81	*0.00
% of Calories										*22.5%	18.6%	55.5%	26.2%	8.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Tue - 10/24/2017															
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
Meatballs w/Gravy - 6@	6MB& Gvy	266	60	804	1.50	2.97	90.0	7	1.8	*N/A*	20.0	13.5	14.5	5.25	0.90
Pork Chop, Breaded, WG#	1 Chop	270	35	390	3.00	1.80	40.0	0	0.0	*N/A*	14.0	18.0	16.0	4.50	0.00
Potatoes, Mashed #8 \$	#8	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Pizza, Tony's 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, 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
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
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, Tri-Tater, Tiny SK@	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 3-KMS/GHS%	See Below	78	0	194	5.59	1.63	53.1	8988	10.27	*4	4.48	15.01	0.3	0.06	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
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
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
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		954	76	1719	14.46	6.54	440.2	6945	30.04	*41	40.52	133.73	28.58	8.01	*0.12
% of Calories										*17.0%	17.0%	56.1%	27.0%	7.6%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Wed - 10/25/2017															
GHS Lunch	Total														
Sub Bar - Ham or Tky@	1H or 1T S andwh	377	45	1078	6.00	0.12	100.0	150	0.0	9	25.92	45.75	9.87	3.50	0.00
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
Chicken Parmesan Sand, Grld@	1 Bun/1Ch k/1ozC	398	75	762	25.56	2.64	*61.1	327	14.72	*8	36.15	35.27	12.03	4.45	0.01
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
Garden Bar Wk 3-KMS/GHS%	See Below	78	0	194	5.59	1.63	53.1	8988	10.27	*4	4.48	15.01	0.3	0.06	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 - 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
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Fruit, 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
Chips, Original, Baked Lays*	1 Bag	100	0	115	2.00	0.00	0.0	0	1.2	*N/A*	2.0	20.0	1.5	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
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
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		737	52	1236	16.71	3.97	*566.8	8802	51.80	*43	36.08	111.14	17.68	6.32	0.00
% of Calories										*23.2%	19.6%	60.3%	21.6%	7.7%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Thu - 10/26/2017															
GHS Lunch															
	Total														
Chicken Alfredo - KMS/GHS@	6ozSce	364	110	514	0.00	1.37	140.3	54	0.0	*2	37.33	12.95	18.47	8.42	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
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
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
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
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 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
Ham* Sand w/Cheese, wm 2mt	1 Bun/2Sl Ham/1C	242	37	993	2.65	1.43	132.0	150	0.0	5	18.74	28.47	6.44	2.57	0.01
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
Egg, Bacon & Cheese Crsst SK#	1Cr/1E/1 C/1Bcn	320	233	695	3.00	2.16	240.0	550	0.0	*4	16.5	33.0	15.0	6.75	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
Club Sand-Diam Jim - Skip@	1R/5slmt/1 slCh	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Garden Bar Wk 3-KMS/GHS%	See Below	78	0	194	5.59	1.63	53.1	8988	10.27	*4	4.48	15.01	0.3	0.06	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-1/2 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
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
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 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
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		791	77	1148	15.08	6.06	713.8	8833	91.16	*44	40.33	111.19	22.82	9.03	0.00
% of Calories										*22.3%	20.4%	56.2%	26.0%	10.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Fri - 10/27/2017															
GHS Lunch	Total														
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
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
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
Potatoes, Spudstrs-5 KMS/GHS@	5 spudsters	150	0	380	2.00	0.36	20.0	0	0.0	*N/A*	2.0	23.0	6.0	1.50	2.60
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
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
Egg Salad Sandwich Crsst - SK	1 Br/#10 E	389	327	591	3.00	2.45	82.5	742	3.6	*1	16.7	36.62	18.8	4.78	*0.00
Potatoes, Spudstrs-5 KM/GH SK@	5 spudsters	150	0	380	2.00	0.36	20.0	0	0.0	*N/A*	2.0	23.0	6.0	1.50	2.60
Garden Bar Wk 3-KMS/GHS%	See Below	78	0	194	5.59	1.63	53.1	8988	10.27	*4	4.48	15.01	0.3	0.06	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
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
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		830	61	1677	11.59	4.50	621.0	7283	34.67	*41	33.79	123.02	23.06	7.54	*2.15
% of Calories										*19.9%	16.3%	59.3%	25.0%	8.2%	*2.3%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Mon - 10/30/2017															
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
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
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
Waffle, Dutch 432588%	Waffle	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
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
Beef & LOL Cheese Sand-Bun#	2.86B/1/4c Ch/1B	243	60	789	0.00	1.44	10.0	200	12.0	*2	18.0	6.0	15.0	7.90	0.00
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
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
Cheeseburger, Bacon SKIP@	1bg/1c/1b c/1bn	342	47	748	3.65	2.87	152.0	150	1.2	*5	23.74	29.47	13.94	5.07	0.51
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
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
Potatoes, Tri-Tater, Tiny SK@	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 4-KMS/GHS%	See Below	74	0	141	4.15	1.33	53.7	8454	13.4	*3	4.28	14.42	0.26	0.06	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
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
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
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		797	48	1335	11.86	4.49	483.4	7127	39.41	*33	32.05	104.64	27.42	7.40	0.05
% of Calories										*16.5%	16.1%	52.5%	31.0%	8.4%	0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

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 ¹ (g)
Tue - 10/31/2017															
GHS Lunch															
	Total														
	8oz spoodl	189	44	401	0.00	0.80	0.0	0	1.33	14	12.22	25.56	3.33	0.56	0.00
	Rice, Brown, USDA, KMS/GHS #8	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
	Breadstick 6" NY WG 1oz1@	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
	Bosco Stk, 6" WGRF, 2 KMS/GHS#	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\$	32	0	61	0.91	0.33	9.1	227	2.72	4	0.45	5.44	0.68	0.00	0.00
	Corn Puppies, Tky Mini -JTM 6\$	267	34	365	3.00	1.00	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
	Potatoes, Savory Loops %	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
	Pizza, Nardone WW Buff Ckn SK#	280	30	610	3.00	2.70	350.0	300	1.2	*N/A*	19.0	27.0	11.0	5.00	0.00
	Chicken Sand, Patty Brd SKIP@	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
	Hot Dog w/Bun KM/GHS, SKIP \$	356	45	1066	2.29	1.80	70.0	0	0.0	6	14.2	29.49	20.1	7.34	0.03
	Ham & Amer Chs - Diam Jim SK@	262	58	831	2.35	2.28	162.7	150	1.0	5	21.92	27.82	7.89	3.19	0.02
	Potatoes, Savory Loops SKIP%	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 4-Elem%	68	0	140	3.87	1.24	48.0	8176	12.77	*0	3.72	13.54	0.25	0.06	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
	Beans, Baked, Veg - 1/2 Cup%	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	0.00	*0.00
	Juice, Cup, Assorted \$	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
	Apple, Fresh	59	0	1	2.71	0.14	6.8	61	5.2	12	0.29	15.61	0.19	0.03	0.00
	Caramel Dip LF ^	80	50	50	0.00	0.00	20.0	0	0.0	15	1.0	18.0	0.0	0.00	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
	Ketchup, Skip%	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	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%	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	838	71	1425	12.31	4.45	530.7	6587	26.88	*56	31.50	131.29	19.81	4.78	*0.00
	% of Calories									*26.8%	15.0%	62.6%	21.3%	5.1%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	
	Weighted Average	814	*63	1333	12.80	5.64	*569.2	8615	43.19	*43	36.40	115.55	23.68	7.28	*0.16
										*47.3%	17.9%	56.8%	26.2%	8.0%	*0.2%

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Germantown School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	814		750 - 850	100%													
Cholesterol (mg)	63				Missing												
Sodium (mg)	1333		1420														
Fiber (g)	12.80																
Iron (mg)	5.64																
Calcium (mg)	569.2				Missing												
Vitamin A (IU)	8615																
Sugars (g)	43	21.03%			Missing												
Vitamin C (mg)	43.19																
Protein (g)	36.40	17.88%															
Carbohydrate (g)	115.55	56.78%															
Total Fat (g)	23.68	26.18%															
Saturated Fat (g)	7.28	8.05%	<10.00%														
Trans Fat ¹ (g)	0.16	0.18%			Missing												

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