

Germantown School District

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary 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)
Mon - 08/28/2017															
Elementary Lunch	Total														
Chicken, Popcorn, GK Elem \$	10 pieces	260	70	550	3.00	1.44	0.0	100	0.0	0	18.0	16.0	13.0	2.50	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
Garden Bar Wk 1-Elem%	See Below	46	0	72	3.13	1.00	34.6	8454	7.69	*4	2.15	9.29	0.2	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
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
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
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		588	63	997	8.82	2.81	394.6	6522	73.19	*38	24.54	80.17	18.05	2.96	0.00
% of Calories										*26.0%	16.7%	54.5%	27.6%	4.5%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 08/29/2017															
Elementary Lunch	Total														
Taco, Walking #16 - Elem%	1 Ch/#16 Mt/.5Ch	291	38	452	3.46	1.74	169.9	656	3.79	*0	14.32	20.22	17.84	5.70	0.00
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
Mac & Cheese, LOL, RS RF 6oz\$	#6/6 oz	280	25	670	2.00	1.08	400.0	750	0.0	6	17.0	29.0	11.0	5.00	0.00
Garden Bar Wk 1-Elem%	See Below	46	0	72	3.13	1.00	34.6	8454	7.69	*4	2.15	9.29	0.2	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Beans, Refried, Cheesy, 1/4C@	#16 - 1/4 C	73	5	98	2.51	0.73	52.1	48	1.2	*0	4.64	10.25	1.44	0.96	0.00
GRAPES,Fresh 1/2 cup	#8 - 1/2 cu	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Ice Cream Sandwich, Mini CF\$	1 Sandwich	90	10	50	0.00	0.00	20.0	0	0.0	8	1.0	15.0	3.0	2.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		581	56	935	6.77	2.85	630.1	7576	15.37	*32	27.38	70.61	21.76	8.89	0.00
% of Calories										*22.2%	18.9%	48.6%	33.7%	13.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/30/2017															
Elementary Lunch	Total														
Pizza, Bosco, SC WG RF@	1/8 Pizza	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Cheeseburger Elem \$	1Bun/1Ch s/1Bgr	292	38	623	2.65	2.87	152.0	150	0.0	4	20.74	29.47	9.94	4.07	0.01
Garden Bar Wk 1-Elem%	See Below	46	0	72	3.13	1.00	34.6	8454	7.69	*4	2.15	9.29	0.2	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
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
Peas - 1/4 Cup*	2 oz spdl-1/4C	44	0	41	2.55	0.86	13.6	1191	5.61	2	2.92	8.09	0.15	0.03	0.00
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
Popcorn, Kettle Corn BOF #	1Bag	120	0	100	2.00	0.72	0.0	0	0.0	*N/A*	2.0	21.0	4.5	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
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		690	37	1101	8.74	4.45	642.7	10075	17.27	*43	32.49	99.19	18.69	5.98	0.00
% of Calories										*25.2%	18.8%	57.5%	24.4%	7.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 08/31/2017															
Elementary Lunch	Total														
Chicken Nuggets, Gld Kst - 5 \$	5 Nuggets	180	35	380	2.00	1.80	1500.0	100	1.2	0	15.0	13.0	8.0	1.50	0.00
Turkey & Gravy ELEM \$	4 oz spoodl	120	50	460	0.00	0.72	0.0	0	0.0	0	16.0	2.0	6.0	2.00	0.00
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 1-Elem%	See Below	46	0	72	3.13	1.00	34.6	8454	7.69	*4	2.15	9.29	0.2	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
Cinn Roll w/Cin & Sugar-Sm@	1 Roll	94	3	90	0.14	3.98	2.6	1	0.01	*2	2.51	17.31	1.5	0.50	*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
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
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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		550	48	1151	6.04	7.09	1532.9	7146	17.40	*31	29.61	80.11	12.88	2.70	*0.00
% of Calories										*22.4%	21.5%	58.3%	21.1%	4.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 09/01/2017															
Elementary Lunch	Total														
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Muffin, Choc Choc Chip 1.8oz #	1 Muffin	160	35	130	2.00	1.08	150.0	0	0.0	*N/A*	3.0	27.0	5.0	1.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Garden Bar Wk 1-Elem%	.5cL.25cC. 125cV	46	0	72	3.13	1.00	34.6	8454	7.69	*4	2.15	9.29	0.2	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
Carrots,Frozen,Swt 1/4c\$	#16 - 1/4 c	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1 /2C	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		522	49	659	6.22	2.73	708.9	11483	13.66	*21	22.81	80.42	12.19	5.27	*0.00
% of Calories										*15.9%	17.5%	61.7%	21.0%	9.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 09/05/2017															
Elementary Lunch	Total														
Pizza, Bagel Bites, Mini Chs \$	4 Bagels	260	20	560	4.00	1.80	350.0	750	9.0	4	21.0	24.0	9.0	5.00	0.00
Hot Dog, Tky w/Bun Elem SgrDI\$	1 Dog/1 Bu	266	35	886	2.29	1.80	90.0	0	2.4	6	12.2	30.49	11.1	3.34	0.03
Garden Bar Wk 2-Elem%	See Below	46	0	99	3.23	1.10	40.5	8253	19.97	*5	1.6	10.2	0.18	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
Potatoes, Tater Gems, Smp#	8 Gems - 1/2 C	143	0	286	1.68	0.61	16.8	0	1.01	*N/A*	1.68	15.96	8.4	2.10	0.00
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
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
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

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Weighted Daily Average		621	36	1309	7.96	5.01	625.1	6796	29.53	*40	30.26	83.18	18.67	6.82	*0.01
% of Calories										*25.7%	19.5%	53.6%	27.1%	9.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 09/06/2017															
Elementary Lunch	Total														
Fr Tst, Cinn, WG 1PC \$	1 Tst	200	109	290	2.50	1.44	70.0	250	0.0	11	7.8	25.0	8.0	1.50	0.00
Sausage Links, 2, JTM \$	2 Sausage	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Mad Farm 1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	0.00	0.00
Chicken, Sweet & Sour-Lings\$	#8 Spoodle	140	40	200	0.00	0.72	60.0	0	0.0	9	11.0	18.0	3.0	0.50	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
Garden Bar Wk 2-Elem%	See Below	46	0	99	3.23	1.10	40.5	8253	19.97	*5	1.6	10.2	0.18	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
Weighted Daily Average		575	103	649	5.05	2.24	467.9	7681	32.49	*43	23.04	91.49	14.22	3.41	*0.00
% of Calories										*29.9%	16.0%	63.6%	22.2%	5.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 09/07/2017															
Elementary Lunch	Total														
Ravioli, Mini WG, Cheese - 10@	10 raviolis	228	37	615	3.40	2.28	160.3	775	11.07	*1	13.72	31.08	4.42	2.21	0.00
Mozz Stx, WG, Seapak, ELEM#	4 Sticks	248	10	348	2.01	0.96	375.1	435	0.8	2	13.4	18.09	13.4	3.35	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Garden Bar Wk 2-Elem%	See Below	46	0	99	3.23	1.10	40.5	8253	19.97	*5	1.6	10.2	0.18	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Garlic Toast, WG, GFS \$	1 Slice	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Broccoli, Frozen, Cooked 1/4c	#16 - 1/4 c	14	0	5	1.42	0.29	15.6	478	18.95	1	1.46	2.61	0.06	0.01	0.00
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
Donut, Pwd Sgr Mini WG - 1 \$	1 Mini Don	45	0	38	0.33	0.12	10.0	0	0.0	4	0.67	6.83	1.83	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00

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Weighted Daily Average		558	23	1030	8.52	3.59	667.9	8784	47.69	*33	25.84	72.28	18.84	4.90	0.00
% of Calories										*24.0%	18.5%	51.8%	30.4%	7.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 09/08/2017															
Elementary Lunch	Total														
Chicken Tdrs, TY - 3 ELEM%	3 Tenders	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Fish Stks, Plk, Brd, HghLnr4%	4 fish stick	230	50	320	2.00	1.44	20.0	0	0.0	1	15.0	23.0	9.0	1.50	0.00
Tartar Sauce, Skip%	2 TBSP	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
French Fries, KK, Simp 3/8@	3 oz Serv	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Garden Bar Wk 2-Elem%	See Below	46	0	99	3.23	1.10	40.5	8253	19.97	*5	1.6	10.2	0.18	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
Cole Slaw #16 - 1/4 Cup@	#16 - 1/4 C	18	1	52	0.37	0.07	7.2	240	5.11	*1	0.02	2.45	0.9	0.10	*0.00
Strawberries-Blueberries 1/2C	#8 - 1/2 Cu	41	0	1	1.65	*0.00	*0.0	*0	*0.0	7	0.0	10.48	0.49	0.00	*0.00
Jello, Jigglers*	1/4 Cup	35	0	49	0.00	0.00	0.0	0	4.5	*N/A*	0.5	8.5	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		638	38	1023	7.86	*3.07	*357.8	*6484	*26.78	*36	25.33	84.83	21.64	3.16	*0.00
% of Calories										*22.6%	15.9%	53.2%	30.5%	4.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 09/11/2017															
Elementary Lunch	Total														
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
Chicken Nuggets, Gld Kst - 5 \$	5 Nuggets	180	35	380	2.00	1.80	1500.0	100	1.2	0	15.0	13.0	8.0	1.50	0.00
Garden Bar Wk 3-Elem%	.5cL.25cC. 125Vg	63	0	179	4.85	1.35	49.0	8436	16.41	*4	3.36	12.63	0.28	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 - 1/4 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
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

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Germantown School District

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		315	22	536	6.97	2.15	927.0	6561	33.17	*23	16.97	50.59	5.64	1.05	*0.00
% of Calories										*29.4%	21.6%	64.2%	16.1%	3.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 09/12/2017															
Elementary Lunch	Total														
Chicken, Popcorn, GK Elem \$	10 pieces	260	70	550	3.00	1.44	0.0	100	0.0	0	18.0	16.0	13.0	2.50	0.00
Meatballs w/Gravy - 4@	4 MB& Gvy	181	40	576	1.00	1.98	60.0	5	1.2	*N/A*	13.5	9.5	9.75	3.50	0.60
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 3-Elem%	.5cL.25cC. 125Vg	63	0	179	4.85	1.35	49.0	8436	16.41	*4	3.36	12.63	0.28	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
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
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
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1 /2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 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		617	72	1301	9.69	4.29	344.4	6407	17.27	*34	30.81	86.05	16.39	3.32	0.12
% of Calories										*22.1%	20.0%	55.8%	23.9%	4.8%	0.2%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary 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 - 09/13/2017															
Elementary Lunch	Total														
Sub Sandwich - Elementary@	1B-2H-2T-1Ch	257	37	578	3.00	1.36	110.0	150	0.4	5	19.63	30.76	6.78	2.25	0.00
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
Garden Bar Wk 3-Elem%	See Below	63	0	179	4.85	1.35	49.0	8436	16.41	*4	3.36	12.63	0.28	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 - 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
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
Graham Snacks, Scooby-Doo WG	Bag	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
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		632	45	985	8.83	4.21	676.9	7696	23.09	*44	29.75	90.35	17.99	6.90	0.00
% of Calories										*27.7%	18.8%	57.2%	25.6%	9.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 09/14/2017															
Elementary Lunch	Total														
Taco, Hard Shell #20 - Elem%	2 T-2#20M-1/2Ch	325	30	490	3.40	2.52	254.6	968	4.94	*2	21.71	20.27	18.18	9.20	0.00
Taco, Soft Shell (1)#16 Elem%	1 T-#16M-1/2 Ch	219	15	365	3.34	2.04	146.8	585	3.21	*1	14.19	18.84	10.34	5.70	0.00
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 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
Pretzel, Bite Mini - 1^	1 Bite	30	0	30	1.00	0.36	0.0	0	0.0	0	1.0	7.0	0.0	0.00	0.00
Garden Bar Wk 3-Elem%	See Below	63	0	179	4.85	1.35	49.0	8436	16.41	*4	3.36	12.63	0.28	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
Peas - 1/4 Cup*	2 oz spd-1/4C	44	0	41	2.55	0.86	13.6	1191	5.61	2	2.92	8.09	0.15	0.03	0.00
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
Ice Cream, 3oz Cup/ Van Schoep	3 oz cup	70	5	60	0.00	0.00	60.0	200	0.0	10	2.0	13.0	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
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00

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Germantown School District

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary 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)
Weighted Daily Average		628	41	1038	10.56	4.76	554.0	8125	25.21	*36	31.73	82.23	20.03	8.04	0.00
% of Calories										*23.0%	20.2%	52.3%	28.7%	11.5%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 09/15/2017															
Elementary Lunch	Total														
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, Smiley - 4 ELEM\$	4 pieces	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	0.00
Garden Bar Wk 3-Elem%	See Below	63	0	179	4.85	1.35	49.0	8436	16.41	*4	3.36	12.63	0.28	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
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
Weighted Daily Average		650	45	1087	11.13	3.07	502.8	6868	37.00	*41	23.83	102.86	14.61	4.17	0.00
% of Calories										*25.5%	14.7%	63.3%	20.2%	5.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 09/18/2017															
Elementary Lunch	Total														
Chicken, Mand Org-Ling ELEM@	6 oz spoodl	125	33	233	0.00	0.60	0.0	0	1.0	8	9.17	15.83	2.5	0.42	0.00
Rice, Brown, USDA, 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
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
Garden Bar Wk 4-Elem%	See Below	117	0	140	4.37	1.34	48.0	8176	12.77	*0	3.72	25.54	0.25	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
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
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
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00

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Germantown School District

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary 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)
Weighted Daily Average		668	49	934	6.92	2.98	446.6	6626	17.93	*27	20.91	96.20	22.77	6.02	0.00
% of Calories										*16.4%	12.5%	57.6%	30.7%	8.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 09/19/2017															
Elementary Lunch	Total														
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
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
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
Garden Bar Wk 4-Elem%	See Below	117	0	140	4.37	1.34	48.0	8176	12.77	*0	3.72	25.54	0.25	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 - 1/4 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
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		685	29	1114	11.99	3.72	508.2	7023	85.15	*44	23.05	111.48	15.04	3.57	*0.00
% of Calories										*25.6%	13.5%	65.1%	19.8%	4.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 09/20/2017															
Elementary Lunch	Total														
Cheeseburger Elem \$	1Bun/1Ch s/1Bgr	292	38	623	2.65	2.87	152.0	150	0.0	4	20.74	29.47	9.94	4.07	0.01
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Muffin, Choc Choc Chip 1.8oz #	1 Muffin	160	35	130	2.00	1.08	150.0	0	0.0	*N/A*	3.0	27.0	5.0	1.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Garden Bar Wk 4-Elem%	See Below	117	0	140	4.37	1.34	48.0	8176	12.77	*0	3.72	25.54	0.25	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
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

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Germantown School District

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary 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)
Weighted Daily Average		591	57	775	6.34	2.94	683.3	7954	26.96	*18	26.07	92.74	13.28	5.57	*0.00
% of Calories										*12.5%	17.7%	62.8%	20.2%	8.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 09/21/2017															
Elementary Lunch	Total														
Chicken Nuggets, Gld Kst - 5 \$	5 Nuggets	180	35	380	2.00	1.80	1500.0	100	1.2	0	15.0	13.0	8.0	1.50	0.00
Pork & Gravy, Cmnt ELEM@	4oz spoodl	178	54	626	0.00	0.48	6.0	4	0.4	*N/A*	9.88	8.0	10.7	3.71	0.00
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 4-Elem%	See Below	117	0	140	4.37	1.34	48.0	8176	12.77	*0	3.72	25.54	0.25	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
Cinn Roll w/Cin & Sugar-Sm@	1 Roll	94	3	90	0.14	3.98	2.6	1	0.01	*2	2.51	17.31	1.5	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
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
Weighted Daily Average		600	49	1191	8.72	7.03	1552.3	10955	33.97	*26	28.17	92.72	13.61	3.03	*0.00
% of Calories										*17.4%	18.8%	61.8%	20.4%	4.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 09/22/2017															
Elementary Lunch	Total														
Sloppy Joe, #16-ELEM@	#16 Mt/1 B	245	19	732	3.85	2.94	59.8	270	3.59	7	14.58	32.69	6.14	0.32	0.01
Pizza, Tony's 5" DD Cheese \$	1 Pizza	320	30	480	3.00	2.70	250.0	300	0.0	10	17.0	35.0	12.0	6.00	0.00
Garden Bar Wk 4-Elem%	See Below	117	0	140	4.37	1.34	48.0	8176	12.77	*0	3.72	25.54	0.25	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
Broccoli, Frozen, Cooked 1/4c	#16 - 1/4 c	14	0	5	1.42	0.29	15.6	478	18.95	1	1.46	2.61	0.06	0.01	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Ice Cream Sandwich, Mini CF\$	1 Sandwich	90	10	50	0.00	0.00	20.0	0	0.0	8	1.0	15.0	3.0	2.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		623	44	874	7.91	4.09	547.7	6707	22.82	*43	28.36	94.04	15.57	6.95	0.00
% of Calories										*27.3%	18.2%	60.4%	22.5%	10.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary 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)
Mon - 09/25/2017															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem%	12 pcs/6oz spd	244	21	371	3.18	1.91	42.4	106	0.0	1	14.82	14.82	13.76	2.65	0.00
Hot Dog, Tky w/Bun Elem SgrDI\$	1 Dog/1 Bu	266	35	886	2.29	1.80	90.0	0	2.4	6	12.2	30.49	11.1	3.34	0.03
Potatoes, Wedges*	#8 - 1/2 cu	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Garden Bar Wk 5-Elem%	See Below	98	0	86	3.55	1.41	42.4	8287	7.95	*13	2.06	23.96	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
Apple, Wedges - 1/2 cup	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
Cookie, Choc Chip, WG Otis1oz%	1 Cookie	100	5	80	1.00	2.70	0.0	500	0.0	8	1.0	17.0	3.5	1.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		632	35	870	9.63	5.49	364.1	6809	20.95	*45	25.81	94.01	17.97	3.90	0.01
% of Calories										*28.7%	16.3%	59.5%	25.6%	5.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 09/26/2017															
Elementary Lunch	Total														
Pancakes, Krusteaz CC WG\$	1 bag	230	15	400	5.00	2.70	80.0	0	0.0	12	4.0	41.0	6.0	1.50	0.00
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Syrup, Mad Farm1.5oz Cup Skip\$	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	22	0.0	30.0	0.0	0.00	0.00
BBQ Pulled Pork Sand-ELEM@	#12 pork/1 Bun	253	27	602	3.90	2.06	57.0	236	25.0	*3	16.86	34.59	5.69	1.63	0.01
Garden Bar Wk 5-Elem%	See Below	98	0	86	3.55	1.41	42.4	8287	7.95	*13	2.06	23.96	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
Apples,Cinnamon - Warm - 1/2 C	4oz spd-1 /2C	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		643	183	768	9.98	4.29	406.7	6387	11.69	*59	19.67	119.50	12.18	3.42	*0.00
% of Calories										*36.9%	12.2%	74.4%	17.1%	4.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary 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 - 09/27/2017															
Elementary Lunch	Total														
Pizza, Wild Mike's ^	Slice	360	30	510	3.00	2.70	450.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Fish Sandwich w/Chse - Square#	1fsh/1bun/1Chs	372	58	603	3.65	2.51	152.0	150	0.0	5	23.74	43.47	10.94	2.57	0.01
Tartar Sauce, Skip%	2 TBSP	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
Garden Bar Wk 5-Elem%	See Below	98	0	86	3.55	1.41	42.4	8287	7.95	*13	2.06	23.96	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
Broccoli, Frozen w/Chs 1/4c#	3oz spoodl	63	10	211	1.40	0.46	23.5	565	24.45	*N/A*	3.93	3.97	3.55	2.26	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Ice Cream, 3oz Cup/ Van Schoep	3 oz cup	70	5	60	0.00	0.00	60.0	200	0.0	10	2.0	13.0	1.0	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		664	52	947	7.28	4.14	738.5	7205	25.42	*45	32.88	90.85	20.68	8.80	0.00
% of Calories										*27.2%	19.8%	54.7%	28.0%	11.9%	0.0%
Nutrient Guideline		550-650		1230											<10.00

Thu - 09/28/2017															
Elementary Lunch	Total														
Spaghetti w/Meat Sce -Elem@	6oz spdle P & S	310	32	305	7.33	5.62	34.3	609	8.97	*4	18.0	41.06	10.62	3.49	*0.54
Cheese, Parmesan %	1/2 oz	59	12	247	0.29	0.10	137.1	107	0.0	0	9.86	0.57	4.0	2.57	0.00
Chicken Tdrs, TY - 3 ELEM%	3 Tenders	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Garden Bar Wk 5-Elem%	See Below	98	0	86	3.55	1.41	42.4	8287	7.95	*13	2.06	23.96	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
Popcorn, Kettle Corn BOF #	1Bag	120	0	100	2.00	0.72	0.0	0	0.0	*N/A*	2.0	21.0	4.5	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		634	36	766	10.57	4.58	365.1	6549	30.68	*32	27.91	92.26	19.77	3.79	*0.16
% of Calories										*20.3%	17.6%	58.2%	28.1%	5.4%	*0.2%
Nutrient Guideline		550-650		1230											<10.00

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 09/29/2017															
Elementary Lunch	Total														
Taco, Walking #16 - Elem%	1 Ch/#16	291	38	452	3.46	1.74	169.9	656	3.79	*0	14.32	20.22	17.84	5.70	0.00
	Mt/.5Ch														
Quesadilla, Cheese WG Coyote \$	2 pieces	320	40	560	3.00	2.70	350.0	300	0.0	2	20.0	32.0	12.0	6.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Sweet Potato Fries, Hrv Sp\$	1/2 cup	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Garden Bar Wk 5-Elem%	See Below	98	0	86	3.55	1.41	42.4	8287	7.95	*13	2.06	23.96	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
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
Raisels, Sour Org/Lmn 1 Box\$	1 Box	140	0	5	1.00	0.72	20.0	0	60.0	28	1.0	36.0	0.0	0.00	0.00
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		659	52	892	8.33	4.19	593.6	8608	54.19	*46	28.07	93.51	20.61	7.57	0.17
% of Calories										*27.7%	17.0%	56.7%	28.1%	10.3%	0.2%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		607	53	956	8.37	*3.99	*635.0	*7626	*30.79	*37	26.47	88.82	16.80	5.01	*0.02
										*54.5%	17.4%	58.5%	24.9%	7.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	607		550 - 650	100%				
Cholesterol (mg)	53							
Sodium (mg)	956		1230					
Fiber (g)	8.37							
Iron (mg)	3.99				Missing			
Calcium (mg)	635.0				Missing			
Vitamin A (IU)	7626				Missing			
Sugars (g)	37	24.23%			Missing			
Vitamin C (mg)	30.79				Missing			
Protein (g)	26.47	17.45%						
Carbohydrate (g)	88.82	58.55%						
Total Fat (g)	16.80	24.91%						
Saturated Fat (g)	5.01	7.43%	<10.00%					
Trans Fat ¹ (g)	0.02	0.03%			Missing			

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