

Germantown School District

Aug 28, 2017 thru Sep 29, 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)	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															
KMS Lunch															
	Total														
	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
	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
	Pizza, BD Primo Buff Ckn WG \$	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@	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, Tony's 4x6 WG Chs SK@	340	35	510	3.00	2.70	350.0	400	0.0	11	17.0	36.0	14.0	7.00	0.00
	Cheeseburger, PJ w/PJ Chs-SK#	392	60	692	3.65	3.43	785.2	1185	3.0	*3	24.32	29.48	19.05	9.59	0.51
	1bun/1 bgr /1ch														
	Club Sand-Diam Jim - Skip@	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
	1R/5slmt/1 slCh														
	French Fries, KK, Simp 3/8 SK@	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%	74	0	103	4.62	1.48	51.6	8731	8.6	*4	3.98	14.15	0.41	0.08	0.00
	See Below														
	Salad Drsg, Ranch HM RF RS SK*	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
	1 TBSP														
	Beans. Green, Simplot-1/4 cup	14	0	0	0.89	0.32	17.8	89	4.0	*0	0.44	2.73	0.0	0.00	0.00
	2oz spdl-1 /4C														
	Shape Up, Blue	70	0	5	3.00	0.36	80.0	0	60.0	15	0.0	18.0	0.0	0.00	0.00
	4.4 oz cup														
	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
	8 oz Carton														
	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
	2 tbsp														
	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
	2 tsp														
Weighted Daily Average		735	71	1199	10.82	4.01	564.0	6505	77.82	*45	30.97	99.20	22.89	5.38	0.04
% of Calories										*24.4%	16.8%	54.0%	28.0%	6.6%	0.0%
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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Generated on: 6/22/2017 2:48:16 PM

	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 - 08/29/2017															
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
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
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, 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 1-KMS/GHS%	See Below	74	0	103	4.62	1.48	51.6	8731	8.6	*4	3.98	14.15	0.41	0.08	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
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		668	65	1124	7.67	3.82	591.1	6920	19.11	*32	33.36	84.14	22.96	9.16	0.00
% of Calories										*18.9%	20.0%	50.4%	31.0%	12.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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 - 08/30/2017															
KMS 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, Double \$	1Bun/1Ch s/2Bgr	402	68	893	2.65	4.31	172.0	150	0.0	4	31.74	31.47	15.94	6.57	0.01
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	74	0	103	4.62	1.48	51.6	8731	8.6	*4	3.98	14.15	0.41	0.08	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 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
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		766	55	1266	9.93	5.08	591.8	9648	16.38	*41	37.53	102.94	23.02	7.90	0.00
% of Calories										*21.3%	19.6%	53.8%	27.0%	9.3%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Thu - 08/31/2017															
KMS Lunch															
	Total														
Chicken Nuggets, Gld Kst - 7 \$	7 Nuggets	252	49	532	2.80	2.52	2100.0	140	1.68	0	21.0	18.2	11.2	2.10	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
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, Tony's WG ClscWg Ch SK#	1 Wedge	300	15	470	4.00	2.70	300.0	500	0.0	10	16.0	34.0	11.0	4.00	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-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, 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	74	0	103	4.62	1.48	51.6	8731	8.6	*4	3.98	14.15	0.41	0.08	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	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 - 1/4c	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
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
Weighted Daily Average		723	68	1385	8.91	10.58	*1235.5	6838	20.36	*30	36.99	105.78	17.22	4.76	*0.00
% of Calories										*16.7%	20.5%	58.5%	21.4%	5.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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KMS Lunch

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Fri - 09/01/2017															
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
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco St icks	300	30	440	4.00	2.16	400.0	400	0.0	2	20.0	34.0	10.0	5.00	0.00
Marinara Sauce, 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
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	74	0	103	4.62	1.48	51.6	8731	8.6	*4	3.98	14.15	0.41	0.08	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 spd1-1/2C	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 % of Calories		585	42	944	8.56	4.24	641.1	10799	16.35	*25 *17.4%	31.31 21.4%	79.26 54.2%	16.98 26.1%	6.09 9.4%	0.00 0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Tue - 09/05/2017															
KMS Lunch															
	Total														
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
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
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
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
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
Cheeseburger, Double SKIP \$	1Bun/1Ch s/2Bgr	402	68	893	2.65	4.31	172.0	150	0.0	4	31.74	31.47	15.94	6.57	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
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 2-KMS/GHS%	See Below	52	0	99	3.50	1.20	46.0	8529	20.64	*5	2.16	11.03	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
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
Weighted Daily Average		751	64	1436	8.78	5.40	*408.0	6449	36.33	*31	35.38	91.09	27.36	9.87	*0.01
% of Calories										*16.7%	18.8%	48.5%	32.8%	11.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)	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 - 09/06/2017															
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
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
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, 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
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	52	0	99	3.50	1.20	46.0	8529	20.64	*5	2.16	11.03	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		643	102	926	6.79	3.39	445.2	8397	47.21	*36	30.28	93.35	16.99	5.76	*0.00
% of Calories										*22.1%	18.8%	58.1%	23.8%	8.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Thu - 09/07/2017															
KMS Lunch															
	Total														
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
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, 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
Pizza, Wild Mike's SKIP ^	Slice	360	30	510	3.00	2.70	450.0	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
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
Garden Bar Wk 2-KMS/GHS%	See Below	52	0	99	3.50	1.20	46.0	8529	20.64	*5	2.16	11.03	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 - 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
Weighted Daily Average % of Calories		699	46	1177	9.23	4.62	719.2	8428	48.38	*35 *19.9%	34.23 19.6%	89.33 51.1%	23.68 30.5%	7.69 9.9%	0.00 0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Fri - 09/08/2017															
KMS Lunch	Total														
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
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
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
Pizza, Nardone, WW Pep 4x6 SK#	1 Slice -4.6 oz	350	40	580	3.00	2.70	350.0	400	9.0	*N/A*	22.0	29.0	17.0	7.00	0.00
Egg, Bacon, Cheese Eng Mfn SK@	1EM/1E/1 C/1Bcn	225	118	440	3.00	1.80	220.0	250	0.0	*2	14.5	26.0	7.0	2.25	0.00
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
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 3-KMS/GHS%	See Below	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	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
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 Cubes	1/2 cup	70	0	97	0.00	0.00	0.0	0	9.0	*N/A*	1.0	17.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		716	53	1202	9.15	*3.76	*459.5	*5883	*26.91	*33	31.40	95.52	23.34	4.80	*0.07
% of Calories										*18.6%	17.5%	53.4%	29.4%	6.0%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Mon - 09/11/2017															
KMS Lunch															
	Total														
	7 Nuggets	252	49	532	2.80	2.52	2100.0	140	1.68	0	21.0	18.2	11.2	2.10	0.00
	G-Town 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@	317	40	648	3.65	2.43	34.0	100	1.0	8	20.24	32.47	11.94	3.82	0.01
	1 Bun														
	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, Double SKIP \$	402	68	893	2.65	4.31	172.0	150	0.0	4	31.74	31.47	15.94	6.57	0.01
	1Bun/1Ch														
	s/2Bgr														
	C-Line Sand-Variety-Cold-SKIP@	268	51	764	2.35	2.04	189.5	141	0.6	*5	22.95	27.46	7.97	3.30	*0.02
	1RI/5slmt/1slch														
	Garden Bar Wk 3-KMS/GHS%	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	0.28	0.06	0.00
	Salad Drsg, Ranch HM RF RS SK*	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
	1 TBSP														
	Beans, Baked, Veg - 1/4 Cup%	80	0	83	2.67	1.07	38.5	14	0.17	*3	3.2	15.92	0.0	0.00	*0.00
	#16 - 1/4C														
	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
	1 Piece														
	Rice Krispie Trt - .78oz/ala	90	0	105	0.00	0.36	0.0	200	0.0	*N/A*	0.0	17.0	2.5	1.00	0.00
	1 Treat														
	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
	8 oz Carton														
	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
	2 tbsp														
	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
	2 tsp														
	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
	1/4 cup														
Weighted Daily Average		629	51	1104	9.65	4.84	1376.4	7137	35.57	*29	32.72	87.87	16.83	5.33	*0.00
% of Calories										*18.4%	20.8%	55.9%	24.1%	7.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Tue - 09/12/2017															
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
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 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
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 3-KMS/GHS%	See Below	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	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
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		738	69	1386	11.02	5.29	428.4	6320	18.01	*36	35.04	101.34	21.34	5.29	0.13
% of Calories										*19.4%	19.0%	54.9%	26.0%	6.4%	0.2%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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 - 09/13/2017															
KMS 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
Cheeseburger, Bacon@	1bg/1c/1bc/1bn	342	47	748	3.65	2.87	152.0	150	1.2	*5	23.74	29.47	13.94	5.07	0.51
Garden Bar Wk 3-KMS/GHS%	See Below	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	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 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
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
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		664	53	1148	12.84	4.07	*621.6	7679	26.36	*43	34.73	91.52	18.48	6.85	0.07
% of Calories										*25.8%	20.9%	55.1%	25.0%	9.3%	0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Thu - 09/14/2017															
KMS 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
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, Soft Shell (1)#10 KM/GHS	1T-2#10M	391	30	632	5.00	3.42	280.0	950	4.8	*2	24.0	35.0	18.5	10.30	0.00
	-1ozCh														
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
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
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	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	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
Weighted Daily Average		608	68	1012	8.37	4.15	563.6	7797	24.84	*37	31.92	80.39	18.35	6.53	0.00
% of Calories										*24.2%	21.0%	52.9%	27.2%	9.7%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Fri - 09/15/2017															
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
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
Ham Sand w/Cheese,wm,2.5mtSK	1 Bun/5Sl Ham/1C	120	50	690	0.00	1.44	20.0	0	0.0	*0	17.0	3.0	4.0	1.50	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, 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	69	0	179	5.13	1.45	54.5	8712	17.07	*4	3.91	13.45	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		699	46	1275	9.92	3.55	633.0	6732	33.40	*41	29.77	102.17	19.65	6.94	2.04
% of Calories										*23.3%	17.0%	58.4%	25.3%	8.9%	2.6%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Mon - 09/18/2017															
KMS 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
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
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	122	0	141	4.65	1.43	53.7	8454	13.4	*3	4.28	26.42	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
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
Weighted Daily Average		635	47	1008	6.73	3.29	442.1	6308	19.16	*29	26.59	90.77	18.11	6.10	0.06
% of Calories										*18.2%	16.8%	57.2%	25.7%	8.7%	0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Tue - 09/19/2017															
KMS 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, 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
Pork Carnita Flatbread Sand@	1 FB,#16P ,1ozCh	317	55	570	3.12	2.48	264.0	808	4.45	*0	20.13	26.88	14.0	7.20	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, 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
Ham & Amer Chs - Diam Jim SK@	1RI/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
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 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 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		744	46	1271	11.99	4.20	629.6	6773	78.84	*44 *23.4%	28.47 15.3%	111.27 59.8%	20.22 24.5%	6.64 8.0%	*0.01 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)	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 - 09/20/2017															
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
Cheeseburger, Double \$	1Bun/1Ch s/2Bgr	402	68	893	2.65	4.31	172.0	150	0.0	4	31.74	31.47	15.94	6.57	0.01
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 SK1*	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	122	0	141	4.65	1.43	53.7	8454	13.4	*3	4.28	26.42	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
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		678	74	1188	8.10	4.64	562.1	7216	39.20	*26	37.13	94.34	17.05	6.78	*0.01
% of Calories										*15.5%	21.9%	55.6%	22.6%	9.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Thu - 09/21/2017															
KMS Lunch															
	Total														
Chicken Nuggets, Gld Kst - 7 \$	7 Nuggets	252	49	532	2.80	2.52	2100.0	140	1.68	0	21.0	18.2	11.2	2.10	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, Tony's WG ClscWg Ch SK#	1 Wedge	300	15	470	4.00	2.70	300.0	500	0.0	10	16.0	34.0	11.0	4.00	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	122	0	141	4.65	1.43	53.7	8454	13.4	*3	4.28	26.42	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
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
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		751	58	1401	9.79	9.87	1203.8	9999	31.21	*29	35.13	107.28	20.47	5.63	*0.00
% of Calories										*15.4%	18.7%	57.2%	24.5%	6.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Fri - 09/22/2017															
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	122	0	141	4.65	1.43	53.7	8454	13.4	*3	4.28	26.42	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
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
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		669	49	933	8.52	2.79	*372.6	6731	33.48	*37	31.52	89.13	20.86	7.01	0.00
% of Calories										*21.9%	18.9%	53.3%	28.1%	9.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Mon - 09/25/2017															
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
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,2.5mtSK	1 Bun/5Sl Ham/1C	120	50	690	0.00	1.44	20.0	0	0.0	*0	17.0	3.0	4.0	1.50	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
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		734	73	1202	9.77	5.80	472.0	6634	23.45	*45	34.52	104.41	20.36	6.23	*0.01
% of Calories										*24.3%	18.8%	56.9%	25.0%	7.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Tue - 09/26/2017															
KMS Lunch	Total														
Chicken Drumsticks - 4 \$	4 drummie	240	35	340	2.00	2.00	20.0	0	0.0	1	14.0	15.0	14.0	3.40	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 Pulled Pork Sand-KMS/GHS@	#8 pork/1 Bun	317	44	814	4.65	2.43	72.0	378	40.0	*3	23.24	39.47	7.94	2.42	0.01
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
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 & 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@	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
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
Weighted Daily Average		716	139	1050	11.85	3.98	579.1	6186	12.14	*42	31.24	103.01	21.65	6.49	*0.00
% of Calories										*23.5%	17.5%	57.6%	27.2%	8.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)	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															
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 ^	Slice	360	30	510	3.00	2.70	450.0	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
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
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
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		629	54	1073	8.01	3.18	587.5	6774	24.33	*44	28.94	87.51	19.05	7.61	0.00
% of Calories										*28.1%	18.4%	55.7%	27.3%	10.9%	0.0%
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

	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 - 09/28/2017															
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
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		706	55	952	10.55	4.95	461.0	6423	28.66	*32	32.80	96.24	23.36	6.77	*0.13
% of Calories										*18.2%	18.6%	54.5%	29.8%	8.6%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)
Fri - 09/29/2017															
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, 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, 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	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
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		705	49	1043	7.92	4.56	632.3	8247	48.50	*47	32.14	99.82	21.60	8.04	0.18
% of Calories										*26.9%	18.2%	56.7%	27.6%	10.3%	0.2%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		691	62	1154	9.37	*4.75	*634.2	*7368	*32.75	*36	32.67	95.32	20.49	6.65	*0.12
										*47.0%	18.9%	55.2%	26.7%	8.7%	*0.2%

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Germantown School District

Aug 28, 2017 thru Sep 29, 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)	Calc (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)
Calories	691		600 - 700		100%												
Cholesterol (mg)	62																
Sodium (mg)	1154			1360													
Fiber (g)	9.37																
Iron (mg)	4.75					Missing											
Calcium (mg)	634.2					Missing											
Vitamin A (IU)	7368					Missing											
Sugars (g)	36	20.90%				Missing											
Vitamin C (mg)	32.75					Missing											
Protein (g)	32.67	18.91%															
Carbohydrate (g)	95.32	55.16%															
Total Fat (g)	20.49	26.68%															
Saturated Fat (g)	6.65	8.66%		<10.00%													
Trans Fat ¹ (g)	0.12	0.15%				Missing											

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