

# Germantown School District

Apr 1, 2019 thru Apr 30, 2019

## 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 <sup>1</sup> (g)
Mon - 04/01/2019															
Elementary Lunch	Total														
Hot Dog, Tky w/Bun Elem SgrDI\$	1 Dog/1 Bu	266	35	886	2.29	1.80	90.0	0	2.4	6	12.2	30.49	11.1	3.34	0.03
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
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	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
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		563	35	1118	7.15	3.40	595.3	6518	17.22	*38	27.31	82.48	14.66	5.26	*0.02
% of Calories										*27.0%	19.4%	58.6%	23.4%	8.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/02/2019															
Elementary Lunch	Total														
Fr Tst, Mini Choc Chip Eggo ^	1 bag	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	1.5	1.50	0.00
Omelet, Colby Chs - Michaels#	1 Omelet	130	190	260	0.00	0.72	60.0	400	0.0	0	7.0	1.0	11.0	3.50	0.00
Syrup, Cup Skip\$	1 Cup	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
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
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
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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 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	167	1061	8.53	3.97	447.3	6955	15.94	*52	21.10	105.63	18.07	6.26	*0.00
% of Calories										*29.9%	12.1%	60.4%	23.2%	8.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

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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 <sup>1</sup> (g)
<b>Wed - 04/03/2019</b>															
Elementary Lunch	Total														
Chicken Ring Things 5 - Tyson#	5 pcs	300	50	450	2.00	1.80	20.0	100	0.0	*N/A*	21.0	15.0	18.0	3.50	0.00
Mac & Cheese, LOL, RS RF 6 oz	6 oz spoodl	280	25	670	2.00	1.08	400.0	750	0.0	6	17.0	29.0	11.0	5.00	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 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
Cookie, Choc Chip, WG Otis1oz^	1 Cookie	110	5	85	1.00	2.70	0.0	0	0.0	8	1.0	18.0	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 % of Calories		663	48	1045	6.90	4.34	499.6	6826	15.29	*38 *23.1%	29.55 17.8%	86.84 52.4%	22.37 30.4%	5.68 7.7%	*0.00 *0.0%
Nutrient Guideline		550-650		1230											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 04/04/2019</b>															
Elementary Lunch	Total														
Spaghetti Sauce w/Meat Elem	6 oz Spood	175	32	305	2.83	2.92	34.3	609	8.97	*3	12.0	11.81	9.5	3.49	*0.54
Pasta, Rotini WG 1.5 Br	#6 Pasta	135	0	0	4.50	2.70	0.0	0	0.0	1	6.0	29.25	1.13	0.00	0.00
Cheese, Parmesan %	1/2 oz	59	12	247	0.29	0.10	137.1	107	0.0	0	9.86	0.57	4.0	2.57	0.00
Garlic Toast, WG, GFS \$	1 Slice	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Ham* Sand w/Chs,wm,Prtz Bun	1 Bun/3sl H/2Chs	492	60	1487	1.44	0.54	200.0	300	0.0	*4	29.17	68.5	12.06	5.44	0.00
Garden Bar Wk 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
Weighted Daily Average % of Calories		639	57	1270	8.03	4.17	452.8	6489	15.29	*30 *18.6%	35.74 22.4%	94.52 59.2%	16.19 22.8%	6.07 8.6%	*0.27 *0.4%
Nutrient Guideline		550-650		1230											<10.00

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Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/05/2019															
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
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
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 4-Elem%	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Apple, Wedges - 1/2 cup Elem	1/2 cup slices	28	0	1	1.31	0.07	3.3	29	2.51	6	0.14	7.53	0.09	0.02	0.00
Caramel Dip LF ^	1oz packag	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%	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		602	37	954	7.36	3.18	427.3	6376	20.60	*29	26.04	74.92	21.52	4.29	*0.00
% of Calories										*19.3%	17.3%	49.8%	32.2%	6.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 04/08/2019															
Elementary Lunch	Total														
Chicken, Mand Org-Ling ELEM@	6 oz spoodl	208	56	389	0.00	1.00	0.0	0	1.67	14	15.28	26.39	4.17	0.69	0.00
Rice, Brown, USDA, #8 - 1BrSK@	#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, JTM, 2	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, Cup Skip\$	1 Cup	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
Garden Bar Wk 5-Elem%	See Below	111	0	162	4.93	1.58	45.3	8283	6.47	*11	3.47	25.64	0.28	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1/2C	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Cookie, Fortune@	1 cookie	35	0	15	0.00	0.00	0.0	0	0.0	3	1.0	7.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		675	59	795	5.85	2.91	412.1	6570	11.52	*48	24.80	109.00	16.82	4.15	0.00
% of Calories										*28.3%	14.7%	64.6%	22.4%	5.5%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Elementary Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/09/2019															
Elementary Lunch	Total														
Chicken Nuggets, Tyson WG - 5\$	5 Nuggets	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	0.00
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
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 5-Elem%	See Below	111	0	162	4.93	1.58	45.3	8283	6.47	*11	3.47	25.64	0.28	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Ice Cream Sundae, Straw Schoep	1 container	130	25	55	0.00	0.00	80.0	200	0.0	15	2.0	18.0	5.0	3.50	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		672	44	1127	9.73	4.00	476.7	6946	11.15	*50	26.41	100.32	18.01	5.95	0.00
% of Calories										*29.6%	15.7%	59.7%	24.1%	8.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 04/10/2019															
Elementary Lunch	Total														
Taco, Soft Shell (1) Elem%	1 T-#16M-1/2 Ch	259	15	470	4.06	2.76	161.1	818	4.94	*2	18.87	20.64	12.14	6.35	0.00
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
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 JTM-6^	6 pieces	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Garden Bar Wk 5-Elem%	See Below	111	0	162	4.93	1.58	45.3	8283	6.47	*11	3.47	25.64	0.28	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Beans, Refried, Cheesy, 1/4C@	#16 - 1/4 C	73	5	98	2.51	0.73	52.1	48	1.2	*0	4.64	10.25	1.44	0.96	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
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
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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	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories		656	45	971	9.36	3.70	493.5	7533	39.80	*42 *25.9%	27.36 16.7%	94.22 57.4%	19.99 27.4%	7.97 10.9%	0.00 0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 04/11/2019															
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
Pork & Gravy, Cmdt ELEM@	4oz spoodl	178	54	626	0.00	0.48	6.0	4	0.4	*N/A*	9.88	8.0	10.7	3.71	0.00
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 5-Elem%	See Below	111	0	162	4.93	1.58	45.3	8283	6.47	*11	3.47	25.64	0.28	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Vegetables, Calif Blen - 2 oz	2 oz Serv	17	0	17	1.33	0.24	13.3	1000	18.0	*N/A*	0.67	3.33	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Cinn Roll w/Cin & Sugar-Sm^	1 Roll	99	0	70	2.14	0.74	2.6	101	0.01	7	2.01	21.31	0.5	0.00	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		613	39	1148	8.84	4.22	351.7	6758	16.51	*42 *27.3%	26.37 17.2%	89.11 58.1%	16.58 24.3%	3.55 5.2%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 04/12/2019															
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
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
Garden Bar Wk 5-Elem%	See Below	111	0	162	4.93	1.58	45.3	8283	6.47	*11	3.47	25.64	0.28	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
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
Cookie, Choc Chip, WG Otis1oz^	1 Cookie	110	5	85	1.00	2.70	0.0	0	0.0	8	1.0	18.0	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
Weighted Daily Average % of Calories		605	35	991	9.34	5.50	606.8	10528	9.59	*40 *26.3%	28.17 18.6%	91.23 60.3%	15.09 22.5%	4.82 7.2%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 04/15/2019</b>															
Elementary Lunch	Total														
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 WG SL\$	1 Muffin	180	10	105	2.00	1.33	12.8	14	0.05	14	3.0	27.0	6.0	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*
Chicken Drumstick, Breaded \$	1 Drumstic	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	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
Garden Bar Wk 6-Elem%	See Below	48	0	100	3.45	1.38	34.9	8871	6.0	*1	2.23	9.85	0.17	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Beans. 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
Fruit, Mixed - 1/2 Cup	4oz spdl-1/2C	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	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
Weighted Daily Average		635	45	921	7.20	3.17	523.9	7732	11.50	*29	25.17	86.18	20.48	6.36	*0.00
% of Calories										*18.0%	15.9%	54.3%	29.0%	9.0%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

<b>Tue - 04/16/2019</b>															
Elementary Lunch	Total														
Taco, Soft Shell (1) Elem%	1 T-#16M-1/2 Ch	259	15	470	4.06	2.76	161.1	818	4.94	*2	18.87	20.64	12.14	6.35	0.00
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
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 6 oz	6 oz spoodl	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 6-Elem%	See Below	48	0	100	3.45	1.38	34.9	8871	6.0	*1	2.23	9.85	0.17	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
Cookie, Double Chocolate Chip	1 Cookie	191	14	189	2.34	160.02	0.0	50	9.6	18	3.04	33.21	6.04	2.09	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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**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

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 <sup>1</sup> (g)
Weighted Daily Average		666	49	1068	8.80	131.50	636.0	8494	22.65	*46	30.94	90.01	21.99	9.73	*0.00
% of Calories										*27.8%	18.6%	54.1%	29.7%	13.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 04/17/2019															
Elementary Lunch	Total														
Fr Tst Stks, WG Papp, 3	3 Sticks	200	105	290	2.00	1.08	40.0	0	0.0	11	9.32	26.0	9.0	2.00	0.00
Sausage Links, JTM, 2	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, Heinz, LoCal 1oz Skip@	1 Cup	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
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 6-Elem%	See Below	48	0	100	3.45	1.38	34.9	8871	6.0	*1	2.23	9.85	0.17	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Peas - 1/4 Cup*	2 oz spdl-1/4C	44	0	41	2.55	0.86	13.6	1191	5.61	2	2.92	8.09	0.15	0.03	0.00
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
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		557	91	794	6.94	3.53	585.4	7931	9.02	*36	26.56	73.70	19.50	6.83	*0.00
% of Calories										*25.7%	19.1%	53.0%	31.5%	11.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 04/22/2019															
Elementary Lunch	Total														
Chicken, Mand Org-Ling ELEM@	6 oz spoodl	208	56	389	0.00	1.00	0.0	0	1.67	14	15.28	26.39	4.17	0.69	0.00
Rice, Brown, USDA, #8 - 1BrSK@	#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
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 1-Elem%	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	0.15	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Broccoli, Frozen 1/4c	#16 - 1/4 c	14	0	5	1.42	0.29	15.6	478	18.95	1	1.46	2.61	0.06	0.01	0.00
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*
Pudding, Chocolate	#12 scoop	100	0	147	0.00	0.24	26.7	0	0.0	13	0.67	17.35	3.34	3.00	0.00
Gummy Worm, Sour	1 Worm	40	0	3	0.00	0.00	0.0	0	0.0	6	0.67	10.0	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

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**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		608	36	840	6.15	2.56	562.8	8590	38.12	*42	26.17	93.39	15.42	5.13	*0.00
% of Calories										*27.4%	17.2%	61.4%	22.8%	7.6%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

Tue - 04/23/2019															
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
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
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 1-Elem%	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	0.15	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
Sherbet, Cup - Assorted	4 oz Serv	131	4	36	0.37	0.31	30.3	13	45.65	*12	0.31	27.87	1.69	1.08	*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		701	38	1051	6.72	3.35	546.5	6792	52.77	*37	27.25	100.10	20.86	5.23	*0.00
% of Calories										*21.2%	15.5%	57.1%	26.8%	6.7%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

Wed - 04/24/2019															
Elementary Lunch	Total														
Pizza, Domino's Cheese1/8	1/8 pizza	300	45	790	4.00	1.80	350.0	750	6.0	3	15.0	31.0	14.0	8.00	0.00
Corn Puppies, Tky JTM-6^	6 pieces	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Garden Bar Wk 1-Elem%	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	0.15	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Fruit, Mixed Berry Cup - 4 oz	4 oz cup	90	0	0	2.01	0.00	0.0	0	0.0	16	0.0	20.07	0.0	0.00	0.00
Donut, Pwd Sgr Mini WG - 1 \$	1 Mini Don	45	0	38	0.33	0.12	10.0	0	0.0	4	0.67	6.83	1.83	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		545	49	954	7.15	1.81	542.6	7300	29.74	*41	21.51	76.96	16.69	6.38	0.00
% of Calories										*30.4%	15.8%	56.5%	27.6%	10.5%	0.0%
Nutrient Guideline		550-650		1230											<10.00

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**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

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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 <sup>1</sup> (g)
<b>Thu - 04/25/2019</b>															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem%	12 pcs/6oz spd	244	21	371	3.18	1.91	42.4	106	0.0	1	14.82	14.82	13.76	2.65	0.00
Turkey & Gravy ELEM \$	4 oz spoodl	120	50	460	0.00	0.72	0.0	0	0.0	0	16.0	2.0	6.0	2.00	0.00
Potatoes, Mashed #10-Elem \$	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepared	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Garden Bar Wk 1-Elem%	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	0.15	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Cinn Roll w/Cin & Sugar-Sm^	1 Roll	99	0	70	2.14	0.74	2.6	101	0.01	7	2.01	21.31	0.5	0.00	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		639	35	1088	9.42	4.23	350.6	6731	11.80	*39	28.93	94.69	16.73	3.16	*0.00
% of Calories										*24.7%	18.1%	59.3%	23.6%	4.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

<b>Fri - 04/26/2019</b>															
Elementary Lunch	Total														
Hot Dog, Tky w/Bun Elem SgrDI\$	1 Dog/1 Bu	266	35	886	2.29	1.80	90.0	0	2.4	6	12.2	30.49	11.1	3.34	0.03
Cheeseburger Elem	1Bun/1Ch s/1Bgr	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
Garden Bar Wk 1-Elem%	.5cL.25cC. 125cV	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	0.15	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
Pretzel, Mini Baked	1 Pretzel	70	0	65	1.00	0.72	0.0	0	0.0	0	2.0	14.0	0.5	0.00	0.00
Cheese Sauce, LOL@	2 oz/.29m/	100	20	400	0.00	0.36	0.0	200	12.0	*N/A*	5.0	3.0	7.0	4.50	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

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**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		600	60	1303	5.87	3.55	437.2	6833	16.41	*35	31.67	75.72	18.64	7.35	0.02
% of Calories										*23.1%	21.1%	50.5%	28.0%	11.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 04/29/2019															
Elementary Lunch	Total														
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
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 WG SL\$	1 Muffin	180	10	105	2.00	1.33	12.8	14	0.05	14	3.0	27.0	6.0	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 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		540	38	650	5.57	2.98	600.3	7157	17.08	*42	23.76	78.78	14.43	6.17	*0.00
% of Calories										*31.2%	17.6%	58.3%	24.0%	10.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 04/30/2019															
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
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 2-Elem%	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
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
Raisins, 1.5 oz Box*	1 Box	130	0	10	2.00	1.08	20.0	0	0.0	*N/A*	1.0	31.0	0.0	0.00	*N/A*
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00

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# Germantown School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Weighted Daily Average		659	42	869	9.51	3.99	428.5	9234	23.53	*39	24.36	92.54	21.41	5.41	*0.21
% of Calories										*23.4%	14.8%	56.1%	29.2%	7.4%	*0.3%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		627	52	1001	7.72	10.00	498.9	7415	20.28	*40 *57.0%	26.96 17.2%	89.52 57.1%	18.27 26.2%	5.79 8.3%	*0.03 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	627		550 - 650	100%				
Cholesterol (mg)	52							
Sodium 1 (mg)	1001		1230					
Sodium 2 (mg)	1001		935				66	Correction Required - Sodium too High
Fiber (g)	7.72							
Iron (mg)	10.00							
Calcium (mg)	498.9							
Vitamin A (IU)	7415							
Sugars (g)	40	25.35%			Missing			
Vitamin C (mg)	20.28							
Protein (g)	26.96	17.20%						
Carbohydrate (g)	89.52	57.11%						
Total Fat (g)	18.27	26.23%						
Saturated Fat (g)	5.79	8.31%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.03	0.04%			Missing			

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