

# Germantown School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 1

Generated on: 3/19/2019 10:05:05 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/01/2019															
KMS Lunch															
	Total														
Chicken, Mand Org-Ling KM/GH@	8 oz spoodl	292	78	544	0.00	1.40	0.0	0	2.33	19	21.39	36.94	5.83	0.97	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
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-Redpack-Skip\$	2 oz #16	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	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
BBQ Pork Prtz Roll-KMS/GHS SK@	#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
C-Line Sand-Variety-Cold-SKIP@	1Rl/5slmt/ 1slch	257	41	853	2.35	1.77	189.5	141	0.1	*5	21.2	27.55	7.09	3.18	*0.02
Broccoli, Frozen 1/2c	#8 - 1/2 cu	27	0	10	2.83	0.58	31.2	955	37.89	1	2.93	5.22	0.11	0.02	0.00
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1 /2C	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Cookie, Fortune@	1 cookie	35	0	15	0.00	0.00	0.0	0	0.0	3	1.0	7.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
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		589	60	796	4.74	2.77	487.0	1306	32.06	*32	33.61	91.08	10.48	3.76	*0.00
% of Calories										*21.5%	22.8%	61.9%	16.0%	5.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**Germantown School District**

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

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/02/2019															
KMS Lunch															
	Total														
	7 Nuggets	280	63	672	2.80	1.40	21.0	262	0.0	0	23.8	22.4	9.8	2.10	0.00
	Garlic Toast, WG, GFS \$	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
	Waffle, Dutch 432588%	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	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@	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
	Ravioli, Cheese - 3@	223	50	598	3.64	2.20	114.5	580	7.05	*4	14.68	33.88	3.74	1.53	*0.00
	Garlic Toast, WG, GFS \$	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
	Potatoes, Savory Loops %	3 oz	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
	Cheeseburger, Bacon SKIP@	1bg/1c/1b c/1bn	345	50	612	3.65	2.43	154.0	150	0.0	4	24.74	28.47	14.94	5.77
	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
	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
	Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37
	Salad Drsg, Asst KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38
	Garlic Toast, WG, GFS SK \$	1 Slice	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00
	Peas - 1/2 Cup*	4oz spdl-1 /2 C	88	0	82	5.10	1.72	27.2	2381	11.23	5	5.84	16.17	0.31	0.06
	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
	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
	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
	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
	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
	Weighted Daily Average	708	65	1303	10.05	4.36	408.1	2605	13.23	*37	34.23	95.07	20.96	6.17	*0.00
	% of Calories									*20.9%	19.3%	53.7%	26.6%	7.8%	*0.0%
	Nutrient Guideline	600-700		1360										<10.00	

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**Germantown School District**

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

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KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/03/2019															
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, 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
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
Meatball Hoagie w/Mozz GHS	1B/5Mtb/.5 ozCH	555	65	705	5.41	6.16	*199.1	309	13.52	*14	32.16	55.05	22.59	8.53	0.90
Wrap, Chicken Tdrs, KMS@	1T3Tnd1C h1/4L	480	55	675	5.00	2.88	260.0	400	0.0	*1	25.0	36.0	27.0	10.00	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
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
Carrots,Frozen,Swt 1/2C\$	#8 - 1/2 cu	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
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		736	66	1086	9.96	6.55	*538.1	9093	21.81	*34	35.74	100.14	21.97	8.77	*0.17
% of Calories										*18.7%	19.4%	54.4%	26.9%	10.7%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

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Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/04/2019															
KMS Lunch															
	Total														
	8 oz Spood	234	43	407	3.78	3.90	45.7	812	11.95	*3	15.99	15.75	12.66	4.65	*0.72
	Pasta, Rotini WG 2 Br	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	0.00	0.00
	Cheese, Parmesan %	59	12	247	0.29	0.10	137.1	107	0.0	0	9.86	0.57	4.0	2.57	0.00
	Corn Puppies, Tky JTM-8^	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
	Pizza, Tony's FB Multi Chs SK	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@	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
	Jamwich, PB & Jelly, WG-2SKIP#	580	0	540	8.00	4.14	80.0	0	2.4	27	20.0	64.0	30.0	5.00	0.00
	Salad Bar, KMS/GHS. Skip@	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
	Salad Drsg, Asst KMS- Skip\$	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
	Garlic Toast, WG, GFS \$	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
	Vegetables, Mixed - 4 oz	74	0	40	4.99	0.93	28.3	4850	3.63	4	3.24	14.84	0.17	0.04	0.00
	Juice, Cup, Assorted \$	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
	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
	Mayonnaise, Lite - Skip%	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
	Lettuce, Shredded - SKIP	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
	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
	Weighted Daily Average	622	45	911	9.03	4.83	440.6	3726	24.69	*35	31.66	87.98	17.37	4.88	*0.23
	% of Calories									*22.6%	20.4%	56.5%	25.1%	7.1%	*0.3%
	Nutrient Guideline	600-700		1360										<10.00	

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Fri - 04/05/2019															
KMS Lunch															
Pizza, BD Primo 4 Meat WG<	Total slice	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WG@	slice	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Chicken Tdrs, TY - 4 KM/GHS@	4 Tenders	320	60	540	2.00	2.16	0.0	0	0.0	4	50.0	16.0	16.0	3.00	0.00
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 B	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
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
Cheeseburger, Double SKIP \$	1Bun/1Ch s/2Bgr	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
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
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1 /2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Ice Cream Sandwich - Schoep's@	1 Sandwich	140	14	90	0.00	0.00	40.0	100	0.0	13	2.0	23.0	4.5	2.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbspc	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		743	65	1076	5.61	3.57	498.7	1161	9.68	*48	43.36	97.19	24.24	7.41	0.00
% of Calories										*25.8%	23.3%	52.3%	29.3%	9.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Mon - 04/08/2019															
KMS Lunch															
	Total														
Chicken, Popcorn, GK KM/GH\$	15 pieces	377	75	714	3.00	1.50	13.5	252	1.5	0	25.5	22.5	20.7	3.00	0.00
Hot Dog w/Bun KM/GHS \$	1 Dog/1 Bu	356	45	1066	2.29	1.80	70.0	0	0.0	6	14.2	29.49	20.1	7.34	0.03
Chili Dog, JTM Chili	2ozC/1HD /Bn	408	56	1145	3.66	2.85	87.2	429	6.59	7	18.66	34.64	21.81	7.92	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
Pizza, Bosco, SC WG RF SKIP@	1/8 Pizza	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Chicken Sand, Patty, Spicy-SK@	1 Bun/1 Pa	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
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
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
Beans, Baked, Veg - 1/2 Cup%	#8 - 1/2Cu	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	0.00	*0.00
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
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		633	57	977	7.28	3.39	436.5	956	12.74	*36	32.75	85.29	18.07	4.23	*0.00
% of Calories										*22.6%	20.7%	53.9%	25.7%	6.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Germantown School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 7

Generated on: 3/19/2019 10:05:05 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/09/2019															
KMS Lunch															
	Total														
	8oz spoodl	378	89	802	0.00	1.60	0.0	0	2.67	29	24.44	51.11	6.67	1.11	0.00
	Rice, Brown, USDA, #8 - 1BrSK@	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
	Fr Tst, Cinn, WG 2PC \$	400	218	580	5.00	2.88	140.0	500	0.0	22	15.6	50.0	16.0	3.00	0.00
	Omelet, Colby Chs - Michaels#	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\$	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
	Lasagna w/Meat - KMS/GHS	245	30	336	1.89	2.01	195.6	500	5.98	*2	17.49	25.12	8.88	3.94	*0.36
	cut														
	Garlic Toast, WG, GFS \$	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
	Pizza, Assorted SKIP	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, Filet Brd SKIP@	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
	C-Line Sand-Variety-Cold-SKIP@	257	41	853	2.35	1.77	189.5	141	0.1	*5	21.2	27.55	7.09	3.18	*0.02
	1slch														
	Salad Bar, KMS/GHS. Skip@	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
	opngs														
	Salad Drsg, Asst KMS- Skip\$	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
	Garlic Toast, WG, GFS SK \$	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
	Applesauce - 4.5 oz Cup, Com\$	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
	Milk, SKIP - AVG - PF%	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
	Mayonnaise, Lite - Skip%	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
	Lettuce, Shredded - SKIP	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
	Weighted Daily Average	579	112	926	3.79	2.66	454.0	1177	5.32	*42	31.99	83.58	13.47	4.03	*0.04
	% of Calories									*29.2%	22.1%	57.8%	20.9%	6.3%	*0.1%
	Nutrient Guideline	600-700		1360										<10.00	

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**Germantown School District**

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

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 <sup>1</sup> (g)
Wed - 04/10/2019															
KMS Lunch	Total														
Sub Bar - Ham* or Salami*@	1H or 1S SndWh	455	57	1435	6.00	0.36	100.0	150	4.5	*9	25.25	45.75	18.88	7.00	0.00
Pizza, Wild Mike's KMS/GHS^	Slice	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Chicken Tdrs, TY - 4 KM/GHS@	4 Tenders	320	60	540	2.00	2.16	0.0	0	0.0	4	50.0	16.0	16.0	3.00	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
Beans. Green, Simplot-1/2 cup	4oz spdl-1 /2C	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
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
Bag of Chips	1 Bag	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	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
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		615	63	1040	6.51	2.71	456.5	1105	10.40	*31	41.13	73.02	21.36	6.88	0.00
% of Calories										*20.3%	26.8%	47.5%	31.3%	10.1%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**Germantown School District**

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

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 <sup>1</sup> (g)
Thu - 04/11/2019															
KMS Lunch															
	Total														
Chicken Nuggets, Gld Kst - 7 ^	7 Nuggets	280	63	672	2.80	1.40	21.0	262	0.0	0	23.8	22.4	9.8	2.10	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
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
Roll, WG 2oz Rich's \$	1 roll	170	0	135	3.00	1.44	0.0	0	0.0	3	7.0	28.0	3.0	0.50	0.00
Cheeseburger KMS/GHS	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
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 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
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
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Roll, WG 2oz Rich's - SKIP	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
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
Vegetables, Calif Blen - 4 oz	#8 - 4 oz S erv	33	0	33	2.67	0.48	26.7	2000	36.0	*N/A*	1.33	6.67	0.0	0.00	0.00
Bananas	1 Banana	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
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 tbspc	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		679	60	1234	9.29	4.31	432.5	2168	32.10	*35 *20.9%	35.72 21.0%	95.43 56.2%	17.51 23.2%	5.52 7.3%	*0.00 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**Germantown School District**

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

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/12/2019															
KMS Lunch	Total														
Pizza, BD Primo 4 Meat WG<	slice	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WG@	slice	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
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
Corn Dog, WG FFarm Chicken^	1 Corn Dog	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Onion Rings, Tasty Brands WG	5 Rings	200	0	230	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
Chicken Tdrs, Spy, TY - 4 GHSK@	4 tenders	344	33	515	3.96	2.38	0.0	132	0.0	1	19.82	22.47	19.82	3.30	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
Onion Rings, Tasty Brands WGSK	5 Rings	200	0	230	3.00	1.08	100.0	0	2.4	5	3.0	28.0	8.0	1.50	0.00
Broccoli, Frozen w/Chs 1/2c#	6oz spoodl	126	20	422	2.80	0.92	47.0	1130	48.9	*N/A*	7.85	7.93	7.1	4.52	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		667	54	1121	6.78	3.44	538.9	1388	30.38	*39	32.16	83.34	22.32	7.71	0.00
% of Calories										*23.3%	19.3%	50.0%	30.1%	10.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 04/15/2019															
KMS Lunch	Total														
Chicken, Popcorn, GK KM/GH\$	15 pieces	377	75	714	3.00	1.50	13.5	252	1.5	0	25.5	22.5	20.7	3.00	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
Ham* Sand w/Cheese, wm DiamJim	1 Bun/3Sl Ham/1C	269	52	1319	2.35	1.92	162.7	150	0.0	6	22.92	28.49	7.14	3.44	0.02
Pizza, Wild Mike's KMS/GHSSK ^	Slice	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
C-Line Sand-Variety-Cold-SKIP@	1RI/5slmt/1slch	257	41	853	2.35	1.77	189.5	141	0.1	*5	21.2	27.55	7.09	3.18	*0.02
Beans. Green, Simplot-1/2 cup	4oz spdl-1/2C	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
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
Ice Cream Bar, Cotton Candy %	Bar	70	40	15	0.00	0.00	60.0	500	0.0	8	1.0	15.0	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

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**Germantown School District**

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

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		599	88	945	4.95	2.72	651.8	1588	14.50	*28	32.14	74.67	19.31	5.19	*0.00
% of Calories										*18.9%	21.5%	49.9%	29.0%	7.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 04/16/2019															
KMS Lunch	Total														
Taco, Soft Shell (1)#10 KM/GHS	1T-1#10M -1ozCh	391	30	632	5.00	3.42	280.0	950	4.8	*2	24.0	35.0	18.5	10.30	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Chicken, Wings, Balls, Spicy	6 wings	240	53	405	1.50	1.62	0.0	0	0.0	1	28.5	12.0	12.0	2.25	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
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
Cook's Choice - Skip	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
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
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Roll, Dnr Hny WG Gordon1\$	1 roll	75	0	55	2.00	0.90	10.0	0	0.0	1	3.0	14.5	0.75	0.00	0.00
Beans, Refried, Cheesy, 1/2C@	#8 - 1/2 Cu	146	10	195	5.01	1.45	104.1	96	2.39	*0	9.27	20.5	2.88	1.92	0.00
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
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		618	56	947	8.51	4.18	590.6	1939	9.76	*30	37.45	81.03	17.72	7.19	*0.00
% of Calories										*19.4%	24.3%	52.5%	25.8%	10.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**Germantown School District**

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

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/17/2019															
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, 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
Pancakes, Confetti Eggo Mini	1 Pkg	220	10	300	4.00	3.60	60.0	0	0.0	11	4.0	36.0	7.0	1.00	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*
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
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
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
Carrots & Celery - 4 oz	4 oz Veg	32	0	84	2.49	0.28	41.4	9727	5.1	3	0.92	7.12	0.23	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	2 TBSP	61	7	180	0.00	0.00	0.2	0	0.0	*0	0.0	1.36	6.11	0.68	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
Donut, Pwd Sgr Mini WG - 3 \$	3 Mini Donuts	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		626	47	952	6.40	3.24	436.8	5956	46.52	*43	25.64	90.18	19.19	5.47	*0.01
% of Calories										*27.5%	16.4%	57.6%	27.6%	7.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**Germantown School District**

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

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/18/2019															
KMS Lunch															
	Total														
Spaghetti Sauce w/Meat KMS/GHS	8 oz Spood	234	43	407	3.78	3.90	45.7	812	11.95	*3	15.99	15.75	12.66	4.65	*0.72
Pasta, Rotini WG 2 Br	8 oz spoodl	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	0.00	0.00
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, Spy, TY - 4 GHS@	4 tenders	344	33	515	3.96	2.38	0.0	132	0.0	1	19.82	22.47	19.82	3.30	0.00
Cheeseburger, Double \$	1Bun/1Ch s/2Bgr	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
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, SKIP \$	1 Dog/1 Bu	356	45	1066	2.29	1.80	70.0	0	0.0	6	14.2	29.49	20.1	7.34	0.03
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
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Breadstick 6" NY WG 1oz1@	1 Breadstic	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
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
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Cupcake, Chocolate, WG ^	Cupcake	140	20	200	6.00	1.80	100.0	0	0.0	8	2.0	26.0	3.0	1.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
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		704	65	1000	11.50	5.76	485.3	1032	8.05	*35	34.88	96.97	20.66	6.75	*0.19
% of Calories										*19.9%	19.8%	55.1%	26.4%	8.6%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

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**Germantown School District**

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

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/22/2019															
KMS Lunch															
	Total														
	8 oz spoodl	292	78	544	0.00	1.40	0.0	0	2.33	19	21.39	36.94	5.83	0.97	0.00
	Rice, Brown, USDA, #8 - 1BrSK@	106	0	0	0.66	0.00	0.0	0	0.0	0	2.65	22.52	0.99	0.00	0.00
	Corn Puppies, Tky JTM-8^	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	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 KMS/GHS SKIP \$	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
	s/1Bgr														
	Jamwich, PB & Jelly, WG-2SKIP#	580	0	540	8.00	4.14	80.0	0	2.4	27	20.0	64.0	30.0	5.00	0.00
	Broccoli, Frozen 1/2c	27	0	10	2.83	0.58	31.2	955	37.89	1	2.93	5.22	0.11	0.02	0.00
	Oranges, Mandarin, Cnd - 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*
	/2C														
	Cookie, Fortune@	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%	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
	Ketchup, Skip%	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
	Mustard, skip	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	Weighted Daily Average	580	59	708	5.27	2.42	418.1	2526	55.57	*36	30.29	90.35	11.35	3.23	*0.00
	% of Calories									*24.7%	20.9%	62.3%	17.6%	5.0%	*0.0%
	Nutrient Guideline	600-700		1360										<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)
Tue - 04/23/2019															
KMS Lunch															
	Total														
Chicken Nuggets, Gld Kst - 7 ^	7 Nuggets	280	63	672	2.80	1.40	21.0	262	0.0	0	23.8	22.4	9.8	2.10	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
Chicken Alfredo - KMS/GHS^	6ozSce	417	152	1086	0.00	1.37	504.8	0	0.0	*0	48.16	5.05	22.11	11.36	0.00
Pasta, Rotini WG 2 Br	8 oz spoodl	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	0.00	0.00
Breadstick 6" NY WG 1oz1 @	1 Breadstic	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Pizza, Tony's FB Multi Chs SK	6" FB Pizza	320	15	590	2.00	2.70	250.0	400	15.0	*N/A*	15.0	36.0	12.0	3.00	0.00
Bratwurst in Bun SKIP@	1 Brat/1 Bu	446	50	1206	2.29	2.16	50.0	0	0.0	5	17.2	29.49	28.1	9.34	0.03
C-Line Sand-Variety-Cold-SKIP@	1RI/5slmt/1slch	257	41	853	2.35	1.77	189.5	141	0.1	*5	21.2	27.55	7.09	3.18	*0.02
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Breadstick 6" NY WG 1oz Skip1@	1 Breadstic	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Soup, Tomato, Cond, - KMS/GHS	8 oz	180	0	960	2.00	1.44	0.0	800	12.0	*N/A*	4.0	40.0	0.0	0.00	0.00
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
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		682	77	1351	5.72	3.91	514.2	1538	51.70	*25	37.00	95.52	16.65	6.32	*0.00
% of Calories										*14.6%	21.7%	56.0%	22.0%	8.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Germantown School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 16

Generated on: 3/19/2019 10:05:06 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/24/2019															
KMS Lunch															
	Total														
Pizza, Domino's Cheese	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
Pizza, Domino's Sausage	1/8 pizza	330	40	750	3.00	1.80	250.0	500	4.8	3	15.0	31.0	17.0	8.00	0.00
Cheeseburger KMS/GHS	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
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
Peas - 1/2 Cup*	4oz spdl-1 /2 C	88	0	82	5.10	1.72	27.2	2381	11.23	5	5.84	16.17	0.31	0.06	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
Bag of Chips	1 Bag	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	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
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		641	51	1099	9.18	3.55	551.3	2615	13.55	*36	30.82	88.86	19.22	7.17	0.00
% of Calories										*22.2%	19.2%	55.4%	27.0%	10.1%	0.0%
Nutrient Guideline		600-700		1360										<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)
Thu - 04/25/2019															
KMS Lunch															
	Total														
Chicken, Popcorn, GK KM/GH\$	15 pieces	377	75	714	3.00	1.50	13.5	252	1.5	0	25.5	22.5	20.7	3.00	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
Potatoes, Mashed #8 \$	#8	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Pizza, Assorted SKIP	1 slice	360	30	555	3.75	2.70	412.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Hot Dog w/Bun KM/GHS, SKIP \$	1 Dog/1 Bu	356	45	1066	2.29	1.80	70.0	0	0.0	6	14.2	29.49	20.1	7.34	0.03
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
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Potatoes, Hash Brown Patty, SK	2.22 oz Pat	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Cinn Roll w/Cin & Sugar-Lg ^	1 Roll	189	5	135	3.14	1.10	22.6	301	0.01	12	5.01	39.31	1.0	0.50	*0.00
Corn, Frozen - 1/2C	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
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		710	73	1216	8.05	3.66	386.2	1496	9.71	*36	36.08	98.18	19.96	5.01	*0.00
% of Calories										*20.4%	20.3%	55.3%	25.3%	6.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**Germantown School District**

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

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/26/2019															
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
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-Homemade-Skip%	1.5 oz	28	0	31	0.58	0.36	5.9	154	0.98	*4	0.44	5.91	0.53	0.08	*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
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
Fish Sandwich w/Chse Wdge SK#	1fsh/1bun/1Chs	392	58	813	3.25	2.15	132.0	150	3.6	4	19.74	40.47	16.94	3.57	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
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
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
Carrots,Frozen,Swt 1/2C\$	#8 - 1/2 cu	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
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
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		736	33	1198	10.67	3.67	698.6	8804	28.95	*33	30.66	98.22	25.12	6.62	*0.00
% of Calories										*17.7%	16.7%	53.3%	30.7%	8.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Germantown School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 19

Generated on: 3/19/2019 10:05:06 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/29/2019															
KMS Lunch															
	Total														
Chicken, Wings, Drumsticks ^	6 wings	315	60	510	3.00	1.62	30.0	0	0.0	1	19.5	18.0	18.0	3.75	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
Pizza Ques, Chs WG Max ^	1 slice	320	10	810	4.00	2.70	150.0	300	0.0	3	18.0	39.0	12.0	3.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Potatoes, Wedges*	#8 - 1/2 cu	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Pizza, 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
Corn Puppies, Tky JTM-8SK^	8 pieces	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
C-Line Sand-Variety-Cold-SKIP@	1Rl/5slmt/ 1slch	257	41	853	2.35	1.77	189.5	141	0.1	*5	21.2	27.55	7.09	3.18	*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
Beans, Baked, Veg - 1/2 Cup%	#8 - 1/2Cu	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	0.00	*0.00
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
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
Weighted Daily Average % of Calories		689	47	977	6.49	3.63	423.0	1090	24.41	*40 *23.4%	29.22 17.0%	103.81 60.3%	16.80 21.9%	4.70 6.1%	*0.00 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**Germantown School District**

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

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/30/2019															
KMS Lunch	Total														
Taco Nachos(#12)w/LOL-KMS%	1Cp/#12M t/2Ch	393	20	804	3.67	2.73	93.4	843	16.01	*2	18.87	36.18	22.18	7.00	0.00
Enchilada, Chicken - KMS/GHS@	1 Enchilad	305	51	545	4.06	3.13	146.4	1253	13.3	*0	20.49	35.99	9.24	4.42	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Wrap, Chicken Tdrs, GHS @	1T3Tnd1C h1/4L	540	55	730	6.00	3.24	280.0	400	0.0	*1	26.0	46.0	28.5	11.00	0.00
Pizza, Wild Mike's KMS/GHSSK ^	Slice	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Chicken Sand, Filet Brd SKIP@	1 Filet/1 Bu	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
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
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	11.20	4.37	400.9	7358	24.91	*5	35.81	40.33	19.3	8.37	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Roll, Dnr Hny WG Gordon SK1\$	1 roll	75	0	55	2.00	0.90	10.0	0	0.0	1	3.0	14.5	0.75	0.00	0.00
Beans, Refried, Cheesy, 1/2C@	#8 - 1/2 Cu	146	10	195	5.01	1.45	104.1	96	2.39	*0	9.27	20.5	2.88	1.92	0.00
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
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
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		685	58	1045	8.63	4.08	568.0	2214	17.73	*43	34.12	93.43	20.86	8.21	*0.00
% of Calories										*25.2%	19.9%	54.5%	27.4%	10.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		659	62	1043	7.54	3.78	*495.9	2642	22.52	*36 *49.1%	33.84 20.5%	90.64 55.0%	18.79 25.7%	5.96 8.1%	*0.03 *0.0%
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# Germantown School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 21

Generated on: 3/19/2019 10:05:06 AM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	659		600 - 700	100%													
Cholesterol (mg)	62																
Sodium 1 (mg)	1043		1360														
Sodium 2 (mg)	1043		1035						8	Correction Required - Sodium too High							
Fiber (g)	7.54																
Iron (mg)	3.78																
Calcium (mg)	495.9				Missing												
Vitamin A (IU)	2642																
Sugars (g)	36	21.80%															
Vitamin C (mg)	22.52																
Protein (g)	33.84	20.54%															
Carbohydrate (g)	90.64	55.00%															
Total Fat (g)	18.79	25.65%															
Saturated Fat (g)	5.96	8.14%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.03	0.04%				Missing											

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