

Germantown School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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Generated on: 1/29/2019 8:50:54 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 ¹ (g)
Fri - 02/01/2019															
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, 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
Egg Roll, WG Ckn, 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
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
Egg, Bacon, Cheese Eng Mfn SK@	1EM/1E/1 C/1Bcn	280	225	505	3.00	2.16	240.0	350	0.0	*2	17.5	27.0	11.5	4.25	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
Strawberry Cup - 4.5 oz Commod	4.5 oz Cup	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.17	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		683	73	1042	6.64	2.96	456.1	1005	9.75	*37	31.26	89.31	22.91	5.26	0.00
% of Calories										*21.6%	18.3%	52.3%	30.2%	6.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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KMS Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/04/2019															
KMS Lunch															
	Total														
	Max Sticks - 2 \$43901	300	30	640	2.00	1.44	300.0	0	0.0	4	16.0	34.0	12.0	6.00	0.00
	Marinara Sauce-Redpack-Skip\$	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
	Chicken Sand, Patty Brd @	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
	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
	Sweet Potato Fries, Hrv Sp\$	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
	Pizza, Tony's 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, Double SKIP \$	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#	580	0	540	8.00	4.14	80.0	0	2.4	27	20.0	64.0	30.0	5.00	0.00
	Sweet Potato Fries, Hrv Sp\$SKP	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
	Apples,Cinnamon - Warm - 1/2 C	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
	Ice Cream, Van, LF 3oz ^	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%	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
	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	694	48	960	7.75	3.07	561.6	2872	4.50	*50	30.81	103.70	18.46	6.81	*0.19
	% of Calories									*28.7%	17.8%	59.8%	23.9%	8.8%	*0.3%
	Nutrient Guideline	600-700		1360										<10.00	

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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 ¹ (g)
Tue - 02/05/2019															
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
Mac & Cheese, LOL, RS RF 8oz	#6/6 oz	373	33	893	2.67	1.44	533.3	1000	0.0	8	22.67	38.67	14.67	6.67	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
Pizza, Bagel Bites, Mini Ch SK	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
Chicken Sand, Filet Brd SKIP@	1 Filet/1 Bu	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
C-Line Sand-Variety-Cold-SKIP@	1RI/5slmt/1slch	268	51	764	2.35	2.04	189.5	141	0.6	*5	22.95	27.46	7.97	3.30	*0.02
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
Pretzel, Bite Mini - 3 SKIP	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
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
Apple, Fresh	1 Apple	59	0	1	2.71	0.14	6.8	61	5.2	12	0.29	15.61	0.19	0.03	0.00
Sorbet, Assorted	4 oz cup	70	0	5	3.00	0.36	60.0	762	60.0	15	0.0	19.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
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		617	57	996	10.22	3.49	609.0	2468	60.67	*42	41.55	82.98	17.19	7.14	*0.00
% of Calories										*27.0%	26.9%	53.8%	25.1%	10.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Wed - 02/06/2019															
KMS Lunch															
Soup, HM Chicken Noodle - 12oz	Total 12 oz Serv ing	229	76	845	2.93	2.07	51.1	10854	7.98	*4	21.61	27.15	4.34	0.58	0.02
Soup, Broccoli Cheese 12oz\$	12 oz	408	74	1188	2.00	0.00	780.0	890	36.0	16	26.0	28.0	22.0	12.00	0.00
Chili-JTM RF - 12 oz*	12 oz	313	64	473	8.23	6.30	102.9	2573	39.52	10	26.76	30.88	10.29	3.50	0.00
Bosco Stk, 6" WG RF, 1#	1 Bosco St ick	150	15	220	2.00	1.08	200.0	200	0.0	1	10.0	17.0	5.0	2.50	0.00
Cheeseburger, Bacon@	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	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
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
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Bag of Chips	1 Bag	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 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		632	67	1069	7.67	3.07	563.8	4058	29.84	*35	33.42	84.26	17.11	5.95	0.01
% of Calories										*22.2%	21.1%	53.3%	24.4%	8.5%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Thu - 02/07/2019															
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
Meatballs w/Gravy - 6@	6MB& Gvy	266	60	804	1.50	2.97	90.0	7	1.8	*3	20.0	13.5	14.5	5.25	0.90
Pizzaburger on a Bun@	1Bun/1Brg	403	55	724	4.58	3.43	*54.0	797	16.46	*3	28.35	34.24	16.43	7.12	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 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
Bosco Stk, 6" WGRF, 2 KM/GH\$K#	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-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
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, 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
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
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1 /2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		806	69	1330	10.01	4.49	*450.1	1607	13.50	*41	38.22	115.31	21.97	5.57	*0.09
% of Calories										*20.2%	19.0%	57.2%	24.5%	6.2%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Fri - 02/08/2019															
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 Nuggets, Gld Kst - 8 ^	8 Nuggets	272	56	576	3.20	1.15	32.0	0	0.0	0	30.4	17.6	12.8	2.40	0.00
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
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, 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
Soup, Tomato, Cond, - KMS/GHS	8 oz	180	0	960	2.00	1.44	0.0	800	12.0	*N/A*	4.0	40.0	0.0	0.00	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Cookie, Presidents WG%	1 bag	100	0	75	2.00	8.10	80.0	400	6.0	5	2.0	18.0	3.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		685	49	1190	8.33	8.93	595.7	1234	26.87	*30	35.67	94.49	21.76	6.10	1.95
% of Calories										*17.4%	20.8%	55.2%	28.6%	8.0%	2.6%
Nutrient Guideline		600-700		1360										<10.00	

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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 ¹ (g)
Mon - 02/11/2019															
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
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
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
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
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		575	60	820	4.69	2.93	491.7	1282	27.34	*33	32.31	85.69	11.79	4.26	*0.00
% of Calories										*22.8%	22.5%	59.6%	18.5%	6.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Feb 1, 2019 thru Feb 28, 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 ¹ (g)
Tue - 02/12/2019															
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
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
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, 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*
Lasagna w/Meat - KMS/GHS	1 Serv 6x4 cut	128	8	132	0.00	0.06	172.7	94	0.0	*0	9.49	17.24	2.55	1.62	*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
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
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	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
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	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
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
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
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		696	60	1245	9.60	4.09	415.4	2544	12.35	*36	33.58	92.99	20.81	6.18	*0.00
% of Calories										*21.0%	19.3%	53.4%	26.9%	8.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Feb 1, 2019 thru Feb 28, 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 ¹ (g)
Wed - 02/13/2019															
KMS Lunch	Total														
Pizza, Domino's Cheese 1/8	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
Pizza, Domino's Sausage 1/8	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
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, 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
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
Weighted Daily Average % of Calories		505	44	886	7.10	2.24	579.2	12541	9.00	44	21.84	76.55	13.78	7.06	0.00
										34.8%	17.3%	60.6%	24.6%	12.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 02/14/2019															
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
Corn Puppies, Tky JTM-8^	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
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
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
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
Vegetables, Mixed - 4 oz	#8/4 oz Ser	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 \$	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
Cookie, Sugar - Valentine	1 Cookie	170	10	75	0.00	0.00	0.0	0	0.0	11	2.0	23.0	8.0	4.00	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
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

Feb 1, 2019 thru Feb 28, 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 ¹ (g)
Weighted Daily Average		757	54	976	9.31	5.02	445.7	3752	24.76	*44	34.10	105.90	23.78	8.15	*0.26
% of Calories										*23.0%	18.0%	55.9%	28.3%	9.7%	*0.3%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 02/15/2019															
KMS Lunch	Total														
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 Veggie 1/8 @	1/8 pizza	374	30	620	4.66	0.53	*4.2	524	31.51	*1	20.99	39.79	13.93	6.81	*0.00
Pizza, Homemade Pepperoni 1/8	1/8 pizza	231	33	620	0.84	0.73	417.1	506	1.8	*0	19.43	8.41	12.84	6.37	*0.21
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
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 Pepperoni SK	1/8 pizza	231	33	620	0.84	0.73	417.1	506	1.8	*0	19.43	8.41	12.84	6.37	*0.21
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 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		724	63	1096	5.58	2.73	*413.4	1216	16.43	*45	43.23	93.64	23.09	7.27	*0.03
% of Calories										*24.6%	23.9%	51.7%	28.7%	9.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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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 - 02/19/2019															
KMS Lunch															
	Total														
Chicken, Gen TSO, Lin-KMS/GHS	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@	#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
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
Eggs, Scrambled 2 oz#	#16	70	220	70	0.00	0.72	40.0	300	0.0	*N/A*	6.0	2.0	5.0	2.00	0.00
Syrup, 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 - 20@	20 raviolis	456	74	1230	6.79	4.57	320.5	1550	22.14	*3	27.43	62.16	8.85	4.42	0.00
Garlic Toast, WG, GFS \$	1 Slice	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
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, 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, Filet Brd SKIP@	1 Filet/1 Bu	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
C-Line Sand-Variety-Cold-SKIP@	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
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
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	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
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
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		669	117	1204	5.81	3.19	448.1	1248	9.09	*39	33.02	94.67	17.63	5.26	*0.00
% of Calories										*23.1%	19.7%	56.6%	23.7%	7.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Feb 1, 2019 thru Feb 28, 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 ¹ (g)
Wed - 02/20/2019															
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
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
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
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
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		597	57	1010	6.24	2.66	426.3	1038	10.08	*31	43.99	69.87	20.68	5.93	0.00
% of Calories										*20.5%	29.5%	46.8%	31.2%	8.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Feb 1, 2019 thru Feb 28, 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 ¹ (g)
Thu - 02/21/2019															
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		644	60	1185	8.84	4.14	407.9	2131	31.04	*33	34.74	89.45	16.65	5.27	*0.00
% of Calories										*20.4%	21.6%	55.5%	23.3%	7.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Feb 1, 2019 thru Feb 28, 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 ¹ (g)
Fri - 02/22/2019															
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 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
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 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		640	52	1075	6.66	3.36	496.7	1257	27.08	*36	30.54	79.52	21.64	7.30	0.00
% of Calories										*22.4%	19.1%	49.7%	30.4%	10.3%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/25/2019															
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
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/3SI 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
Egg, Bacon, Cheese Eng Mfn SK@	1EM/1E/1 C/1Bcn	280	225	505	3.00	2.16	240.0	350	0.0	*2	17.5	27.0	11.5	4.25	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
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, Van, LF 3oz ^	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 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		593	73	951	4.92	2.76	647.4	1309	14.37	*30	32.65	72.80	18.89	5.22	*0.00
% of Calories										*20.2%	22.0%	49.1%	28.7%	7.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Feb 1, 2019 thru Feb 28, 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 ¹ (g)
Tue - 02/26/2019															
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, Spcy, Balls ^	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		613	56	925	8.21	4.08	572.5	1688	8.81	*30	37.15	81.17	17.19	6.65	*0.00
% of Calories										*19.7%	24.2%	53.0%	25.2%	9.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Feb 1, 2019 thru Feb 28, 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 ¹ (g)
Wed - 02/27/2019															
KMS Lunch	Total														
Soup, HM Chicken Dump - 12oz	12 oz Serving	175	69	923	2.42	1.50	45.4	10875	8.21	*3	19.88	17.26	3.71	0.36	0.00
Soup, Broccoli Cheese 12oz\$	12 oz	408	74	1188	2.00	0.00	780.0	890	36.0	16	26.0	28.0	22.0	12.00	0.00
Chili-JTM RF - 12 oz*	12 oz	313	64	473	8.23	6.30	102.9	2573	39.52	10	26.76	30.88	10.29	3.50	0.00
Bosco Stk, 6" WG RF, 1#	1 Bosco Stick	150	15	220	2.00	1.08	200.0	200	0.0	1	10.0	17.0	5.0	2.50	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, 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
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
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		735	116	1245	8.01	129.08	561.0	8487	50.64	*54	34.71	103.31	22.43	6.62	*0.00
% of Calories										*29.2%	18.9%	56.2%	27.5%	8.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Feb 1, 2019 thru Feb 28, 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 ¹ (g)
Thu - 02/28/2019															
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
	Chicken Tdrs, Spy, TY - 4 GHS@	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 \$	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
	s/2Bgr														
	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
	Hot Dog w/Bun KM/GHS, SKIP \$	356	45	1066	2.29	1.80	70.0	0	0.0	6	14.2	29.49	20.1	7.34	0.03
	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
	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
	Breadstick 6" NY WG 1oz1@	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
	Corn, Frozen - 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
	/2C														
	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
	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	608	51	863	7.37	4.52	416.6	1032	8.05	*29	33.50	79.10	18.60	6.06	*0.19
	% of Calories									*19.4%	22.0%	52.0%	27.5%	9.0%	*0.3%
	Nutrient Guideline	600-700		1360										<10.00	

Weighted Average		657	65	1056	7.52	10.36	*503.1	2777	20.75	*38	34.54	89.20	19.28	6.21	*0.14
										*51.7%	21.0%	54.3%	26.4%	8.5%	*0.2%

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Germantown School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	657		600 - 700	100%														
Cholesterol (mg)	65																	
Sodium 1 (mg)	1056		1360															
Sodium 2 (mg)	1056		1035						21	Correction Required - Sodium too High								
Fiber (g)	7.52																	
Iron (mg)	10.36																	
Calcium (mg)	503.1				Missing													
Vitamin A (IU)	2777																	
Sugars (g)	38	22.98%			Missing													
Vitamin C (mg)	20.75																	
Protein (g)	34.54	21.04%																
Carbohydrate (g)	89.20	54.34%																
Total Fat (g)	19.28	26.43%																
Saturated Fat (g)	6.21	8.52%	<10.00%															
Trans Fat ¹ (g)	0.14	0.20%			Missing													

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