

# Germantown School District

Jan 2, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

GHS 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)
Wed - 01/02/2019															
GHS 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 K&G@	1B/5Mtb/.5 ozCH	394	53	475	4.25	3.37	*85.0	56	7.5	*5	24.5	34.75	17.25	6.57	*0.75
Fish, Pot Crst Filet, Pollak-2	2 Filets	210	50	460	0.60	0.72	0.0	0	3.6	0	10.0	13.0	13.0	2.00	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
Club Sand-Diam Jim - Skip@	1R/5slmt/1 slCh	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Potatoes, Wedges*	#8 - 1/2 cu	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Garden Bar Wk 4-KMS/GHS%	See Below	42	0	49	2.79	0.85	39.8	8454	14.04	*3	2.02	8.87	0.14	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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, 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		835	67	1187	12.63	7.11	*479.0	13724	52.10	*44	35.25	122.93	23.37	7.50	*0.19
% of Calories										*21.3%	16.9%	58.9%	25.2%	8.1%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

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GHS 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 - 01/03/2019															
GHS 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
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 FB Multi Chs SK	6" FB Pizza	320	15	590	2.00	2.70	250.0	400	15.0	*N/A*	15.0	36.0	12.0	3.00	0.00
Chicken Sand, Filet Brd SKIP@	1 Filet/1 Bu	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Wrap, Ham & Cheese-Cold 9" SK@	1T/4Ham/ 1Ch	364	77	756	3.28	2.39	245.5	576	1.6	*0	23.32	31.61	17.03	9.68	0.00
Garden Bar Wk 4-KMS/GHS%	See Below	42	0	49	2.79	0.85	39.8	8454	14.04	*3	2.02	8.87	0.14	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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 % of Calories		668	47	944	9.70	5.25	514.3	7026	30.28	*43 *26.0%	33.00 19.8%	95.66 57.3%	19.39 26.1%	5.63 7.6%	*0.25 *0.3%
Nutrient Guideline		750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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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)
Fri - 01/04/2019															
GHS 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	347	33	520	4.00	2.40	53.3	133	0.0	1	20.0	21.33	20.0	3.33	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
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, 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
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
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
French Fries, KK, Simp 3/8 SK@	3 oz Serv	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Garden Bar Wk 4-KMS/GHS%	See Below	42	0	49	2.79	0.85	39.8	8454	14.04	*3	2.02	8.87	0.14	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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		921	56	1274	10.90	4.71	556.4	7271	27.70	*58	34.84	131.37	30.24	8.01	*0.00
% of Calories										*25.2%	15.1%	57.1%	29.6%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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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)
Mon - 01/07/2019															
GHS Lunch															
	Total														
Chicken, Popcorn, GK KM/GH\$	15 pieces	390	105	825	4.50	2.16	0.0	150	0.0	0	27.0	24.0	19.5	3.75	0.00
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
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Chili Dog, JTM Chili -2	4ozC/2HD /2Bn	716	91	1910	7.32	4.98	134.3	858	13.17	11	33.32	63.27	37.63	13.85	0.06
Fajita, Chicken - KMS/GHS@	1T/3ozCK /1ozCH	410	110	670	4.00	2.52	240.0	300	0.0	*0	27.0	32.0	20.5	10.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Potatoes, Wedges*	#8 - 1/2 cu	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Pizza, Bosco, SC WG RF SKIP@	1/8 Pizza	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Ham* Sand w/Cheese, wm SB SK	1 Bun/3Sl Ham/1C	385	52	1415	6.00	0.54	100.0	150	0.0	10	27.0	46.5	9.5	3.75	0.00
C-Line Sand-Variety-Cold-SKIP@	1Rl/5slmt/ 1slch	268	51	764	2.35	2.04	189.5	141	0.6	*5	22.95	27.46	7.97	3.30	*0.02
Potatoes, Wedges Skip*	#8 - 1/2 cu	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Garden Bar Wk 5-KMS/GHS%	See Below	117	0	162	5.21	1.68	50.9	8559	7.13	*11	4.03	26.47	0.28	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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 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
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		841	91	1382	12.17	5.04	459.1	6704	20.02	*50	39.38	119.92	22.65	6.50	*0.01
% of Calories										*23.9%	18.7%	57.0%	24.2%	7.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Tue - 01/08/2019															
GHS Lunch															
	Total														
	8oz spoodl	189	44	401	0.00	0.80	0.0	0	1.33	14	12.22	25.56	3.33	0.56	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
	Pretzel, Bite Mini - 3^	90	0	90	3.00	1.08	0.0	0	0.0	0	3.0	21.0	0.0	0.00	0.00
	Fr Tst, Cinn, WG 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
	Pork Carnita Flatbread Sand@	317	55	570	3.12	2.48	264.0	808	4.45	*0	20.13	26.88	14.0	7.20	0.00
	,1ozCh														
	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
	Cheeseburger, PJ DBL - SK#	514	95	739	4.65	3.43	799.2	1085	0.0	*3	38.32	29.48	27.05	12.80	0.01
	/1ch														
	Wrap, Turkey & Chs - GHS - SK*	340	60	588	3.32	1.91	146.4	214	1.15	*0	24.82	30.46	13.5	7.00	0.00
	5CH-L														
	Garden Bar Wk 5-KMS/GHS%	117	0	162	5.21	1.68	50.9	8559	7.13	*11	4.03	26.47	0.28	0.05	0.00
	Salad Drsg, Asst GHS- Skip\$	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
	Amazin' Raisins	110	0	10	2.00	0.72	20.0	0	0.0	22	1.0	25.0	0.0	0.00	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														
	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	741	113	950	9.41	4.28	524.1	7785	21.52	*53	31.80	118.13	16.50	4.99	*0.00
	% of Calories									*28.5%	17.2%	63.8%	20.0%	6.1%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/09/2019															
GHS Lunch	Total														
Soup, HM Chicken Dump - 12oz	12 oz Serv ing	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 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
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	347	33	520	4.00	2.40	53.3	133	0.0	1	20.0	21.33	20.0	3.33	0.00
Philly Steak Sandwich	1 Sandwich	493	55	899	6.00	1.08	*10.0	100	12.0	*9	30.0	48.0	18.5	7.80	0.00
Garden Bar Wk 5-KMS/GHS%	See Below	117	0	162	5.21	1.68	50.9	8559	7.13	*11	4.03	26.47	0.28	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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, WG RF 1oz Otis#	1 Cookie	110	10	85	1.00	2.70	0.0	750	0.0	*N/A*	1.0	18.0	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
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		782	62	1191	9.52	5.85	*633.6	8520	20.64	*51	35.83	105.38	24.37	8.11	0.00
% of Calories										*26.0%	18.3%	53.9%	28.1%	9.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/10/2019															
GHS Lunch															
	Total														
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
Roll, Dnr White Wht Alpha-2\$	2 rolls	154	0	293	2.43	1.45	40.2	0	0.0	3	5.69	26.62	2.68	0.48	0.04
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, Dnr White Wht Alpha-2\$	2 rolls	154	0	293	2.43	1.45	40.2	0	0.0	3	5.69	26.62	2.68	0.48	0.04
Cuban Sandwich ^	1B/2.35P/ 1C/1H	326	68	857	3.00	2.17	95.0	0	0.0	*3	21.12	31.52	10.77	4.00	0.00
Potatoes, Mashed #8 \$	#8	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Pizza, Tony's 5" DD Cheese SK\$	1 pizza	320	30	480	3.00	2.70	250.0	300	0.0	10	17.0	35.0	12.0	6.00	0.00
Bratwurst in Bun SKIP@	1 Brat/1 Bu	446	50	1206	2.29	2.16	50.0	0	0.0	5	17.2	29.49	28.1	9.34	0.03
Club Sand-Diam Jim - Skip@	1R/5slmt/1 slCh	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
French Fries, KK, Simp 3/8 SK@	3 oz Serv	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Garden Bar Wk 5-KMS/GHS%	See Below	117	0	162	5.21	1.68	50.9	8559	7.13	*11	4.03	26.47	0.28	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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 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
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		771	63	1460	12.34	5.21	434.3	7325	34.08	*45	40.57	111.91	21.04	5.39	0.02
% of Calories										*23.6%	21.1%	58.1%	24.6%	6.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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)
Fri - 01/11/2019															
GHS 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
Sweet Potato Fries, Hrv Sp\$	1/2 cup	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Pizza, BD Primo 4 Meat WGSK<	slice	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WGSK@	slice	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
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
Sweet Potato Fries, Hrv Sp\$SKP	1/2 cup	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Garden Bar Wk 5-Elem%	See Below	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, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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*
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
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		761	62	1236	10.39	4.58	551.9	9862	43.97	*42	36.34	103.45	23.66	8.32	*0.21
% of Calories										*22.2%	19.1%	54.3%	28.0%	9.8%	*0.3%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/14/2019															
GHS Lunch															
	Total														
Chicken, Popcorn, GK KM/GH\$	15 pieces	390	105	825	4.50	2.16	0.0	150	0.0	0	27.0	24.0	19.5	3.75	0.00
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
Beef & LOL Cheese Sand-Bun#	2.86B/1/4c Ch/1B	390	60	1037	2.65	2.87	42.0	200	12.0	*5	24.24	32.47	16.94	8.22	0.01
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
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
Wrap, Veggie - Skip@	1T/Veg/1o zCh	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
String Cheese - Skip	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 6-KMS/GHS%	See Below	53	0	100	3.73	1.48	40.5	9147	6.66	*1	2.78	10.68	0.17	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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 tbspc	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		666	80	1157	8.97	4.37	499.9	8317	19.62	*27	34.78	77.29	23.22	5.37	*0.00
% of Calories										*16.3%	20.9%	46.4%	31.4%	7.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/15/2019															
GHS Lunch	Total														
Taco, Soft Shell (2) #16 GHS%	2T-2#16M -1ozCh	438	30	731	6.67	4.09	293.5	1169	6.42	*3	28.39	37.69	20.69	11.41	0.00
Taco, Hard Shell KMS/GHS%	3T-3#20M -1ozCh	431	30	640	5.08	3.77	281.7	1303	7.4	*3	29.05	29.71	22.71	10.78	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
Rib-B-Que* Sandwich	1 rib/1 bun	307	40	688	3.65	2.51	52.0	300	1.2	5	19.24	29.47	8.94	2.82	0.01
Warhawk Burger \$	1 MTLF/1B	317	30	638	3.65	2.87	92.0	200	9.0	8	18.24	34.47	11.94	5.32	0.01
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
Fish Sandwich w/Chse Square SK	1fsh/1ch/1 bun	372	58	603	3.65	2.51	152.0	150	0.0	5	23.74	43.47	10.94	2.57	0.01
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
Wrap, Ham & Tky w/C - SKIP@	1T/2H/2T/ 1Ch	302	52	1008	3.00	1.56	140.0	150	0.0	*2	22.17	31.0	10.5	5.25	0.00
Garden Bar Wk 6-KMS/GHS%	See Below	53	0	100	3.73	1.48	40.5	9147	6.66	*1	2.78	10.68	0.17	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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 oz	204	0	8	4.00	1.20	20.0	140	4.8	48	0.8	56.0	0.4	0.04	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
Ice Cream, 4oz Cup/Strw, Schp@	4 oz cup	130	30	60	0.00	0.00	80.0	200	0.0	21	2.0	15.0	7.0	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
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		886	67	1121	13.44	5.67	638.6	8568	17.69	*77	37.22	133.80	24.65	10.55	*0.00
% of Calories										*34.6%	16.8%	60.4%	25.0%	10.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/16/2019															
GHS 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 Pepperoni	1/8 pizza	320	45	790	3.00	1.80	300.0	500	4.8	2	16.0	32.0	14.0	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
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
Garden Bar Wk 6-KMS/GHS%	See Below	53	0	100	3.73	1.48	40.5	9147	6.66	*1	2.78	10.68	0.17	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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*
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
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		688	60	1203	9.22	123.33	550.0	8883	33.80	*38	29.12	100.03	20.93	7.69	*0.00
% of Calories										*22.0%	16.9%	58.2%	27.4%	10.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/17/2019															
GHS 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
Hamburger , DBL	2Bgr/1Bun	403	70	526	4.65	3.43	76.0	0	0.0	3	32.24	28.47	17.94	6.72	0.01
Breadstick, Twisted Chs - 2 SK	2 Breadstic	330	41	640	4.13	2.23	413.1	0	0.0	4	18.59	39.25	12.39	7.23	0.00
Hot Dog w/Bun KM/GHS-2 SKIP \$	2 Dog/2 Bu	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Egg Roll, WG Ckn, Minhs-2SK\$	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
Chicken Salad Sand, Crsst SK#	#8 Scp Ck n/1C	598	86	735	3.14	2.39	103.0	228	0.37	*3	27.44	30.41	42.79	9.26	0.00
Garden Bar Wk 6-KMS/GHS%	See Below	53	0	100	3.73	1.48	40.5	9147	6.66	*1	2.78	10.68	0.17	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
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		832	58	1235	14.03	6.67	460.7	8486	35.90	*38	39.18	120.66	23.58	6.98	*0.27
% of Calories										*18.4%	18.8%	58.0%	25.5%	7.5%	*0.3%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/18/2019															
GHS 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
Fish, Pot Crst Filet, Pollak-2	2 Filets	210	50	460	0.60	0.72	0.0	0	3.6	0	10.0	13.0	13.0	2.00	0.00
Tartar Sauce, Skip%	2 TBSP	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
Pretzel, Bite Mini - 3^	3 Bites	90	0	90	3.00	1.08	0.0	0	0.0	0	3.0	21.0	0.0	0.00	0.00
Mac & Cheese, JTM WG 6oz\$	#6/6 oz	279	37	656	2.00	1.08	380.0	500	1.2	8	16.0	30.0	11.0	6.10	0.00
Pretzel, Bite Mini - 3^	3 Bites	90	0	90	3.00	1.08	0.0	0	0.0	0	3.0	21.0	0.0	0.00	0.00
Potatoes, Roasted Baby #	3 oz	90	0	170	0.00	0.72	20.0	0	0.0	*N/A*	3.0	15.0	2.0	0.00	0.00
Pizza, BD Primo Buff Ckn WGSK<	slice	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
BBQ Pork Rib Sandwich - Skip@	1Pork Rib/ 1 Bun	317	40	648	3.65	2.43	34.0	100	1.0	8	20.24	32.47	11.94	3.82	0.01
Jamwich, PB & Jelly, WG-2SKIP#	2 Jamwich	580	0	540	8.00	4.14	80.0	0	2.4	27	20.0	64.0	30.0	5.00	0.00
French Fries, KK, Simp 3/8 SK@	3 oz Serv	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Garden Bar Wk 6-KMS/GHS%	See Below	53	0	100	3.73	1.48	40.5	9147	6.66	*1	2.78	10.68	0.17	0.03	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Cole Slaw - #8 - 1/2 Cup@	#8 - 1/2 Cu	36	2	104	0.74	0.13	14.4	480	10.23	*3	0.03	4.91	1.81	0.20	*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
Amazin' Raisins	1 Pouch	110	0	10	2.00	0.72	20.0	0	0.0	22	1.0	25.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
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		783	49	1197	10.43	4.65	579.1	7939	21.52	*53	30.78	116.84	22.33	6.28	*0.00
% of Calories										*27.3%	15.7%	59.7%	25.7%	7.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/21/2019															
GHS 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
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
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
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 B	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Pizza, 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 KMS/GHS SKIP \$	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
Club Sand-Diam Jim - Skip@	1R/5slmt/1 slCh	267	50	736	2.35	1.92	162.7	150	0.4	5	22.92	27.32	7.89	3.19	0.02
Garden Bar Wk 1-KMS/GHS%	See Below	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
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
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*
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
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
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		743	59	1035	10.30	3.71	423.2	8412	53.79	*58	32.79	121.52	13.98	3.05	*0.00
% of Calories										*31.5%	17.6%	65.4%	16.9%	3.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/22/2019															
GHS Lunch															
	Total														
Chicken Tdrs, TY - 4 KM/GHS@	4 Tenders	347	33	520	4.00	2.40	53.3	133	0.0	1	20.0	21.33	20.0	3.33	0.00
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
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
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
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
Wrap, Veggie - Skip@	1T/Veg/1o zCh	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
String Cheese - Skip	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Garden Bar Wk 1-KMS/GHS%	See Below	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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		749	36	1297	9.40	4.44	530.6	6911	72.31	*32	29.36	113.14	20.10	5.41	*0.00
% of Calories										*17.0%	15.7%	60.5%	24.2%	6.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/23/2019															
GHS 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
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
Garden Bar Wk 1-KMS/GHS%	See Below	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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
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		721	40	1094	11.09	4.28	570.0	8511	15.61	*44	35.87	105.09	17.93	4.46	0.00
% of Calories										*24.3%	19.9%	58.3%	22.4%	5.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/24/2019															
GHS Lunch															
	Total														
Chicken, Popcorn, GK KM/GH\$	15 pieces	390	105	825	4.50	2.16	0.0	150	0.0	0	27.0	24.0	19.5	3.75	0.00
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
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
Garden Bar Wk 1-KMS/GHS%	See Below	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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
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		822	90	1359	12.12	5.06	462.3	6946	10.45	*40 *19.5%	39.98 19.5%	113.97 55.5%	23.02 25.2%	5.67 6.2%	*0.00 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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)
Mon - 01/28/2019															
GHS Lunch															
	Total														
Chicken, Wings, BBQ Balls#	6 wings	289	60	457	1.20	1.73	24.1	0	0.0	*N/A*	26.47	16.84	12.03	0.00	2.41
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, BD Primo Buff Ckn WG \$	1 Slice	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	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
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
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
Wrap, Honey Mst Deli - SK*	1T-4sl T-3 slH	345	51	908	3.32	2.72	89.4	104	2.25	*1	25.77	43.55	7.78	3.57	*0.00
Potatoes, Wedges Skip*	#8 - 1/2 cu	68	0	8	1.50	0.80	14.0	0	9.8	*N/A*	2.28	15.96	0.0	0.00	0.00
Garden Bar Wk 2-KMS/GHS%	See Below	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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
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		840	57	1151	10.58	5.32	462.3	7523	44.31	*54	37.27	128.69	19.44	4.31	*0.90
% of Calories										*25.7%	17.7%	61.2%	20.8%	4.6%	*1.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/29/2019															
GHS Lunch	Total														
Taco Nachos(#10)w/LOL-GHS%	1Cp/#10M t/2Ch	481	20	902	5.00	3.06	120.0	950	16.8	*2	22.0	46.0	26.0	7.80	0.00
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
Wrap, Veggie - Skip@	1T/Veg/1o zCh	261	20	633	4.15	1.69	306.8	2937	6.14	*3	11.78	35.85	9.12	5.53	0.00
String Cheese - Skip	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-KMS/GHS%	See Below	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
Pears, Canned, Lt. Syr - 1/2C	4oz spd1-1/2C	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
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 % of Calories		815	53	1259	11.62	5.22	587.0	8084	32.16	*48 *23.4%	36.66 18.0%	111.56 54.8%	25.45 28.1%	8.83 9.8%	*0.00 *0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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)
Wed - 01/30/2019															
GHS Lunch	Total														
Soup, HM Chicken Noodle - 12oz	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
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*
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
Chicken on the Bone, Roasted\$	1B/1L&W/ 1Thg	100	36	200	0.00	0.47	0.0	0	0.0	0	9.3	0.0	6.6	2.00	0.00
Turkey Sand w/Chs,Crsst SKIP #	5T/1C/1 C rsst	288	37	642	3.00	1.68	200.0	350	0.0	4	19.83	31.0	11.0	4.75	0.00
Garden Bar Wk 2-KMS/GHS%	See Below	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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
Cookie, Sugar, WG RF 1oz Otis#	1 Cookie	110	10	85	1.00	2.70	0.0	750	0.0	*N/A*	1.0	18.0	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
Weighted Daily Average		895	145	1416	14.79	6.93	681.7	17774	49.94	*54	38.07	132.49	24.49	7.52	*0.00
% of Calories										*24.1%	17.0%	59.2%	24.6%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 - 01/31/2019															
GHS 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
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
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Chili Dog, JTM Chili -2	4ozC/2HD /2Bn	716	91	1910	7.32	4.98	134.3	858	13.17	11	33.32	63.27	37.63	13.85	0.06
Philly Steak Sandwich	1 Sandwich	493	55	899	6.00	1.08	*10.0	100	12.0	*9	30.0	48.0	18.5	7.80	0.00
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
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
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
Garden Bar Wk 2-KMS/GHS%	See Below	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	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
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
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
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 % of Calories		735	56	1206	10.56	5.72	*520.2	7538	29.61	*45 *24.7%	36.30 19.7%	99.65 54.2%	23.37 28.6%	8.15 10.0%	*0.25 *0.3%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		785	67	1207	11.12	10.83	*529.4	8672	32.72	*47 *54.4%	35.45 18.1%	113.50 57.8%	22.08 25.3%	6.61 7.6%	*0.10 *0.1%
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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1- Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Germantown School District**

**Jan 2, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	785		750 - 850	100%													
Cholesterol (mg)	67																
Sodium 1 (mg)	1207		1420														
Sodium 2 (mg)	1207		1080						127	Correction Required - Sodium too High							
Fiber (g)	11.12																
Iron (mg)	10.83																
Calcium (mg)	529.4				Missing												
Vitamin A (IU)	8672																
Sugars (g)	47	24.16%			Missing												
Vitamin C (mg)	32.72																
Protein (g)	35.45	18.05%															
Carbohydrate (g)	113.50	57.80%															
Total Fat (g)	22.08	25.30%															
Saturated Fat (g)	6.61	7.57%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.10	0.12%			Missing												

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
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