

Germantown School District

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 1

Generated on: 2/22/2019 8:02:43 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 - 03/01/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| Potatoes, Deli Roasted | 3 oz | 300 | 0 | 345 | 6.00 | 2.16 | 0.0 | 0 | 14.4 | 0 | 9.0 | 57.0 | 6.0 | 0.00 | 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 |
| 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 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 | | 847 | 46 | 1190 | 12.19 | 5.08 | 636.5 | 7176 | 24.92 | *54 | 33.95 | 130.29 | 22.99 | 6.84 | *0.00 |
| % of Calories | | | | | | | | | | *25.3% | 16.0% | 61.5% | 24.4% | 7.3% | *0.0% |
| 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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/04/2019 | | | | | | | | | | | | | | | |
| 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, 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 |
| 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 |
| 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 | | 755 | 66 | 926 | 10.20 | 3.57 | 449.5 | 8701 | 52.72 | *55 | 35.37 | 123.97 | 13.90 | 3.16 | *0.00 |
| % of Calories | | | | | | | | | | *28.9% | 18.8% | 65.7% | 16.6% | 3.8% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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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) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 03/05/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| 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 |
| 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, 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 |
| 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 |
| 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 | | 785 | 77 | 1096 | 8.72 | 4.67 | 510.7 | 6799 | 67.72 | *35 | 52.58 | 104.19 | 23.46 | 7.01 | *0.00 |
| % of Calories | | | | | | | | | | *17.8% | 26.8% | 53.1% | 26.9% | 8.0% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/06/2019 | | | | | | | | | | | | | | | |
| GHS 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, 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 |
| Gyro | 1 Gyro | 587 | 80 | 1213 | 4.25 | 1.93 | 107.3 | 340 | 1.11 | *2 | 23.79 | 46.16 | 32.05 | 16.02 | 0.00 |
| Gyro Sauce SKIP | 2 oz Servin | 97 | 30 | 23 | 0.25 | 0.13 | 67.3 | 340 | 1.11 | *2 | 1.79 | 3.16 | 7.55 | 6.02 | 0.00 |
| Chicken Sand, Filet Brd @ | 1 Filet/1 Bu | 363 | 45 | 824 | 4.65 | 2.51 | 52.0 | 200 | 0.0 | 4 | 26.24 | 42.47 | 9.94 | 1.32 | 0.01 |
| 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 |
| 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 |
| 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 | | 855 | 60 | 1596 | 13.34 | 3.34 | 495.7 | 8318 | 15.63 | *45 | 38.81 | 115.76 | 26.05 | 7.47 | *0.00 |
| % of Calories | | | | | | | | | | *21.2% | 18.2% | 54.2% | 27.4% | 7.9% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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|--------------------------------|---------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/07/2019 | | | | | | | | | | | | | | | |
| GHS 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 |
| Pork Carnita Flatbread Sand@ | 1 FB,#16P ,1ozCh | 317 | 55 | 570 | 3.12 | 2.48 | 264.0 | 808 | 4.45 | *0 | 20.13 | 26.88 | 14.0 | 7.20 | 0.00 |
| Potatoes, 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-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 |
| Wrap, Turkey & Chs - GHS - SK* | 1T-7sl1T- 5CH-L | 340 | 60 | 588 | 3.32 | 1.91 | 146.4 | 214 | 1.15 | *0 | 24.82 | 30.46 | 13.5 | 7.00 | 0.00 |
| Potatoes, 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 | | 827 | 76 | 1402 | 11.33 | 4.79 | 433.0 | 6852 | 11.57 | *43 | 39.69 | 116.10 | 24.09 | 5.66 | *0.00 |
| % of Calories | | | | | | | | | | *20.8% | 19.2% | 56.1% | 26.2% | 6.2% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2019 thru Mar 22, 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 ¹ (g) |
|--------------------------------|--------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Fri - 03/08/2019 | | | | | | | | | | | | | | | |
| GHS 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 |
| 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 |
| 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 |
| 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, BD Primo 4 Meat WGSK< | slice | 370 | 40 | 650 | 3.00 | 2.70 | 300.0 | 300 | 0.0 | 9 | 20.0 | 36.0 | 17.0 | 7.00 | 0.00 |
| Pizza, BD Primo WGSK@ | slice | 360 | 35 | 470 | 3.00 | 2.70 | 450.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| Chicken Sand, Patty Brd SKIP@ | 1 Patty/1 B | 377 | 20 | 738 | 5.65 | 3.23 | 72.0 | 100 | 0.0 | *3 | 19.24 | 41.47 | 14.94 | 2.32 | 0.01 |
| 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 |
| Soup, Beef Barley 8 oz^ | 8 oz cup | 90 | 15 | 1040 | 2.00 | 1.08 | 20.0 | 2250 | 6.0 | 2 | 6.0 | 13.0 | 2.0 | 1.00 | 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, Ranch HM RF RS SK* | 1 TBSP | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Fruit, Fresh, Winter Mix | 1 Piece | 70 | 0 | 1 | 2.73 | 0.21 | 23.5 | 148 | 26.84 | *4 | 0.75 | 18.06 | 0.2 | 0.04 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 60 | 0 | 13 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | 13 | 0.33 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| 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 | | 817 | 44 | 1623 | 11.67 | 4.64 | 677.3 | 8134 | 29.90 | *41 | 34.27 | 111.00 | 26.75 | 7.43 | *0.00 |
| % of Calories | | | | | | | | | | *20.3% | 16.8% | 54.4% | 29.5% | 8.2% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2019 thru Mar 22, 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 ¹ (g) |
|-------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 03/11/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken, Wings, Balls, BBQ | 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 |
| BBQ Pulled Pork Sand-KMS/GHS@ | #8 pork/1 Bun | 317 | 44 | 814 | 4.65 | 2.43 | 72.0 | 378 | 40.0 | *3 | 23.24 | 39.47 | 7.94 | 2.42 | 0.01 |
| 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 |
| 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 |
| BBQ Sauce - Skip@ | 1 oz | 28 | 0 | 107 | 0.41 | 0.29 | 6.3 | 274 | 2.11 | *4 | 0.35 | 6.38 | 0.07 | 0.01 | *0.00 |
| Weighted Daily Average | | 753 | 56 | 1150 | 9.89 | 5.03 | 443.9 | 7336 | 41.39 | *52 | 37.86 | 113.01 | 16.66 | 3.34 | *0.94 |
| % of Calories | | | | | | | | | | *27.9% | 20.1% | 60.1% | 19.9% | 4.0% | *1.1% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 8

Generated on: 2/22/2019 8:02:43 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) |
|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/12/2019 | | | | | | | | | | | | | | | |
| 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 |
| Breadstick, Twisted Chs - 2 | 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 |
| 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, 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 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 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 |
| 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 |
| 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 | | 830 | 54 | 1274 | 11.45 | 5.49 | 587.2 | 7931 | 32.65 | *43 | 36.19 | 117.77 | 25.39 | 9.20 | 0.00 |
| % of Calories | | | | | | | | | | *20.6% | 17.4% | 56.8% | 27.5% | 10.0% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2019 thru Mar 22, 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 ¹ (g) |
|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/13/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Pizza, Domino's Cheese1/8 | 1/8 pizza | 300 | 45 | 790 | 4.00 | 1.80 | 350.0 | 750 | 6.0 | 3 | 15.0 | 31.0 | 14.0 | 8.00 | 0.00 |
| Pizza, Domino's Pepperoni 1/8 | 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 |
| 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 |
| 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 |
| Weighted Daily Average | | 710 | 58 | 1161 | 12.16 | 5.55 | 596.4 | 14425 | 38.18 | *42 | 26.38 | 109.08 | 19.32 | 7.82 | 0.00 |
| % of Calories | | | | | | | | | | *23.5% | 14.9% | 61.5% | 24.5% | 9.9% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2019 thru Mar 22, 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 ¹ (g) |
|--------------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-------------|--------------|-------------|-----------|-------------------------|
| Thu - 03/14/2019 | | | | | | | | | | | | | | | |
| 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 | 257 | 41 | 853 | 2.35 | 1.77 | 189.5 | 141 | 0.1 | *5 | 21.2 | 27.55 | 7.09 | 3.18 | *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 spd-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, Cinnamon - 1/2C | 1/2 Cup | 84 | 0 | 2 | 1.48 | 0.15 | 3.7 | 7 | 2.09 | 18 | 0.2 | 21.51 | 0.21 | 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 |
| 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 | | 777 | 60 | 1177 | 12.09 | 6.28 | *492.3 | 7399 | 32.82 | *49 *25.3% | 39.17 20.2% | 107.49 55.3% | 23.47 27.2% | 8.19 9.5% | *0.33 *0.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2019 thru Mar 22, 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 ¹ (g) |
|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/15/2019 | | | | | | | | | | | | | | | |
| 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, 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 |
| 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 |
| Fish Stks, Plk, Brd, HghLnr6% | 6 fish stick | 345 | 75 | 480 | 3.00 | 2.16 | 30.0 | 0 | 0.0 | 2 | 22.5 | 34.5 | 13.5 | 2.25 | 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 |
| 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 |
| Potatoes, Waffle Frie, McCain | 3 oz | 160 | 0 | 470 | 2.00 | 0.36 | 0.0 | 0 | 3.6 | 0 | 0.0 | 21.0 | 8.0 | 1.00 | 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 |
| 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, Waffle Frie, SK | 3 oz | 160 | 0 | 470 | 2.00 | 0.36 | 0.0 | 0 | 3.6 | 0 | 0.0 | 21.0 | 8.0 | 1.00 | 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 |
| 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 |
| 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 |
| Ice Cream, Mint Fdge Cup 3oz \$ | 3oz cup | 100 | 15 | 50 | 0.00 | 0.36 | 60.0 | 200 | 0.0 | 12 | 1.0 | 13.0 | 5.0 | 3.50 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 876 | 71 | 1399 | 10.79 | 4.01 | 536.7 | 6704 | 37.55 | *48 | 33.47 | 115.03 | 32.20 | 8.55 | *0.00 |
| % of Calories | | | | | | | | | | *22.1% | 15.3% | 52.5% | 33.1% | 8.8% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2019 thru Mar 22, 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 ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/18/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Max Sticks - 2 \$43901 | 2 Sticks | 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\$ | 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 |
| G-Town Sandwich@ | 1 Sandwich | 369 | 57 | 869 | 3.40 | 5.22 | 340.0 | 1225 | 7.5 | *3 | 21.83 | 28.58 | 17.85 | 9.96 | 0.00 |
| Chicken Sand, Grill Brst, Buff | 1Bun/1 Br east | 280 | 60 | 535 | 25.00 | 1.62 | 30.0 | 0 | 0.0 | *3 | 28.0 | 29.0 | 5.5 | 1.00 | 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 |
| 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 |
| 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 |
| Garden Bar Wk 3-KMS/GHS% | See Below | 75 | 0 | 179 | 5.30 | 1.59 | 45.6 | 8905 | 9.7 | *4 | 4.35 | 14.45 | 0.27 | 0.05 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Mac & Cheese, LOL, RS RF 3oz\$ | #10/3 oz | 140 | 12 | 335 | 1.00 | 0.54 | 200.0 | 375 | 0.0 | 3 | 8.5 | 14.5 | 5.5 | 2.50 | 0.00 |
| Apples,Cinnamon - Warm - 1/2 C | 4oz spdl-1/2C | 151 | 0 | 2 | 4.22 | 0.37 | 14.6 | 73 | 0.35 | *16 | 0.51 | 38.85 | 0.66 | 0.10 | *0.00 |
| Cookie, Oatmeal Raisin, OS | Cookie | 120 | 5 | 115 | 1.00 | 1.08 | 0.0 | 200 | 0.0 | 10 | 1.0 | 18.0 | 4.5 | 2.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| 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 | | 792 | 59 | 1221 | 14.40 | 5.07 | 632.5 | 8327 | 11.67 | *49 | 36.20 | 115.86 | 21.87 | 8.79 | *0.00 |
| % of Calories | | | | | | | | | | *24.8% | 18.3% | 58.5% | 24.9% | 10.0% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2019 thru Mar 22, 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 ¹ (g) |
|--------------------------------|--------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/19/2019 | | | | | | | | | | | | | | | |
| GHS 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 |
| 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 |
| Pretzel, Bite Mini - 3^ | 3 Bites | 90 | 0 | 90 | 3.00 | 1.08 | 0.0 | 0 | 0.0 | 0 | 3.0 | 21.0 | 0.0 | 0.00 | 0.00 |
| Fr Tst, Cinn, WG 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 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, 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, 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 |
| Garden Bar Wk 3-KMS/GHS% | See Below | 75 | 0 | 179 | 5.30 | 1.59 | 45.6 | 8905 | 9.7 | *4 | 4.35 | 14.45 | 0.27 | 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, 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 |
| 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 | | 746 | 82 | 1102 | 13.82 | 4.97 | 628.2 | 8238 | 65.94 | *47 | 45.60 | 99.23 | 23.31 | 7.81 | *0.00 |
| % of Calories | | | | | | | | | | *25.4% | 24.4% | 53.2% | 28.1% | 9.4% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 14

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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) |
|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/20/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Sub Bar - Ham* or Tky@ | 1H or 1T S andwh | 377 | 45 | 1063 | 6.00 | 0.39 | 100.0 | 150 | 0.0 | 9 | 25.92 | 45.75 | 9.5 | 3.50 | 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 |
| Chicken Parmesan Sand, Grld@ | 1 Bun/1Ch k/1ozC | 398 | 75 | 762 | 25.56 | 2.64 | *61.1 | 327 | 14.72 | *8 | 36.15 | 35.27 | 12.03 | 4.45 | 0.01 |
| 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 |
| Garden Bar Wk 3-KMS/GHS% | See Below | 75 | 0 | 179 | 5.30 | 1.59 | 45.6 | 8905 | 9.7 | *4 | 4.35 | 14.45 | 0.27 | 0.05 | 0.00 |
| Salad Drsg, Ranch HM RF RS SK* | 1 TBSP | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| Vegetables, Calif Blen - 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 |
| 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 |
| 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 | | 753 | 61 | 1318 | 16.02 | 3.71 | *448.9 | 8937 | 33.79 | *46 | 39.00 | 105.48 | 19.36 | 5.42 | 0.01 |
| % of Calories | | | | | | | | | | *24.6% | 20.7% | 56.0% | 23.1% | 6.5% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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GHS Lunch

Portion Values - Detailed

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|-------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/21/2019 | | | | | | | | | | | | | | | |
| GHS 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 |
| 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 |
| 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 |
| 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 |
| 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\$ | 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 |
| Egg Salad Sandwich Crsst - SK | 1 Crsst/#1 0ES | 410 | 381 | 594 | 3.14 | 2.65 | 151.8 | 720 | 0.59 | 4 | 17.67 | 33.47 | 23.82 | 6.57 | *0.00 |
| Potatoes, Tater Gems, Smp SK# | 8 Gems - 1/2 C | 143 | 0 | 286 | 1.68 | 0.61 | 16.8 | 0 | 1.01 | *N/A* | 1.68 | 15.96 | 8.4 | 2.10 | 0.00 |
| Garden Bar Wk 3-KMS/GHS% | See Below | 75 | 0 | 179 | 5.30 | 1.59 | 45.6 | 8905 | 9.7 | *4 | 4.35 | 14.45 | 0.27 | 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 |
| 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 |
| 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 |
| 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 |
| Weighted Daily Average | | 981 | 75 | 1505 | 15.55 | 5.64 | *470.3 | 7404 | 16.98 | *58 | 42.11 | 146.04 | 26.26 | 5.94 | *0.08 |
| % of Calories | | | | | | | | | | *23.5% | 17.2% | 59.5% | 24.1% | 5.5% | *0.1% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Mar 1, 2019 thru Mar 22, 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 ¹ (g) |
|--------------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Fri - 03/22/2019 | | | | | | | | | | | | | | | |
| 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 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 |
| 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 |
| 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 |
| 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 |
| Garden Bar Wk 3-KMS/GHS% | See Below | 75 | 0 | 179 | 5.30 | 1.59 | 45.6 | 8905 | 9.7 | *4 | 4.35 | 14.45 | 0.27 | 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 |
| 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 |
| 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 |
| 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 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 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 | | 873 | 66 | 1581 | 10.09 | 3.73 | 532.1 | 6905 | 12.85 | *56 *25.8% | 40.43 18.5% | 125.74 57.6% | 25.96 26.8% | 7.95 8.2% | 2.02 2.1% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|------|-------|------|--------|------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Weighted Average | | 811 | 63 | 1295 | 12.11 | 4.72 | *535.7 | 8099 | 32.89 | *48 *53.0% | 38.19 18.8% | 116.00 57.2% | 23.19 25.7% | 6.91 7.7% | *0.21 *0.2% |
|------------------|--|-----|----|------|-------|------|--------|------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|

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Germantown School District

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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Generated on: 2/22/2019 8:02:43 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 ¹ (g) | Error Messages (if any) | |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|------------|------------|---------------------------------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|--|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | | | | | | | | | | | |
| Calories | 811 | | 750 - 850 | 100% | | | | | | | | | | | | | | |
| Cholesterol (mg) | 63 | | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1295 | | 1420 | | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1295 | | 1080 | | | | | | 215 | Correction Required - Sodium too High | | | | | | | | |
| Fiber (g) | 12.11 | | | | | | | | | | | | | | | | | |
| Iron (mg) | 4.72 | | | | | | | | | | | | | | | | | |
| Calcium (mg) | 535.7 | | | | Missing | | | | | | | | | | | | | |
| Vitamin A (IU) | 8099 | | | | | | | | | | | | | | | | | |
| Sugars (g) | 48 | 23.54% | | | | | | | | | | | | | | | | |
| Vitamin C (mg) | 32.89 | | | | | | | | | | | | | | | | | |
| Protein (g) | 38.19 | 18.84% | | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 116.00 | 57.21% | | | | | | | | | | | | | | | | |
| Total Fat (g) | 23.19 | 25.73% | | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.91 | 7.67% | <10.00% | | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.21 | 0.24% | | | | Missing | | | | | | | | | | | | |

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