

Germantown School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 1

Generated on: 4/26/2019 9:38:11 AM

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 05/01/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Pizza, Tony's FB Multi Cheese | 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 |
| 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 |
| Omelet, Colby Chs, Michaels-2# | 2 Omelet | 260 | 380 | 520 | 0.00 | 1.44 | 120.0 | 800 | 0.0 | 0 | 14.0 | 2.0 | 22.0 | 7.00 | 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 Nugg, Gld Kst - 8 + | 8 Nuggets | 320 | 72 | 768 | 3.20 | 1.60 | 24.0 | 299 | 0.0 | 0 | 27.2 | 25.6 | 11.2 | 2.40 | 0.00 |
| Turkey Sand w/Chs,Crsst SKIP # | 5T/1C/1 C | 288 | 37 | 642 | 3.00 | 1.68 | 200.0 | 350 | 0.0 | 4 | 19.83 | 31.0 | 11.0 | 4.75 | 0.00 |
| | rsst | | | | | | | | | | | | | | |
| 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 | | 850 | 170 | 1291 | 12.44 | 6.59 | 499.4 | 14533 | 40.45 | *47 | 34.94 | 123.23 | 23.82 | 5.72 | *0.00 |
| % of Calories | | | | | | | | | | *22.0% | 16.4% | 58.0% | 25.2% | 6.1% | *0.0% |
| 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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May 1, 2019 thru May 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 ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/02/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Spaghetti Sauce w/Meat KM/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 |
| BBQ Pork Prtz Roll-KMS/GHS | #8 pork/1 Bun | 502 | 44 | 913 | 3.44 | 1.00 | 40.0 | 378 | 40.0 | *9 | 25.67 | 78.0 | 11.06 | 3.54 | 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 |
| Pizza, Bosco, SC WG RF SKIP@ | 1/8 Pizza | 310 | 25 | 540 | 3.00 | 1.80 | 400.0 | 750 | 3.6 | 4 | 19.0 | 34.0 | 11.0 | 5.00 | 0.00 |
| Cook's Choice | 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 |
| C-Line Sand-Variety-Cold-SKIP@ | 1Rl/5slmt/1slch | 258 | 41 | 854 | 2.41 | 1.80 | 190.7 | 153 | 0.32 | *5 | 21.26 | 27.73 | 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 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, 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 |
| Weighted Daily Average | | 711 | 52 | 972 | 11.11 | 5.91 | 482.0 | 7424 | 34.80 | *47 | 34.08 | 103.86 | 20.30 | 7.51 | *0.34 |
| % of Calories | | | | | | | | | | *26.2% | 19.2% | 58.4% | 25.7% | 9.5% | *0.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/03/2019 | | | | | | | | | | | | | | | |
| 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 |
| Taco, Soft Shell (2) #16 GHS+ | 2T-2#16M | 438 | 30 | 731 | 6.67 | 4.09 | 293.5 | 1169 | 6.42 | *3 | 28.39 | 37.69 | 20.69 | 11.41 | 0.00 |
| | -1ozCh | | | | | | | | | | | | | | |
| Taco, Hard Shell KMS/GHS+ | 3T-3#20M | 431 | 30 | 640 | 5.08 | 3.77 | 281.7 | 1303 | 7.4 | *3 | 29.05 | 29.71 | 22.71 | 10.78 | 0.00 |
| | -1ozCh | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| 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, 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 |
| 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 |
| Sidekick, Pineapple Horchata | 4.4 oz cup | 80 | 0 | 45 | 0.00 | 0.36 | 80.0 | 1000 | 60.0 | 19 | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average | | 694 | 43 | 1063 | 8.76 | 4.97 | 701.4 | 7743 | 62.13 | *44 | 34.93 | 88.29 | 23.80 | 9.72 | 0.00 |
| % of Calories | | | | | | | | | | *25.2% | 20.1% | 50.9% | 30.9% | 12.6% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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|------------------|--------------------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 05/06/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | 8 oz spoodl | 292 | 78 | 544 | 0.00 | 1.40 | 0.0 | 0 | 2.33 | 19 | 21.39 | 36.94 | 5.83 | 0.97 | 0.00 |
| | Rice, Brown, USDA, #8 - 1BrSK@ | 106 | 0 | 0 | 0.66 | 0.00 | 0.0 | 0 | 0.0 | 0 | 2.65 | 22.52 | 0.99 | 0.00 | 0.00 |
| | Breadstick 6" NY WG 1oz1@ | 90 | 0 | 190 | 2.00 | 1.08 | 0.0 | 0 | 0.0 | *N/A* | 3.0 | 17.0 | 1.0 | 0.00 | 0.00 |
| | Pizza, BD Primo Buff Ckn WG \$ | 390 | 45 | 750 | 3.00 | 2.70 | 300.0 | 400 | 0.0 | 8 | 20.0 | 35.0 | 19.0 | 7.00 | 0.00 |
| | Cook's Choice | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | Pizza, Wild Mike's KMS/GHSSK ^ | 360 | 30 | 510 | 3.00 | 2.70 | 500.0 | 500 | 6.0 | 4 | 20.0 | 34.0 | 17.0 | 8.00 | 0.00 |
| | Wrap, Veggie - Skip@ | 100 | 20 | 487 | 1.79 | 0.40 | 273.6 | 3321 | 34.89 | *4 | 8.26 | 8.56 | 4.7 | 3.04 | *0.00 |
| | String Cheese - Skip | 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 4-KMS/GHS% | 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\$ | 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 | 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 \$ | 60 | 0 | 13 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | 13 | 0.33 | 14.0 | 0.0 | 0.00 | 0.00 |
| | Cookie, Fortune@ | 35 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 1.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| | Milk, SKIP - AVG - PF% | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| | Weighted Daily Average | 666 | 68 | 935 | 4.63 | 3.19 | 469.6 | 6674 | 19.61 | *44 | 32.93 | 99.65 | 14.96 | 4.13 | *0.00 |
| | % of Calories | | | | | | | | | *26.2% | 19.8% | 59.8% | 20.2% | 5.6% | *0.0% |
| | Nutrient Guideline | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 05/07/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Bosco Stk, 6" WGRF, 2 KMS/GHS# | 2 Bosco Sticks | 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 |
| 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 |
| 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 |
| 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 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 |
| 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 |
| 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 |
| 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 | | 777 | 45 | 1334 | 15.05 | 4.61 | 514.1 | 8127 | 69.31 | *48 | 41.30 | 108.86 | 23.68 | 6.09 | *0.00 |
| % of Calories | | | | | | | | | | *24.5% | 21.3% | 56.0% | 27.4% | 7.1% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/08/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Potato Bar - KMS/GHS@ | 1Pot w/To ppings | 441 | 65 | 868 | 6.31 | 3.49 | 163.1 | 1851 | 51.35 | *2 | 24.6 | 47.86 | 16.24 | 8.76 | 0.00 |
| Cheeseburger, Bacon@ | 1bg/1c/1bc/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/1Chk/1ozC | 398 | 75 | 762 | 25.56 | 2.64 | *61.1 | 327 | 14.72 | *8 | 36.15 | 35.27 | 12.03 | 4.45 | 0.01 |
| 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 Serv | 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 |
| 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 | | 782 | 73 | 1307 | 19.47 | 5.23 | *571.4 | 12405 | 63.34 | *59 | 43.99 | 111.00 | 18.25 | 7.02 | 0.01 |
| % of Calories | | | | | | | | | | *29.9% | 22.5% | 56.8% | 21.0% | 8.1% | 0.0% |
| 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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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|---------------------------------|--------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/09/2019 | | | | | | | | | | | | | | | |
| 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 |
| Turkey & Gravy w/Brd Bwl K&GH@ | 6oz TG/1 B | 286 | 58 | 455 | 3.00 | 3.66 | 53.3 | 0 | 3.1 | *N/A* | 22.67 | 34.0 | 7.67 | 1.43 | 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, 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, Tony's FB Multi Chs SK | 6" FB Pizza | 320 | 15 | 590 | 2.00 | 2.70 | 250.0 | 400 | 15.0 | *N/A* | 15.0 | 36.0 | 12.0 | 3.00 | 0.00 |
| Bosco Stk, 6" WGRF, 2 KM/GH\$K# | 2 Bosco St icks | 300 | 30 | 440 | 4.00 | 2.16 | 400.0 | 400 | 0.0 | 2 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| Marinara Sauce-Homemade-Skip% | 1.5 oz | 28 | 0 | 31 | 0.58 | 0.36 | 5.9 | 154 | 0.98 | *4 | 0.44 | 5.91 | 0.53 | 0.08 | *0.00 |
| 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, 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 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 |
| 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 | | 898 | 72 | 1481 | 13.78 | 4.15 | *436.0 | 7225 | 19.17 | *50 | 36.98 | 125.28 | 28.09 | 5.27 | *0.00 |
| % of Calories | | | | | | | | | | *22.1% | 16.5% | 55.8% | 28.1% | 5.3% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|---------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/10/2019 | | | | | | | | | | | | | | | |
| 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 Nugg, Gld Kst - 8 + | 8 Nuggets | 320 | 72 | 768 | 3.20 | 1.60 | 24.0 | 299 | 0.0 | 0 | 27.2 | 25.6 | 11.2 | 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 |
| 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 |
| 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 |
| 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 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 |
| Fruit, Fresh, Spring Mix | 1 Piece | 44 | 0 | 1 | 1.96 | 0.17 | 19.8 | 196 | 35.07 | 8 | 0.65 | 11.23 | 0.21 | 0.02 | 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 |
| Weighted Daily Average | | 810 | 74 | 1448 | 9.28 | 3.70 | 529.1 | 9144 | 36.56 | *54 | 37.87 | 114.23 | 22.34 | 7.18 | 0.20 |
| % of Calories | | | | | | | | | | *26.9% | 18.7% | 56.4% | 24.8% | 8.0% | 0.2% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|---------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 05/13/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 2mt | 1 Bun/2SI Ham/1C | 242 | 37 | 993 | 2.65 | 1.43 | 132.0 | 150 | 0.0 | 5 | 18.74 | 28.47 | 6.44 | 2.57 | 0.01 |
| C-Line Sand-Variety-Cold-SKIP@ | 1RI/5slmt/ 1slch | 258 | 41 | 854 | 2.41 | 1.80 | 190.7 | 153 | 0.32 | *5 | 21.26 | 27.73 | 7.09 | 3.18 | *0.02 |
| 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 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 |
| Fruit Cocktail, lt syrup, 1/2c | #8-1/2 cup | 69 | 0 | 7 | 1.21 | 0.35 | 7.3 | 252 | 2.3 | 17 | 0.48 | 18.07 | 0.08 | 0.01 | 0.00 |
| Apples, Cinnamon - Warm + | 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 |
| 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 | | 738 | 48 | 1305 | 13.99 | 3.78 | 621.8 | 9078 | 14.13 | *53 | 32.66 | 115.62 | 18.21 | 6.58 | *0.09 |
| % of Calories | | | | | | | | | | *28.9% | 17.7% | 62.6% | 22.2% | 8.0% | *0.1% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/14/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| Ravioli, Mini WG, Chs KMS/GHS+ | 20 raviolis | 456 | 74 | 1230 | 6.79 | 4.57 | 320.5 | 1550 | 22.14 | *3 | 27.43 | 62.16 | 8.85 | 4.42 | 0.00 |
| Garlic Toast, WG, GFS \$ | 1 Slice | 80 | 0 | 150 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 2.0 | 11.0 | 3.5 | 1.00 | 0.00 |
| Potatoes, Tri-Tater, Tiny# | 3 Tiny Tate | 140 | 0 | 330 | 2.00 | 0.36 | 0.0 | 0 | 3.6 | *N/A* | 1.0 | 17.0 | 7.0 | 2.00 | 0.00 |
| Pizza, Assorted SKIP | 1 slice | 360 | 30 | 555 | 3.75 | 2.70 | 412.5 | 575 | 2.1 | *6 | 20.0 | 40.75 | 13.25 | 6.25 | 0.00 |
| 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 |
| 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 |
| 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 |
| Garden Bar Wk 4-Elem% | See Below | 37 | 0 | 48 | 2.51 | 0.76 | 34.1 | 8177 | 13.41 | *0 | 1.46 | 7.99 | 0.14 | 0.03 | *0.00 |
| Salad Drsg, 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 |
| Applesauce - 4.5 oz Cup, Cmdty | 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 |
| Craisins, Strawberry % | 1 package | 110 | 0 | 0 | 3.00 | 0.00 | 0.0 | 0 | 0.0 | 24 | 0.0 | 28.0 | 0.0 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| 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 | | 837 | 66 | 1422 | 12.70 | 4.33 | 453.3 | 8133 | 24.58 | *52 | 36.42 | 114.09 | 26.13 | 6.13 | *0.00 |
| % of Calories | | | | | | | | | | *24.7% | 17.4% | 54.5% | 28.1% | 6.6% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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GHS Lunch

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|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/15/2019 | | | | | | | | | | | | | | | |
| 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 |
| Pizza, Bosco, SC WG RF@ | 1/8 Pizza | 310 | 25 | 540 | 3.00 | 1.80 | 400.0 | 750 | 3.6 | 4 | 19.0 | 34.0 | 11.0 | 5.00 | 0.00 |
| Meatball Hoagie w/Mozz GHS | 1B/5Mtb/.5 ozCH | 555 | 65 | 705 | 5.41 | 6.16 | *199.1 | 309 | 13.52 | *14 | 32.16 | 55.05 | 22.59 | 8.53 | 0.90 |
| 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 |
| 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 |
| 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 |
| 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 | | 828 | 55 | 1259 | 13.02 | 6.00 | *569.4 | 14307 | 44.00 | *53 | 37.12 | 125.22 | 20.89 | 6.62 | *0.18 |
| % of Calories | | | | | | | | | | *25.5% | 17.9% | 60.5% | 22.7% | 7.2% | *0.2% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|--------------------------------|--------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/16/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken Nugg, Gld Kst - 8 + | 8 Nuggets | 320 | 72 | 768 | 3.20 | 1.60 | 24.0 | 299 | 0.0 | 0 | 27.2 | 25.6 | 11.2 | 2.40 | 0.00 |
| Roll, WG 2oz Rich's \$ | 1 roll | 170 | 0 | 135 | 3.00 | 1.44 | 0.0 | 0 | 0.0 | 3 | 7.0 | 28.0 | 3.0 | 0.50 | 0.00 |
| Salisbury Steak - 2\$ | 2 Steak | 290 | 81 | 980 | 2.00 | 3.60 | 80.0 | 0 | 2.4 | *2 | 32.5 | 9.5 | 14.25 | 6.00 | 0.00 |
| Roll, WG 2oz Rich's \$ | 1 roll | 170 | 0 | 135 | 3.00 | 1.44 | 0.0 | 0 | 0.0 | 3 | 7.0 | 28.0 | 3.0 | 0.50 | 0.00 |
| 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, 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 |
| 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 |
| Sweet Potato Bites, HvstSpl SK | 1/2 cup | 129 | 0 | 109 | 2.97 | 0.36 | 19.8 | 3959 | 3.56 | 11 | 1.98 | 20.79 | 4.45 | 0.49 | 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 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 60 | 0 | 13 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | 13 | 0.33 | 14.0 | 0.0 | 0.00 | 0.00 |
| Cinn Roll w/Cin & Sugar-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 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 |
| Weighted Daily Average | | 947 | 74 | 1639 | 14.65 | 5.93 | 440.7 | 8678 | 33.24 | *58 | 44.62 | 146.44 | 20.45 | 5.37 | *0.00 |
| % of Calories | | | | | | | | | | *24.4% | 18.9% | 61.9% | 19.4% | 5.1% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/17/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Sloppy Joe, #12-KMS/GHS@ | #12 Mt/1 B | 310 | 31 | 1054 | 4.64 | 3.95 | 78.3 | 450 | 5.98 | 9 | 20.14 | 36.84 | 8.94 | 0.32 | 0.01 |
| French Fries, KK, Simp 3/8@ | 3 oz Serv | 160 | 0 | 230 | 2.00 | 0.72 | 20.0 | 0 | 6.0 | *N/A* | 2.0 | 25.0 | 6.0 | 0.50 | 0.00 |
| Cheeseburger, Double SKIP \$ | 1Bun/1Ch s/2Bgr | 438 | 78 | 631 | 4.65 | 3.43 | 176.0 | 150 | 0.0 | 4 | 35.74 | 29.47 | 19.94 | 7.97 | 0.01 |
| Jamwich, PB & Jelly, WG-2SKIP# | 2 Jamwich | 580 | 0 | 540 | 8.00 | 4.14 | 80.0 | 0 | 2.4 | 27 | 20.0 | 64.0 | 30.0 | 5.00 | 0.00 |
| French Fries, KK, Simp 3/8 SK@ | 3 oz Serv | 160 | 0 | 230 | 2.00 | 0.72 | 20.0 | 0 | 6.0 | *N/A* | 2.0 | 25.0 | 6.0 | 0.50 | 0.00 |
| 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 |
| Applesauce - 4.5 oz Cup, Cmdty | 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 |
| 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 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 | | 861 | 59 | 1215 | 9.87 | 4.48 | 586.7 | 7046 | 26.48 | *59 | 34.91 | 125.73 | 26.20 | 8.06 | *0.00 |
| % of Calories | | | | | | | | | | *27.4% | 16.2% | 58.4% | 27.4% | 8.4% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/20/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Pork Carnita Flatbread Sand@ | 1 FB,#16P | 317 | 55 | 570 | 3.12 | 2.48 | 264.0 | 808 | 4.45 | *0 | 20.13 | 26.88 | 14.0 | 7.20 | 0.00 |
| | ,1ozCh | | | | | | | | | | | | | | |
| Fajita, Chicken - KMS/GHS+ | 1T/3ozCK | 410 | 110 | 670 | 4.00 | 2.52 | 240.0 | 300 | 0.0 | *0 | 27.0 | 32.0 | 20.5 | 10.50 | 0.00 |
| | /1ozCH | | | | | | | | | | | | | | |
| 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, Tater Gems, Smp# | 8 Gems - | 143 | 0 | 286 | 1.68 | 0.61 | 16.8 | 0 | 1.01 | *N/A* | 1.68 | 15.96 | 8.4 | 2.10 | 0.00 |
| | 1/2 C | | | | | | | | | | | | | | |
| 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/3SI | 385 | 52 | 1415 | 6.00 | 0.54 | 100.0 | 150 | 0.0 | 10 | 27.0 | 46.5 | 9.5 | 3.75 | 0.00 |
| | Ham/1C | | | | | | | | | | | | | | |
| C-Line Sand-Variety-Cold-SKIP@ | 1Rl/5slmt/ | 258 | 41 | 854 | 2.41 | 1.80 | 190.7 | 153 | 0.32 | *5 | 21.26 | 27.73 | 7.09 | 3.18 | *0.02 |
| | 1slch | | | | | | | | | | | | | | |
| Potatoes, Tater Gems, Smp SK# | 8 Gems - | 143 | 0 | 286 | 1.68 | 0.61 | 16.8 | 0 | 1.01 | *N/A* | 1.68 | 15.96 | 8.4 | 2.10 | 0.00 |
| | 1/2 C | | | | | | | | | | | | | | |
| 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 w/bcn - 1/2 cup@ | 4oz spdl-1 | 140 | 0 | 550 | 5.00 | 1.80 | 40.0 | 0 | 0.0 | *N/A* | 6.0 | 29.0 | 1.0 | 0.00 | 0.00 |
| | /2C | | | | | | | | | | | | | | |
| 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 |
| Pears, Canned, Lt. Syr - 1/2C | 4oz spdl-1 | 72 | 0 | 6 | 2.01 | 0.35 | 6.3 | 0 | 0.88 | 15 | 0.24 | 19.04 | 0.04 | 0.00 | 0.00 |
| | /2C | | | | | | | | | | | | | | |
| 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 | | 865 | 80 | 1524 | 11.27 | 4.39 | 470.9 | 7013 | 13.23 | *49 | 38.30 | 115.07 | 28.82 | 7.46 | *0.00 |
| % of Calories | | | | | | | | | | *22.8% | 17.7% | 53.2% | 30.0% | 7.8% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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GHS Lunch

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|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/21/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken, Gen TSO, Lin-KMS/GHS | 8oz spoodl | 378 | 89 | 802 | 0.00 | 1.60 | 0.0 | 0 | 2.67 | 29 | 24.44 | 51.11 | 6.67 | 1.11 | 0.00 |
| Rice, Brown, USDA, #8 - 1BrSK@ | #8/4 oz | 106 | 0 | 0 | 0.66 | 0.00 | 0.0 | 0 | 0.0 | 0 | 2.65 | 22.52 | 0.99 | 0.00 | 0.00 |
| 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 |
| 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 |
| Taco, Soft Shell (2) #16 GHS+ | 2T-2#16M | 438 | 30 | 731 | 6.67 | 4.09 | 293.5 | 1169 | 6.42 | *3 | 28.39 | 37.69 | 20.69 | 11.41 | 0.00 |
| | -1ozCh | | | | | | | | | | | | | | |
| Taco, Hard Shell KMS/GHS+ | 3T-3#20M | 431 | 30 | 640 | 5.08 | 3.77 | 281.7 | 1303 | 7.4 | *3 | 29.05 | 29.71 | 22.71 | 10.78 | 0.00 |
| | -1ozCh | | | | | | | | | | | | | | |
| 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 |
| Cheeseburger, PJ DBL - SK# | 1bun/2 bgr | 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* | 1T-7s1T-.5CH-L | 320 | 60 | 668 | 4.32 | 1.91 | 126.4 | 414 | 7.15 | *0 | 24.82 | 25.46 | 12.5 | 6.00 | 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, 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 |
| 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 |
| 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* |
| 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 | | 871 | 77 | 1189 | 12.33 | 5.36 | 617.1 | 8186 | 26.15 | *55 | 42.99 | 134.45 | 18.19 | 6.69 | *0.00 |
| % of Calories | | | | | | | | | | *25.4% | 19.7% | 61.7% | 18.8% | 6.9% | *0.0% |
| 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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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|-------------------------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 05/22/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Cook's Choice Bkfst Sand | 1 Sandwich | 287 | 161 | 623 | 3.30 | 2.33 | 201.6 | 320 | 0.12 | *3 | 17.92 | 30.49 | 11.17 | 3.87 | 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 |
| Fruit, Fresh, Spring Mix | 1 Piece | 44 | 0 | 1 | 1.96 | 0.17 | 19.8 | 196 | 35.07 | 8 | 0.65 | 11.23 | 0.21 | 0.02 | 0.00 |
| Apples, Cinnamon - Warm + | 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 |
| 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 | | 651 | 60 | 1094 | 11.22 | 3.39 | 609.8 | 7006 | 38.11 | *43 | 30.13 | 99.71 | 18.13 | 7.49 | *0.00 |
| % of Calories | | | | | | | | | | *26.6% | 18.5% | 61.3% | 25.1% | 10.4% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | 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) |
|--------------------------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 05/23/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| 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 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 |
| 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 |
| 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 |
| Cook's Choice - Skip | 1 Serving | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| Soup, Broccoli Cheese 8oz\$ | 8 oz | 272 | 49 | 792 | 1.33 | 0.00 | 520.0 | 593 | 24.0 | 11 | 17.33 | 18.67 | 14.67 | 8.00 | 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 |
| 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 |

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

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 677 | 57 | 1207 | 7.08 | 2.82 | 648.6 | 7863 | 29.34 | *49 | 34.73 | 88.92 | 20.92 | 5.66 | *0.00 |
| % of Calories | | | | | | | | | | *28.7% | 20.5% | 52.6% | 27.8% | 7.5% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| Fri - 05/24/2019 | | | | | | | | | | | | | | | |
|--------------------------------|-----------------|---------|----|------|------|------|-------|------|-------|--------|-------|--------|-------|--------|-------|
| 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 |
| Fish Sandwich w/Chse - Square# | 1fsh/1bun/1Chs | 372 | 58 | 603 | 3.65 | 2.51 | 152.0 | 150 | 0.0 | 5 | 23.74 | 43.47 | 10.94 | 2.57 | 0.01 |
| Tartar Sauce, Skip% | 2 TBSP | 37 | 3 | 149 | 0.08 | 0.05 | 3.0 | 4 | 0.4 | *3 | 0.08 | 3.49 | 2.56 | 0.28 | 0.00 |
| 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 |
| 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 |
| 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 |
| 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 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 |
| 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* |
| 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 | | 776 | 53 | 1371 | 9.92 | 4.30 | 539.7 | 7860 | 26.79 | *38 | 31.35 | 107.11 | 24.96 | 6.71 | *0.00 |
| % of Calories | | | | | | | | | | *19.5% | 16.2% | 55.2% | 29.0% | 7.8% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 05/28/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken Nugg, Gld Kst SK - 8 + | 8 Nuggets | 320 | 72 | 768 | 3.20 | 1.60 | 24.0 | 299 | 0.0 | 0 | 27.2 | 25.6 | 11.2 | 2.40 | 0.00 |
| Enchilada, Prk Carnita KM/GHS+ | 1 Enchilad | 432 | 73 | 870 | 4.59 | 3.30 | 292.5 | 1170 | 6.82 | *0 | 26.35 | 37.49 | 19.9 | 10.96 | 0.00 |
| Salsa, Red Gold - Skip# | 2 oz Serv | 20 | 0 | 140 | 1.00 | 0.72 | 40.0 | 1000 | 12.0 | *N/A* | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Sour Cream, PF - Skip# | 2 Tbsp | 60 | 20 | 15 | 0.00 | 0.00 | 40.0 | 200 | 0.0 | 1 | 1.0 | 1.0 | 5.0 | 4.00 | 0.00 |
| Chicken 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 |
| 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, 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 | 282 | 52 | 1088 | 4.00 | 1.56 | 120.0 | 350 | 6.0 | *2 | 22.17 | 26.0 | 9.5 | 4.25 | 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 |
| 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 |
| Applesauce - 4.5 oz Cup, Cmdty | 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 |
| 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 |
| 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 | | 911 | 79 | 1400 | 12.21 | 5.61 | 543.1 | 7908 | 23.06 | *57 | 42.05 | 137.53 | 22.84 | 6.11 | *0.00 |
| % of Calories | | | | | | | | | | *24.9% | 18.5% | 60.4% | 22.6% | 6.0% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|-------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/29/2019 | | | | | | | | | | | | | | | |
| 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 |
| Mac & Cheese, LOL, RS RF 6 oz | 6 oz scoop | 280 | 25 | 670 | 2.00 | 1.08 | 400.0 | 750 | 0.0 | 6 | 17.0 | 29.0 | 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 |
| 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 | | 787 | 62 | 1504 | 10.30 | 137.80 | 537.3 | 9111 | 33.49 | *45 | 35.27 | 112.25 | 23.70 | 7.50 | *0.00 |
| % of Calories | | | | | | | | | | *22.7% | 17.9% | 57.0% | 27.1% | 8.6% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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May 1, 2019 thru May 31, 2019

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GHS Lunch

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|------------------|--------------------------------|---------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/30/2019 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | 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 |
| | Turkey & Gravy KMS/GHS\$ | 180 | 75 | 690 | 0.00 | 1.08 | 0.0 | 0 | 0.0 | 0 | 24.0 | 3.0 | 9.0 | 3.00 | 0.00 |
| | Cheeseburger, Bacon@ | 345 | 50 | 612 | 3.65 | 2.43 | 154.0 | 150 | 0.0 | 4 | 24.74 | 28.47 | 14.94 | 5.77 | 0.01 |
| | Potatoes, Mashed #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% | 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 | 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 \$ | 612 | 70 | 1752 | 4.58 | 2.88 | 100.0 | 0 | 0.0 | 7 | 24.4 | 52.98 | 34.2 | 12.68 | 0.06 |
| | Chicken Salad Sand, Crsst SK+ | 663 | 119 | 1060 | 3.36 | 1.97 | 105.8 | 223 | 1.34 | 4 | 26.81 | 31.65 | 44.97 | 10.16 | 0.00 |
| | Garden Bar Wk 6-KMS/GHS% | See Below | 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 | 0.2 | 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 | 4.66 | *N/A* | 2.91 | 18.43 | 0.49 | 0.00 | 0.00 |
| | Fruit, Fresh, Spring Mix | 1 Piece | 44 | 0 | 1 | 1.96 | 0.17 | 19.8 | 196 | 35.07 | 8 | 0.65 | 11.23 | 0.21 | 0.02 |
| | Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 60 | 0 | 13 | 0.00 | 0.00 | 0 | 1.2 | 13 | 0.33 | 14.0 | 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 |
| | Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 |
| | Ketchup, Skip% | 2 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 |
| | Mustard, skip | 2 tsp | 0 | 0 | 160 | 0.00 | 0.00 | 0 | 0.0 | *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 |
| | Weighted Daily Average | 873 | 58 | 1402 | 12.19 | 5.28 | 462.9 | 7701 | 38.38 | *47 | 38.95 | 125.10 | 24.72 | 6.45 | *0.01 |
| | % of Calories | | | | | | | | | *21.7% | 17.8% | 57.3% | 25.5% | 6.6% | *0.0% |
| | Nutrient Guideline | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) |
|--------------------------------|---------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/31/2019 | | | | | | | | | | | | | | | |
| 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 |
| Cook's Choice - Skip | 1 Serving | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 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 |
| Orange Smiles | 1 Orange | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | 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 |
| 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 |
| Weighted Daily Average | | 744 | 50 | 979 | 10.85 | 128.36 | 578.9 | 7740 | 54.67 | *62 | 29.39 | 110.96 | 21.86 | 7.02 | *0.00 |
| % of Calories | | | | | | | | | | *33.1% | 15.8% | 59.6% | 26.4% | 8.5% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |
| Weighted Average | | 798 | 67 | 1288 | 11.64 | 16.37 | *540.1 | 8677 | 35.05 | *50 | 36.63 | 115.12 | 22.33 | 6.66 | *0.04 |
| | | | | | | | | | | *56.9% | 18.4% | 57.7% | 25.2% | 7.5% | *0.0% |

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Germantown School District

May 1, 2019 thru May 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 ¹ (g) | Error Messages (if any) | |
|----------------------------|----------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|---------------------------------------|--|
| Calories | 798 | | 750 - 850 | | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 67 | | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1288 | | | 1420 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1288 | | | 1080 | | | | | 208 | | | | | | | | Correction Required - Sodium too High | |
| Fiber (g) | 11.64 | | | | | | | | | | | | | | | | | |
| Iron (mg) | 16.37 | | | | | | | | | | | | | | | | | |
| Calcium (mg) | 540.1 | | | | | Missing | | | | | | | | | | | | |
| Vitamin A (IU) | 8677 | | | | | | | | | | | | | | | | | |
| Sugars (g) | 50 | 25.29% | | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 35.05 | | | | | | | | | | | | | | | | | |
| Protein (g) | 36.63 | 18.36% | | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 115.12 | 57.71% | | | | | | | | | | | | | | | | |
| Total Fat (g) | 22.33 | 25.19% | | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.66 | 7.51% | | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.04 | 0.04% | | | | Missing | | | | | | | | | | | | |

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