

Germantown School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 1

Generated on: 4/26/2019 9:36:34 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) |
|--------------------------------|---------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/01/2019 | | | | | | | | | | | | | | | |
| KMS 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 |
| Chicken Nugg, Gld Kst - 7 + | 7 Nuggets | 280 | 63 | 672 | 2.80 | 1.40 | 21.0 | 262 | 0.0 | 0 | 23.8 | 22.4 | 9.8 | 2.10 | 0.00 |
| 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, JTM, 2 | 2 Sausage | 123 | 27 | 176 | 0.00 | 0.00 | 170.0 | 550 | 0.0 | 0 | 6.0 | 1.0 | 11.0 | 3.80 | 0.00 |
| Syrup, Heinz, LoCal 1oz Skip@ | 1 Cup | 50 | 0 | 15 | 0.00 | 0.03 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | *N/A* |
| 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 |
| 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 |
| Roll, Dnr White Wht Alpha-1\$ | 1 roll | 77 | 0 | 147 | 1.22 | 0.72 | 20.1 | 0 | 0.0 | 1 | 2.85 | 13.31 | 1.34 | 0.24 | 0.02 |
| 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, 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 | | 661 | 109 | 1022 | 8.11 | 5.06 | 469.0 | 9365 | 26.13 | *27 | 31.31 | 91.89 | 18.43 | 4.71 | *0.01 |
| % of Calories | | | | | | | | | | *16.4% | 18.9% | 55.6% | 25.1% | 6.4% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <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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| | 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 - 05/02/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | 8 oz Spood | 234 | 43 | 407 | 3.78 | 3.90 | 45.7 | 812 | 11.95 | *3 | 15.99 | 15.75 | 12.66 | 4.65 | *0.72 |
| | Pasta, Rotini WG 2 Br | 180 | 0 | 0 | 6.00 | 3.60 | 0.0 | 0 | 0.0 | 2 | 8.0 | 39.0 | 1.5 | 0.00 | 0.00 |
| | Cheese, Parmesan % | 59 | 12 | 247 | 0.29 | 0.10 | 137.1 | 107 | 0.0 | 0 | 9.86 | 0.57 | 4.0 | 2.57 | 0.00 |
| | Garlic Toast, WG, GFS \$ | 80 | 0 | 150 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 2.0 | 11.0 | 3.5 | 1.00 | 0.00 |
| | Hot Dog w/Bun KM/GHS \$ | 356 | 45 | 1066 | 2.29 | 1.80 | 70.0 | 0 | 0.0 | 6 | 14.2 | 29.49 | 20.1 | 7.34 | 0.03 |
| | Chili Dog, JTM Chili | 408 | 56 | 1145 | 3.66 | 2.85 | 87.2 | 429 | 6.59 | 7 | 18.66 | 34.64 | 21.81 | 7.92 | 0.03 |
| | /Bn | | | | | | | | | | | | | | |
| | Pizza, Bosco, SC WG RF SKIP@ | 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@ | 345 | 50 | 612 | 3.65 | 2.43 | 154.0 | 150 | 0.0 | 4 | 24.74 | 28.47 | 14.94 | 5.77 | 0.01 |
| | c/1bn | | | | | | | | | | | | | | |
| | Salad Bar, KMS/GHS. Skip@ | 465 | 120 | 1214 | 11.20 | 4.37 | 400.9 | 7358 | 24.91 | *5 | 35.81 | 40.33 | 19.3 | 8.37 | *0.00 |
| | opngs | | | | | | | | | | | | | | |
| | Salad Drsg, Asst KMS- Skip\$ | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| | Garlic Toast, WG, GFS SK \$ | 80 | 0 | 150 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 2.0 | 11.0 | 3.5 | 1.00 | 0.00 |
| | Beans. Green, Simplot-1/2 cup | 27 | 0 | 0 | 1.78 | 0.64 | 35.6 | 178 | 8.0 | *0 | 0.89 | 5.47 | 0.0 | 0.00 | 0.00 |
| | /2C | | | | | | | | | | | | | | |
| | Applesauce, Cinnamon - 1/2C | 84 | 0 | 2 | 1.48 | 0.15 | 3.7 | 7 | 2.09 | 18 | 0.2 | 21.51 | 0.21 | 0.04 | 0.00 |
| | Milk, SKIP - AVG - PF% | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| | Ketchup, Skip% | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| | Mustard, skip | 0 | 0 | 160 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | Lettuce, Shredded - SKIP | 2 | 0 | 1 | 0.13 | 0.04 | 2.5 | 25 | 0.45 | *N/A* | 0.13 | 0.38 | 0.0 | 0.00 | 0.00 |
| | Weighted Daily Average | 644 | 61 | 1010 | 9.49 | 5.38 | 539.2 | 1958 | 16.50 | *39 | 36.02 | 88.31 | 18.73 | 7.21 | *0.29 |
| | % of Calories | | | | | | | | | *24.0% | 22.4% | 54.8% | 26.2% | 10.1% | *0.4% |
| | Nutrient Guideline | 600-700 | | 1360 | | | | | | | | | | <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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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 - 05/03/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Pizza, BD Primo 4 Meat WG< | slice | 370 | 40 | 650 | 3.00 | 2.70 | 300.0 | 300 | 0.0 | 9 | 20.0 | 36.0 | 17.0 | 7.00 | 0.00 |
| Pizza, BD Primo WG@ | slice | 360 | 35 | 470 | 3.00 | 2.70 | 450.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| Taco, Soft Shell (1)#10 KM/GH+ | 1T-1#10M | 391 | 30 | 632 | 5.00 | 3.42 | 280.0 | 950 | 4.8 | *2 | 24.0 | 35.0 | 18.5 | 10.30 | 0.00 |
| | -1ozCh | | | | | | | | | | | | | | |
| Chicken Sand, Patty Brd @ | 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 |
| Chicken Sand, Patty, Spicy@ | 1 Bun/1 Pa | 417 | 25 | 648 | 5.65 | 4.13 | 72.0 | 100 | 0.0 | *3 | 21.24 | 43.47 | 16.94 | 3.32 | 0.01 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 | | 746 | 37 | 1056 | 7.78 | 4.23 | 660.7 | 2099 | 84.79 | *47 | 31.90 | 104.75 | 23.37 | 8.54 | 0.00 |
| % of Calories | | | | | | | | | | *25.4% | 17.1% | 56.2% | 28.2% | 10.3% | 0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|------------------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Mon - 05/06/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Chicken, Mand Org-Ling KM/GH+ | 8 oz spoodl | 292 | 78 | 544 | 0.00 | 1.40 | 0.0 | 0 | 2.33 | 19 | 21.39 | 36.94 | 5.83 | 0.97 | 0.00 |
| Rice, Brown, USDA, #8 - 1BrSK@ | #8/4 oz | 106 | 0 | 0 | 0.66 | 0.00 | 0.0 | 0 | 0.0 | 0 | 2.65 | 22.52 | 0.99 | 0.00 | 0.00 |
| Bosco Stk, 6" WGRF, 2 KMS/GHS# | 2 Bosco St icks | 300 | 30 | 440 | 4.00 | 2.16 | 400.0 | 400 | 0.0 | 2 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| | 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 |
| Marinara Sauce-Redpack-Skip\$ | 1 pizza | 320 | 30 | 480 | 3.00 | 2.70 | 250.0 | 300 | 0.0 | 10 | 17.0 | 35.0 | 12.0 | 6.00 | 0.00 |
| Pizza, Tony's 5" DD Cheese SK\$ | 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 |
| C-Line Sand-Variety-Cold-SKIP@ | #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 |
| Broccoli, Frozen 1/2c | 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 |
| Pineapple, Tidbits - 1/2 Cup | 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 |
| Cookie, Fortune@ | 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 |
| Milk, SKIP - AVG - PF% | | 565 | 62 | 731 | 4.57 | 2.87 | 502.1 | 1257 | 26.96 | *32 | 33.21 | 86.55 | 10.04 | 3.63 | *0.00 |
| Weighted Daily Average | | | | | | | | | | *22.9% | 23.5% | 61.2% | 16.0% | 5.8% | *0.0% |
| % of Calories | | | | | | | | | | | | | | | |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 05/07/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Taco Nachos(#12)w/LOL-KMS+ | 1Cp/#12M t/2Ch | 393 | 20 | 804 | 3.67 | 2.73 | 93.4 | 843 | 16.01 | *2 | 18.87 | 36.18 | 22.18 | 7.00 | 0.00 |
| Salsa, Red Gold - Skip# | 2 oz Serv | 20 | 0 | 140 | 1.00 | 0.72 | 40.0 | 1000 | 12.0 | *N/A* | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Sour Cream, PF - Skip# | 2 Tbsp | 60 | 20 | 15 | 0.00 | 0.00 | 40.0 | 200 | 0.0 | 1 | 1.0 | 1.0 | 5.0 | 4.00 | 0.00 |
| Mac & Cheese, LOL, RS RF 8oz | #6/6 oz | 373 | 33 | 893 | 2.67 | 1.44 | 533.3 | 1000 | 0.0 | 8 | 22.67 | 38.67 | 14.67 | 6.67 | 0.00 |
| Chicken Tdrs, TY - 4 KM/GHS@ | 4 Tenders | 320 | 60 | 540 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 4 | 50.0 | 16.0 | 16.0 | 3.00 | 0.00 |
| Chicken Sand, Filet Brd SKIP+ | 1 Filet/1 Bu | 363 | 45 | 824 | 4.65 | 2.51 | 52.0 | 200 | 0.0 | 4 | 26.24 | 42.47 | 9.94 | 1.32 | 0.01 |
| C-Line Sand-Variety-Cold-SKIP@ | 1Rl/5slmt/ 1slch | 258 | 41 | 854 | 2.41 | 1.80 | 190.7 | 153 | 0.32 | *5 | 21.26 | 27.73 | 7.09 | 3.18 | *0.02 |
| Salad Bar, KMS/GHS. Skip@ | 2C Let w/T opngs | 465 | 120 | 1214 | 11.20 | 4.37 | 400.9 | 7358 | 24.91 | *5 | 35.81 | 40.33 | 19.3 | 8.37 | *0.00 |
| Salad Drsg, Asst KMS- Skip\$ | 1 packet/cu | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| Pretzel, Bite Mini - 3 SKIP | 3 Bites | 90 | 0 | 90 | 3.00 | 1.08 | 0.0 | 0 | 0.0 | 0 | 3.0 | 21.0 | 0.0 | 0.00 | 0.00 |
| Beans, Refried, Cheesy, 1/2C@ | #8 - 1/2 Cu | 146 | 10 | 195 | 5.01 | 1.45 | 104.1 | 96 | 2.39 | *0 | 9.27 | 20.5 | 2.88 | 1.92 | 0.00 |
| Apple, Fresh | 1 Apple | 59 | 0 | 1 | 2.71 | 0.14 | 6.8 | 61 | 5.2 | 12 | 0.29 | 15.61 | 0.19 | 0.03 | 0.00 |
| Sorbet, Assorted | 4 oz cup | 70 | 0 | 5 | 3.00 | 0.36 | 60.0 | 762 | 60.0 | 15 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| 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 | | 631 | 57 | 1055 | 9.79 | 3.43 | 527.0 | 2453 | 63.94 | *41 | 41.92 | 83.75 | 19.41 | 6.37 | *0.00 |
| % of Calories | | | | | | | | | | *26.3% | 26.6% | 53.1% | 27.7% | 9.1% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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|--------------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Wed - 05/08/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Potato Bar - KMS/GHS@ | 1Pot w/To ppings | 441 | 65 | 868 | 6.31 | 3.49 | 163.1 | 1851 | 51.35 | *2 | 24.6 | 47.86 | 16.24 | 8.76 | 0.00 |
| Cheeseburger, Bacon@ | 1bg/1c/1b c/1bn | 345 | 50 | 612 | 3.65 | 2.43 | 154.0 | 150 | 0.0 | 4 | 24.74 | 28.47 | 14.94 | 5.77 | 0.01 |
| Corn Dog, WG FFarm Chicken^ | 1 Corn Dog | 240 | 40 | 390 | 5.00 | 1.80 | 80.0 | 0 | 0.0 | 5 | 9.0 | 30.0 | 8.0 | 2.50 | 0.00 |
| 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 |
| Beans, Baked, Veg - 1/2 Cup% | #8 - 1/2Cu | 159 | 0 | 167 | 5.33 | 2.14 | 77.0 | 28 | 0.35 | *6 | 6.41 | 31.83 | 0.01 | 0.00 | *0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 60 | 0 | 13 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | 13 | 0.33 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Mustard, skip | 2 tsp | 0 | 0 | 160 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | 531 | 51 | 855 | 5.82 | 2.91 | 499.8 | 1231 | 16.66 | *33 *25.0% | 28.69 21.6% | 72.88 54.9% | 12.84 21.8% | 5.68 9.6% | *0.00 *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|------------------|-----|-----|------|-------|------|-------|------|-------|-------|-------|-------|------|------|-------|
| Thu - 05/09/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Chicken, Popcorn, GK KM/GH+ | 15 pieces | 377 | 75 | 714 | 3.00 | 1.50 | 13.5 | 252 | 1.5 | 0 | 25.5 | 22.5 | 20.7 | 3.00 | 0.00 |
| Turkey & Gravy 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 |
| 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 |
| 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 4x6 WG Chs SK@ | 1 Slice | 340 | 35 | 510 | 3.00 | 2.70 | 350.0 | 400 | 0.0 | 11 | 17.0 | 36.0 | 14.0 | 7.00 | 0.00 |
| Salad Bar, KMS/GHS. Skip@ | 2C Let w/T opngs | 465 | 120 | 1214 | 11.20 | 4.37 | 400.9 | 7358 | 24.91 | *5 | 35.81 | 40.33 | 19.3 | 8.37 | *0.00 |
| Salad Drsg, Asst KMS- Skip\$ | 1 packet/cu | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| Cinn Roll w/Cin & Sugar-Lg ^ | 1 Roll | 189 | 5 | 135 | 3.14 | 1.10 | 22.6 | 301 | 0.01 | 12 | 5.01 | 39.31 | 1.0 | 0.50 | *0.00 |
| Corn, Frozen - 1/2C | 4oz spdl-1 /2C | 87 | 0 | 0 | 1.94 | 0.00 | 0.0 | 0 | 4.66 | *N/A* | 2.91 | 18.43 | 0.49 | 0.00 | 0.00 |
| Pears, Canned, Lt. Syr - 1/2C | 4oz spdl-1 /2C | 72 | 0 | 6 | 2.01 | 0.35 | 6.3 | 0 | 0.88 | 15 | 0.24 | 19.04 | 0.04 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |

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

KMS Lunch

Portion Values - Detailed

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Generated on: 4/26/2019 9:36:34 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 775 | 79 | 1323 | 9.54 | 4.50 | 409.1 | 1492 | 10.32 | *41 | 38.66 | 111.14 | 20.26 | 4.64 | *0.09 |
| % of Calories | | | | | | | | | | *21.0% | 19.9% | 57.3% | 23.5% | 5.4% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| Fri - 05/10/2019 | | | | | | | | | | | | | | | |
|--------------------------------|-----------------|---------|----|------|------|------|-------|-----|------|--------|-------|-------|-------|--------|------|
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Pizza, BD Primo 4 Meat WG< | slice | 370 | 40 | 650 | 3.00 | 2.70 | 300.0 | 300 | 0.0 | 9 | 20.0 | 36.0 | 17.0 | 7.00 | 0.00 |
| Pizza, BD Primo WG@ | slice | 360 | 35 | 470 | 3.00 | 2.70 | 450.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| Chicken Nugg, Gld Kst - 7 + | 7 Nuggets | 280 | 63 | 672 | 2.80 | 1.40 | 21.0 | 262 | 0.0 | 0 | 23.8 | 22.4 | 9.8 | 2.10 | 0.00 |
| Grilled Cheese Sand-2 mt @ | 2 brd/4 slc chs | 278 | 30 | 717 | 2.40 | 1.44 | 440.0 | 600 | 0.0 | 7 | 19.24 | 28.9 | 9.9 | 5.28 | 0.00 |
| Potatoes, Spudstrs-5 KMS/GHS@ | 5 spudsters | 150 | 0 | 380 | 2.00 | 0.36 | 20.0 | 0 | 0.0 | *N/A* | 2.0 | 23.0 | 6.0 | 1.50 | 2.60 |
| Jamwich, PB & Jelly, WG-2SKIP# | 2 Jamwich | 580 | 0 | 540 | 8.00 | 4.14 | 80.0 | 0 | 2.4 | 27 | 20.0 | 64.0 | 30.0 | 5.00 | 0.00 |
| Potatoes, Spudstrs-5 KM/GH SK@ | 5 spudsters | 150 | 0 | 380 | 2.00 | 0.36 | 20.0 | 0 | 0.0 | *N/A* | 2.0 | 23.0 | 6.0 | 1.50 | 2.60 |
| Soup, Tomato, Cond, - KMS/GHS | 8 oz | 180 | 0 | 960 | 2.00 | 1.44 | 0.0 | 800 | 12.0 | *N/A* | 4.0 | 40.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| Weighted Daily Average | | 588 | 50 | 1164 | 4.47 | 2.27 | 491.5 | 928 | 4.09 | *33 | 29.94 | 78.43 | 17.12 | 5.60 | 1.95 |
| % of Calories | | | | | | | | | | *22.3% | 20.4% | 53.3% | 26.2% | 8.6% | 3.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|---------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/13/2019 | | | | | | | | | | | | | | | |
| KMS 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 |
| Chicken Sand, Patty Brd @ | 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 |
| BBQ Pork Rib Sandwich@ | 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 |
| Sweet Potato Fries, Hrv Sp\$ | 1/2 cup | 84 | 0 | 120 | 1.41 | 0.25 | 14.1 | 3517 | 1.69 | 5 | 0.7 | 13.36 | 3.16 | 0.70 | 0.35 |
| Pizza, Tony's 4x6 WG Chs SK@ | 1 Slice | 340 | 35 | 510 | 3.00 | 2.70 | 350.0 | 400 | 0.0 | 11 | 17.0 | 36.0 | 14.0 | 7.00 | 0.00 |
| Cheeseburger, 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 |
| 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 |
| 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 |
| Ice Cream, Van, LF 3oz ^ | 3 oz cup | 70 | 5 | 60 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 10 | 2.0 | 13.0 | 1.0 | 0.50 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsps | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Mustard, skip | 2 tsp | 0 | 0 | 160 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Mayonnaise, Lite - Skip% | 1 TBSP | 45 | 5 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 4.5 | 0.50 | 0.00 |
| Lettuce, Shredded - SKIP | 1/4 cup | 2 | 0 | 1 | 0.13 | 0.04 | 2.5 | 25 | 0.45 | *N/A* | 0.13 | 0.38 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 689 | 50 | 976 | 7.55 | 2.98 | 570.1 | 2877 | 4.48 | *49 | 30.69 | 102.84 | 18.27 | 6.90 | *0.19 |
| % of Calories | | | | | | | | | | *28.5% | 17.8% | 59.7% | 23.9% | 9.0% | *0.3% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Tue - 05/14/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Chicken, Popcorn, GK KM/GH+ | 15 pieces | 377 | 75 | 714 | 3.00 | 1.50 | 13.5 | 252 | 1.5 | 0 | 25.5 | 22.5 | 20.7 | 3.00 | 0.00 |
| Ravioli, Cheese, 3+ | 3 Ravioli | 223 | 50 | 598 | 3.64 | 2.20 | 114.5 | 580 | 7.05 | *4 | 14.68 | 33.88 | 3.74 | 1.53 | *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 |
| 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 |
| 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 |
| Salad Bar, KMS/GHS. Skip@ | 2C Let w/T opngs | 465 | 120 | 1214 | 11.20 | 4.37 | 400.9 | 7358 | 24.91 | *5 | 35.81 | 40.33 | 19.3 | 8.37 | *0.00 |
| Salad Drsg, Asst KMS- Skip\$ | 1 packet/cu | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| Garlic Toast, WG, GFS SK \$ | 1 Slice | 80 | 0 | 150 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 2.0 | 11.0 | 3.5 | 1.00 | 0.00 |
| 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 |
| 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 % of Calories | | 661 | 64 | 1237 | 9.64 | 4.20 | 344.1 | 2461 | 16.22 | *27 *16.5% | 32.77 19.8% | 84.88 51.4% | 21.71 29.6% | 4.44 6.0% | *0.00 *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|------------------|-----|----|------|------|------|-------|-------|------|-------|-------|-------|------|------|-------|
| Wed - 05/15/2019 | | | | | | | | | | | | | | | |
| KMS 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 |
| 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 |
| 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 |
| Potatoes, Wedges* | #8 - 1/2 cu | 68 | 0 | 8 | 1.50 | 0.80 | 14.0 | 0 | 9.8 | *N/A* | 2.28 | 15.96 | 0.0 | 0.00 | 0.00 |
| Carrots,Frozen,Swt 1/2C\$ | #8 - 1/2 cu | 36 | 0 | 54 | 2.99 | 0.48 | 31.8 | 15357 | 2.09 | 4 | 0.53 | 7.49 | 0.62 | 0.11 | 0.00 |
| Strawberries - 1/2C@ | #8 - 1/2 Cu | 62 | 0 | 2 | 1.92 | 0.00 | 0.1 | 0 | 0.0 | 11 | 0.0 | 16.05 | 0.0 | 0.00 | *0.00 |
| Cookie, Choc Chip, WG Otis1oz^ | 1 Cookie | 110 | 5 | 85 | 1.00 | 2.70 | 0.0 | 0 | 0.0 | 8 | 1.0 | 18.0 | 3.5 | 1.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| 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 |

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May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 648 | 50 | 1080 | 9.85 | 4.12 | 457.4 | 8432 | 12.55 | *37 | 31.15 | 98.79 | 14.32 | 4.51 | *0.00 |
| % of Calories | | | | | | | | | | *22.8% | 19.2% | 61.0% | 19.9% | 6.3% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| Thu - 05/16/2019 | | | | | | | | | | | | | | | |
|---------------------------------|--------------------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|--------|------|
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Chicken Nugg, Gld Kst - 7 + | 7 Nuggets | 280 | 63 | 672 | 2.80 | 1.40 | 21.0 | 262 | 0.0 | 0 | 23.8 | 22.4 | 9.8 | 2.10 | 0.00 |
| Roll, WG 2oz Rich's \$ | 1 roll | 170 | 0 | 135 | 3.00 | 1.44 | 0.0 | 0 | 0.0 | 3 | 7.0 | 28.0 | 3.0 | 0.50 | 0.00 |
| Salisbury Steak - 2\$ | 2 Steak | 290 | 81 | 980 | 2.00 | 3.60 | 80.0 | 0 | 2.4 | *2 | 32.5 | 9.5 | 14.25 | 6.00 | 0.00 |
| Roll, WG 2oz Rich's \$ | 1 roll | 170 | 0 | 135 | 3.00 | 1.44 | 0.0 | 0 | 0.0 | 3 | 7.0 | 28.0 | 3.0 | 0.50 | 0.00 |
| Cheeseburger KMS/GHS | 1Bun/1Ch s/1Bgr | 310 | 43 | 492 | 3.65 | 2.43 | 154.0 | 150 | 0.0 | 4 | 22.74 | 28.47 | 11.94 | 4.77 | 0.01 |
| Potatoes, Mashed #8 \$ | #8 | 72 | 0 | 315 | 1.60 | 1.60 | 18.8 | 0 | 1.92 | 1 | 1.6 | 13.6 | 1.2 | 0.00 | 0.00 |
| Gravy, Chicken, 1 oz, Skip% | 1 oz prepa red | 18 | 0 | 120 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.5 | 3.5 | 0.5 | 0.25 | 0.00 |
| Pizza, Tony's 5" DD Cheese SK\$ | 1 pizza | 320 | 30 | 480 | 3.00 | 2.70 | 250.0 | 300 | 0.0 | 10 | 17.0 | 35.0 | 12.0 | 6.00 | 0.00 |
| 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 |
| Vegetables, Calif Blen - 4 oz | #8 - 4 oz S erv | 33 | 0 | 33 | 2.67 | 0.48 | 26.7 | 2000 | 36.0 | *N/A* | 1.33 | 6.67 | 0.0 | 0.00 | 0.00 |
| Bananas | 1 Banana | 105 | 0 | 1 | 3.07 | 0.31 | 5.9 | 76 | 10.27 | 14 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 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 | | 637 | 58 | 1188 | 8.71 | 4.05 | 416.0 | 1831 | 29.20 | *34 | 35.34 | 90.96 | 14.91 | 4.95 | 0.52 |
| % of Calories | | | | | | | | | | *21.6% | 22.2% | 57.1% | 21.1% | 7.0% | 0.7% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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|--------------------------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/17/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| Pizza, BD Primo 4 Meat WG< | Total slice | 370 | 40 | 650 | 3.00 | 2.70 | 300.0 | 300 | 0.0 | 9 | 20.0 | 36.0 | 17.0 | 7.00 | 0.00 |
| Pizza, BD Primo WG@ | slice | 360 | 35 | 470 | 3.00 | 2.70 | 450.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| 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 |
| 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 |
| 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 |
| 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 |
| Peaches, Canned, Lt. Syr-1/2C | 4oz spdl-1/2C | 61 | 0 | 6 | 1.47 | 0.41 | 3.4 | 401 | 2.72 | 15 | 0.51 | 16.5 | 0.03 | 0.00 | 0.00 |
| Ice Cream Sandwich - Schoep's@ | 1 Sandwich | 140 | 14 | 90 | 0.00 | 0.00 | 40.0 | 100 | 0.0 | 13 | 2.0 | 23.0 | 4.5 | 2.50 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 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 | | 743 | 52 | 1161 | 5.95 | 3.82 | 590.1 | 1305 | 10.47 | *50 | 30.70 | 105.17 | 23.08 | 7.76 | 0.00 |
| % of Calories | | | | | | | | | | *27.1% | 16.5% | 56.6% | 27.9% | 9.4% | 0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|-----------------|-----|-----|------|------|------|-------|------|------|-------|-------|-------|-------|-------|-------|
| Mon - 05/20/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | | | | | | | | | | | | | | | |
| Chicken, Popcorn, GK KM/GH+ | Total 15 pieces | 377 | 75 | 714 | 3.00 | 1.50 | 13.5 | 252 | 1.5 | 0 | 25.5 | 22.5 | 20.7 | 3.00 | 0.00 |
| Hot Dog w/Bun KM/GHS \$ | 1 Dog/1 Bu | 356 | 45 | 1066 | 2.29 | 1.80 | 70.0 | 0 | 0.0 | 6 | 14.2 | 29.49 | 20.1 | 7.34 | 0.03 |
| Chili Dog, JTM Chili | 2ozC/1HD/Bn | 408 | 56 | 1145 | 3.66 | 2.85 | 87.2 | 429 | 6.59 | 7 | 18.66 | 34.64 | 21.81 | 7.92 | 0.03 |
| Fajita, Chicken - KMS/GHS+ | 1T/3ozCK/1ozCH | 410 | 110 | 670 | 4.00 | 2.52 | 240.0 | 300 | 0.0 | *0 | 27.0 | 32.0 | 20.5 | 10.50 | 0.00 |
| Salsa, Red Gold - Skip# | 2 oz Serv | 20 | 0 | 140 | 1.00 | 0.72 | 40.0 | 1000 | 12.0 | *N/A* | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Sour Cream, PF - Skip# | 2 Tbsp | 60 | 20 | 15 | 0.00 | 0.00 | 40.0 | 200 | 0.0 | 1 | 1.0 | 1.0 | 5.0 | 4.00 | 0.00 |
| Potatoes, Wedges* | #8 - 1/2 cu | 68 | 0 | 8 | 1.50 | 0.80 | 14.0 | 0 | 9.8 | *N/A* | 2.28 | 15.96 | 0.0 | 0.00 | 0.00 |
| Pizza, Bosco, SC WG RF SKIP@ | 1/8 Pizza | 310 | 25 | 540 | 3.00 | 1.80 | 400.0 | 750 | 3.6 | 4 | 19.0 | 34.0 | 11.0 | 5.00 | 0.00 |
| Potatoes, Wedges Skip* | #8 - 1/2 cu | 68 | 0 | 8 | 1.50 | 0.80 | 14.0 | 0 | 9.8 | *N/A* | 2.28 | 15.96 | 0.0 | 0.00 | 0.00 |
| Beans, Baked, Veg - 1/2 Cup% | #8 - 1/2Cu | 159 | 0 | 167 | 5.33 | 2.14 | 77.0 | 28 | 0.35 | *6 | 6.41 | 31.83 | 0.01 | 0.00 | *0.00 |
| Pears, Canned, Lt. Syr - 1/2C | 4oz spdl-1/2C | 72 | 0 | 6 | 2.01 | 0.35 | 6.3 | 0 | 0.88 | 15 | 0.24 | 19.04 | 0.04 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Mustard, skip | 2 tsp | 0 | 0 | 160 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |

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Germantown School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 629 | 69 | 1016 | 6.94 | 3.17 | 462.2 | 1084 | 13.10 | *35 | 32.96 | 82.67 | 18.77 | 5.60 | *0.00 |
| % of Calories | | | | | | | | | | *22.3% | 21.0% | 52.6% | 26.8% | 8.0% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| Tue - 05/21/2019 | | | | | | | | | | | | | | | |
|--------------------------------|------------------|---------|-----|------|-------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Chicken, Gen TSO, Lin-KMS/GHS | 8oz spoodl | 378 | 89 | 802 | 0.00 | 1.60 | 0.0 | 0 | 2.67 | 29 | 24.44 | 51.11 | 6.67 | 1.11 | 0.00 |
| Rice, Brown, USDA, #8 - 1BrSK@ | #8/4 oz | 106 | 0 | 0 | 0.66 | 0.00 | 0.0 | 0 | 0.0 | 0 | 2.65 | 22.52 | 0.99 | 0.00 | 0.00 |
| Bosco Stk, 6" WGRF, 2 KMS/GHS# | 2 Bosco St icks | 300 | 30 | 440 | 4.00 | 2.16 | 400.0 | 400 | 0.0 | 2 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| Cook's Choice | 1 Serving | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Pizza, 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 |
| 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 |
| Salad Bar, KMS/GHS. Skip@ | 2C Let w/T opngs | 465 | 120 | 1214 | 11.20 | 4.37 | 400.9 | 7358 | 24.91 | *5 | 35.81 | 40.33 | 19.3 | 8.37 | *0.00 |
| Salad Drsg, Asst KMS- Skip\$ | 1 packet/cu | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| 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, 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 |
| 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 | | 604 | 68 | 860 | 4.76 | 2.34 | 494.1 | 1090 | 8.25 | *40 | 33.75 | 93.81 | 10.91 | 3.80 | *0.00 |
| % of Calories | | | | | | | | | | *26.2% | 22.3% | 62.1% | 16.3% | 5.7% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| Wed - 05/22/2019 | | | | | | | | | | | | | | | |
|-------------------------------|----------------|-----|----|-----|------|------|-------|-----|------|----|------|-------|------|------|------|
| KMS 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 |
| Beans. Green, Simplot-1/2 cup | 4oz spdl-1 /2C | 27 | 0 | 0 | 1.78 | 0.64 | 35.6 | 178 | 8.0 | *0 | 0.89 | 5.47 | 0.0 | 0.00 | 0.00 |
| Peaches, Canned, Lt. Syr-1/2C | 4oz spdl-1 /2C | 61 | 0 | 6 | 1.47 | 0.41 | 3.4 | 401 | 2.72 | 15 | 0.51 | 16.5 | 0.03 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsp | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |

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Germantown School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 476 | 57 | 876 | 4.77 | 2.51 | 506.5 | 1264 | 10.47 | *31 | 36.79 | 58.06 | 15.07 | 5.99 | 0.00 |
| % of Calories | | | | | | | | | | *25.6% | 30.9% | 48.8% | 28.5% | 11.3% | 0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| Thu - 05/23/2019 | | | | | | | | | | | | | | | |
|-------------------------------|------------------|---------|-----|------|-------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| KMS Lunch | Total | | | | | | | | | | | | | | |
| 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-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 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 |
| Salad Bar, KMS/GHS. Skip@ | 2C Let w/T opngs | 465 | 120 | 1214 | 11.20 | 4.37 | 400.9 | 7358 | 24.91 | *5 | 35.81 | 40.33 | 19.3 | 8.37 | *0.00 |
| Salad Drsg, Asst KMS- Skip\$ | 1 packet/cu | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| Garlic Toast, WG, GFS \$ | 1 Slice | 80 | 0 | 150 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 2.0 | 11.0 | 3.5 | 1.00 | 0.00 |
| Vegetables, Mixed - 4 oz | #8/4 oz Ser | 74 | 0 | 40 | 4.99 | 0.93 | 28.3 | 4850 | 3.63 | 4 | 3.24 | 14.84 | 0.17 | 0.04 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 60 | 0 | 13 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | 13 | 0.33 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Ketchup, Skip% | 2 tbsps | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Mustard, skip | 2 tsp | 0 | 0 | 160 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Mayonnaise, Lite - Skip% | 1 TBSP | 45 | 5 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 4.5 | 0.50 | 0.00 |
| Lettuce, Shredded - SKIP | 1/4 cup | 2 | 0 | 1 | 0.13 | 0.04 | 2.5 | 25 | 0.45 | *N/A* | 0.13 | 0.38 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 490 | 30 | 749 | 6.05 | 2.01 | 480.6 | 3564 | 19.82 | *35 | 23.17 | 68.40 | 13.90 | 3.37 | *0.00 |
| % of Calories | | | | | | | | | | *28.4% | 18.9% | 55.8% | 25.5% | 6.2% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/24/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Pizza, BD Primo 4 Meat WG< | slice | 370 | 40 | 650 | 3.00 | 2.70 | 300.0 | 300 | 0.0 | 9 | 20.0 | 36.0 | 17.0 | 7.00 | 0.00 |
| Pizza, BD Primo WG@ | slice | 360 | 35 | 470 | 3.00 | 2.70 | 450.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| Chicken on the Bone, Brd xtra* | 1 Lg. or 2 Sm. | 344 | 102 | 595 | 0.00 | 1.69 | 31.3 | 157 | 1.88 | *N/A* | 26.61 | 10.96 | 21.91 | 6.26 | 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 |
| Onion Rings, Tasty Brands WG | 5 Rings | 200 | 0 | 230 | 3.00 | 1.08 | 100.0 | 0 | 2.4 | 5 | 3.0 | 28.0 | 8.0 | 1.50 | 0.00 |
| Jamwich, PB & Jelly, WG-2SKIP# | 2 Jamwich | 580 | 0 | 540 | 8.00 | 4.14 | 80.0 | 0 | 2.4 | 27 | 20.0 | 64.0 | 30.0 | 5.00 | 0.00 |
| Onion Rings, Tasty Brands WGSK | 5 Rings | 200 | 0 | 230 | 3.00 | 1.08 | 100.0 | 0 | 2.4 | 5 | 3.0 | 28.0 | 8.0 | 1.50 | 0.00 |
| Broccoli, Frozen w/Chs 1/2c# | 6oz spoodl | 126 | 20 | 422 | 2.80 | 0.92 | 47.0 | 1130 | 48.9 | *N/A* | 7.85 | 7.93 | 7.1 | 4.52 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 60 | 0 | 13 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | 13 | 0.33 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk, SKIP - AVG - PF% | 8 oz Carton | 105 | 6 | 165 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 16 | 8.0 | 17.75 | 0.31 | 0.19 | 0.00 |
| Weighted Daily Average | | 598 | 52 | 944 | 5.06 | 3.08 | 606.1 | 1305 | 29.07 | *34 | 30.17 | 71.48 | 21.78 | 8.76 | 0.00 |
| % of Calories | | | | | | | | | | *22.9% | 20.2% | 47.8% | 32.8% | 13.2% | 0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|------------------|---------|-----|------|-------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Tue - 05/28/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Pizza, Bosco, SC WG RF@ | 1/8 Pizza | 310 | 25 | 540 | 3.00 | 1.80 | 400.0 | 750 | 3.6 | 4 | 19.0 | 34.0 | 11.0 | 5.00 | 0.00 |
| 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 |
| Egg Roll, WG Ckn, Minhs-2\$ | 2 Egg Roll | 320 | 60 | 780 | 6.00 | 3.60 | 80.0 | 1500 | 12.0 | 4 | 18.0 | 40.0 | 10.0 | 3.00 | 0.00 |
| 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 |
| Jamwich, PB & Jelly, WG-2SKIP# | 2 Jamwich | 580 | 0 | 540 | 8.00 | 4.14 | 80.0 | 0 | 2.4 | 27 | 20.0 | 64.0 | 30.0 | 5.00 | 0.00 |
| Salad Bar, KMS/GHS. Skip@ | 2C Let w/T opngs | 465 | 120 | 1214 | 11.20 | 4.37 | 400.9 | 7358 | 24.91 | *5 | 35.81 | 40.33 | 19.3 | 8.37 | *0.00 |
| Salad Drsg, Asst KMS- Skip\$ | 1 packet/cu | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| Garlic Toast, WG, GFS SK \$ | 1 Slice | 80 | 0 | 150 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 2.0 | 11.0 | 3.5 | 1.00 | 0.00 |
| 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 |
| 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 | | 590 | 62 | 1142 | 7.01 | 3.89 | 661.6 | 2316 | 14.71 | *31 | 33.92 | 80.84 | 15.11 | 6.10 | *0.00 |
| % of Calories | | | | | | | | | | *20.7% | 23.0% | 54.8% | 23.0% | 9.3% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Germantown School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/29/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Sub Bar - Ham* or Salami*@ | 1H or 1S SndWh | 455 | 57 | 1435 | 6.00 | 0.36 | 100.0 | 150 | 4.5 | *9 | 25.25 | 45.75 | 18.88 | 7.00 | 0.00 |
| Pizza, Assorted | 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 |
| 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 |
| 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 |
| 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 |
| 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 | | 594 | 52 | 1191 | 6.14 | 1.85 | 519.9 | 8516 | 38.41 | *32 | 30.33 | 80.88 | 16.59 | 6.22 | *0.00 |
| % of Calories | | | | | | | | | | *21.5% | 20.4% | 54.5% | 25.1% | 9.4% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | 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 - 05/30/2019 | | | | | | | | | | | | | | | |
| KMS 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 |
| 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 |
| Cheeseburger, Double \$ | 1Bun/1Ch s/2Bgr | 438 | 78 | 631 | 4.65 | 3.43 | 176.0 | 150 | 0.0 | 4 | 35.74 | 29.47 | 19.94 | 7.97 | 0.01 |
| Pizza, Tony's 4x6 WG Chs SK@ | 1 Slice | 340 | 35 | 510 | 3.00 | 2.70 | 350.0 | 400 | 0.0 | 11 | 17.0 | 36.0 | 14.0 | 7.00 | 0.00 |
| Salad Bar, KMS/GHS. Skip@ | 2C Let w/T opngs | 465 | 120 | 1214 | 11.20 | 4.37 | 400.9 | 7358 | 24.91 | *5 | 35.81 | 40.33 | 19.3 | 8.37 | *0.00 |
| Salad Drsg, Asst KMS- Skip\$ | 1 packet/cu | 53 | 4 | 288 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 6.0 | 3.13 | 0.38 | 0.00 |
| Corn, Frozen - 1/2C | 4oz spdl-1/2C | 87 | 0 | 0 | 1.94 | 0.00 | 0.0 | 0 | 4.66 | *N/A* | 2.91 | 18.43 | 0.49 | 0.00 | 0.00 |
| Juice, Cup, Assorted \$ | 1 - 4 oz Cu | 60 | 0 | 13 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | 13 | 0.33 | 14.0 | 0.0 | 0.00 | 0.00 |
| 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 | | 639 | 69 | 860 | 5.83 | 3.23 | 415.2 | 992 | 4.88 | *37 | 46.27 | 83.76 | 16.65 | 5.73 | *0.00 |
| % of Calories | | | | | | | | | | *23.3% | 28.9% | 52.4% | 23.4% | 8.1% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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

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Germantown School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/31/2019 | | | | | | | | | | | | | | | |
| KMS Lunch | Total | | | | | | | | | | | | | | |
| Pizza, BD Primo 4 Meat WG< | slice | 370 | 40 | 650 | 3.00 | 2.70 | 300.0 | 300 | 0.0 | 9 | 20.0 | 36.0 | 17.0 | 7.00 | 0.00 |
| Pizza, BD Primo WG@ | slice | 360 | 35 | 470 | 3.00 | 2.70 | 450.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| 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 |
| Bratwurst in Bun\$ | 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 |
| Chicken Sand, Patty Brd @ | 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 |
| 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 |
| 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, Deli Roasted Skip | 4 oz spoodl | 100 | 0 | 115 | 2.00 | 0.72 | 0.0 | 0 | 4.8 | 0 | 3.0 | 19.0 | 2.0 | 0.00 | 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 |
| 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 |
| Ketchup, Skip% | 2 tbsps | 40 | 0 | 100 | 0.00 | 0.00 | 0.0 | 200 | 2.4 | 8 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Mustard, skip | 2 tsp | 0 | 0 | 160 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Mayonnaise, Lite - Skip% | 1 TBSP | 45 | 5 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 4.5 | 0.50 | 0.00 |
| Lettuce, Shredded - SKIP | 1/4 cup | 2 | 0 | 1 | 0.13 | 0.04 | 2.5 | 25 | 0.45 | *N/A* | 0.13 | 0.38 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 890 | 54 | 1327 | 10.85 | 132.15 | 479.5 | 905 | 26.50 | *47 | 34.38 | 129.18 | 29.07 | 8.37 | *0.01 |
| % of Calories | | | | | | | | | | *21.1% | 15.5% | 58.1% | 29.4% | 8.5% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |
| Weighted Average | | 638 | 59 | 1037 | 7.21 | 9.28 | 504.6 | 2669 | 22.16 | *37 | 33.37 | 88.61 | 17.74 | 5.86 | *0.14 |
| | | | | | | | | | | *52.1% | 20.9% | 55.6% | 25.0% | 8.3% | *0.2% |

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Germantown School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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Generated on: 4/26/2019 9:36:35 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 | 638 | | 600 - 700 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 59 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1037 | | 1360 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1037 | | 1035 | | | | | | | 2 | Correction Required - Sodium too High | | | | | | |
| Fiber (g) | 7.21 | | | | | | | | | | | | | | | | |
| Iron (mg) | 9.28 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 504.6 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 2669 | | | | | | | | | | | | | | | | |
| Sugars (g) | 37 | 23.17% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 22.16 | | | | | | | | | | | | | | | | |
| Protein (g) | 33.37 | 20.93% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 88.61 | 55.57% | | | | | | | | | | | | | | | |
| Total Fat (g) | 17.74 | 25.04% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.86 | 8.27% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.14 | 0.20% | | | | Missing | | | | | | | | | | | |

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