

Germantown School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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Generated on: 8/22/2019 11:13:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2019															
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
Mac & Cheese, LOL, RS RF 8oz	8 oz scoop	373	33	893	2.67	1.44	533.3	1000	0.0	8	22.67	38.67	14.67	6.67	0.00
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 B	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Pizza, Tony's 4x6 WG Chs@	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
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
Sherbet, Cup - Assorted	4 oz Serv	131	4	36	0.37	0.31	30.3	13	45.65	*12	0.31	27.87	1.69	1.08	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		543	54	790	4.03	2.58	441.0	1920	63.89	*34	42.67	69.78	15.14	4.72	*0.00
% of Calories										*25.3%	31.4%	51.4%	25.1%	7.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 09/04/2019															
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
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
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
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
Carrots, Raw - 3oz +	3 oz Serv	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	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
Donut, Pwd Sgr Mini WG - 1 \$	1 Mini Don	45	0	38	0.33	0.12	10.0	0	0.0	4	0.67	6.83	1.83	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average		525	45	823	5.94	2.24	542.2	9519	27.25	*37	24.99	72.37	15.56	5.06	0.00
% of Calories										*28.3%	19.0%	55.1%	26.7%	8.7%	0.0%
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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/05/2019															
KMS Lunch															
	Total														
Chicken, Popcorn, GK KM/GH+	15 pieces	377	75	714	3.00	1.50	13.5	252	1.5	0	25.5	22.5	20.7	3.00	0.00
Meatballs w/Gravy - 5@	5 MB& Gvy	229	51	750	1.25	2.47	75.0	6	1.5	*2	17.0	12.25	12.25	4.37	0.75
Chicken Sand, Cowboy+	1 Sandwich	606	119	1320	25.00	0.72	*220.2	400	12.0	*0	45.0	40.36	28.11	11.58	0.00
Pizza, Tony's 5" DD Cheese \$	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, Mashed #10-Elem +	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	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
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
Cinn Roll w/Cin & Sugar-Lg ^	1 Roll	189	5	135	3.14	1.10	22.6	301	0.01	12	5.01	39.31	1.0	0.50	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		790	76	1340	10.40	4.02	*391.7	1040	9.32	*40	39.12	111.19	21.40	5.34	*0.07
% of Calories										*20.3%	19.8%	56.3%	24.4%	6.1%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 09/06/2019															
KMS Lunch															
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
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
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 Skip	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
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
Carrots & Cukes - 2 oz	2 oz Veg	14	0	23	0.96	0.33	13.6	3939	1.53	2	0.37	3.37	0.07	0.02	0.00
Bag of Chips	1 Bag	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Strawberry Cup - 4.5 oz Commod	4.5 oz Cup	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.17	0.01	0.00
Ice Cream Sandwich, Mini CF\$	1 Sandwich	90	10	50	0.00	0.00	20.0	0	0.0	8	1.0	15.0	3.0	2.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00

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KMS Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		702	55	941	6.38	3.00	594.0	2819	3.03	*47	30.94	96.98	22.04	8.98	0.01
% of Calories										*26.8%	17.6%	55.2%	28.2%	11.5%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 09/09/2019															
	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)
KMS Lunch															
Pizza, Tony's 5" DD Cheese \$	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
Fr Tst, Cinn, WG 2PC \$	2 Tst	400	200	560	4.00	2.16	80.0	0	0.0	20	15.6	52.0	16.0	4.00	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*
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
Potatoes, Hash Brown Patty +	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	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
Weighted Daily Average		747	106	1041	6.94	3.76	576.2	1081	8.69	*49	35.44	97.50	25.32	9.54	*0.00
% of Calories										*26.1%	19.0%	52.2%	30.5%	11.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/10/2019															
KMS Lunch	Total														
Taco, Walking #12 KMS+	1 Ch/#12 Mt/1Chs	365	30	595	3.80	2.06	275.9	918	4.46	*2	19.99	21.55	23.18	9.00	0.00
Quesadilla, Cheese WG Coyote \$	2 pieces	320	40	560	3.00	2.70	350.0	300	0.0	2	20.0	32.0	12.0	6.00	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
Chicken Tdrs, TY - 4 KM/GHS@	4 Tenders	320	60	540	2.00	2.16	0.0	0	0.0	4	50.0	16.0	16.0	3.00	0.00
Pizza, Wild Mike's KMS/GHS^	Slice	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*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
Breadstick 6" NY WG 1oz Skip1@	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
Beans, Refried, Cheesy 1/4C+	#16 - 1/4 C	73	5	98	2.51	0.73	52.1	48	1.2	*0	4.64	10.25	1.44	0.96	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
Rice Krispie Trt - .78oz/ala	1 Treat	90	0	105	0.00	0.36	0.0	200	0.0	*N/A*	0.0	17.0	2.5	1.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		621	59	941	5.80	3.47	532.7	1733	9.47	*34	41.36	76.71	20.88	7.83	*0.00
% of Calories										*21.7%	26.6%	49.4%	30.3%	11.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 09/11/2019															
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
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
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
Carrots, Raw - 3oz +	3 oz Serv	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	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, 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

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Weighted Daily Average		639	63	1118	8.86	4.37	366.2	8642	13.54	*42	33.06	93.46	14.73	3.96	0.00
% of Calories										*26.2%	20.7%	58.5%	20.8%	5.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 09/12/2019															
KMS 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
Pizza, Bosco, PPan Cheese#	Pizza	430	25	700	6.00	3.60	450.0	750	4.8	*N/A*	23.0	57.0	12.0	6.00	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
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*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
Vegetables, Cntry Blend - 4oz+	4 oz Serv	80	0	13	2.67	0.48	26.7	1667	8.0	*N/A*	2.67	16.0	0.0	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
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		644	52	893	11.02	6.26	529.7	2675	16.19	*28	35.78	93.43	16.57	6.55	*0.36
% of Calories										*17.5%	22.2%	58.1%	23.2%	9.2%	*0.5%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/13/2019															
KMS Lunch															
Pizza, BD Primo 4 Meat WG<	Total slice	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WG@	slice	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Chicken, 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
Fish Stks, Plk, Brd, HghLnr5%	5 fish stick	287	62	400	2.50	1.80	25.0	0	0.0	1	18.75	28.75	11.25	1.88	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
Bratwurst in Bun\$	1 Brat/1 Bu	456	60	1226	2.29	2.16	70.0	0	0.0	4	16.2	30.49	29.1	9.34	0.03
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Roll, Dnr White Wht Alpha SK1*	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
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
Watermelon, Sliced 1/2 Cup	1 Slice - 1/2 C	23	0	1	0.30	0.18	5.3	432	6.16	5	0.46	5.74	0.11	0.01	0.00
Ice Cream, Van, LF 3oz ^	3 oz cup	70	5	60	0.00	0.00	60.0	200	0.0	10	2.0	13.0	1.0	0.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
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		680	71	1270	4.91	2.63	509.7	1650	11.42	*35 *20.6%	32.58 19.2%	79.74 46.9%	25.78 34.1%	6.46 8.6%	*0.00 *0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 3, 2019 thru Sep 30, 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 - 09/16/2019															
KMS Lunch															
	Total														
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	370	15	520	3.00	1.44	560.0	650	1.2	3	20.0	27.0	20.0	5.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Meatball Hoagie w/Mozz KMS	1B/6Mtb/.7 5ozCH	555	65	705	5.41	6.16	*199.1	309	13.52	*14	32.16	55.05	22.59	8.53	0.90
Chicken, Wings of Fire -5@	5 wings	267	133	683	0.00	0.00	0.0	0	0.0	0	25.0	1.67	18.33	4.17	0.00
Pizza, Tony's 4x6 WG Chs@	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
Beans. Green, Simplot-1/2cup+	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
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
Fudgesicle+	Bar	100	0	85	0.00	0.36	100.0	0	0.0	18	4.0	22.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbspc	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
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		655	54	921	6.57	3.66	*736.3	1088	11.14	*53	33.59	88.77	18.80	6.18	0.15
% of Calories										*32.2%	20.5%	54.2%	25.8%	8.5%	0.2%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 3, 2019 thru Sep 30, 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/17/2019															
KMS 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
	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
	Taco, Soft Shell (1)#10 KM/GH+	391	30	632	5.00	3.42	280.0	950	4.8	*2	24.0	35.0	18.5	10.30	0.00
	-1ozCh														
	Salsa, Red Gold - Skip#	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#	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
	Corn Puppies, Tky JTM-8^	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
	Pizza, Tony's FB Multi Cheese	320	15	590	2.00	2.70	250.0	400	15.0	*N/A*	15.0	36.0	12.0	3.00	0.00
	Salad Bar, KMS/GHS. Skip@	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*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
	Pretzel, Bite Mini - 2^	60	0	60	2.00	0.72	0.0	0	0.0	0	2.0	14.0	0.0	0.00	0.00
	Vegetables, Fiesta Blend 4oz+	140	0	230	6.00	1.08	0.0	650	12.0	6	6.0	24.0	3.0	0.00	0.00
	Apple, Wedges - 1/2 cup Elem	28	0	1	1.31	0.07	3.3	29	2.51	6	0.14	7.53	0.09	0.02	0.00
	ces														
	Caramel Dip LF ^	80	50	50	0.00	0.00	20.0	0	0.0	15	1.0	18.0	0.0	0.00	0.00
	Milk, SKIP - AVG - PF%	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
	Ketchup, Skip%	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
	Weighted Daily Average	670	89	1036	9.76	3.81	434.2	1989	23.92	*41	41.51	89.15	19.66	5.96	*0.00
	% of Calories									*24.2%	24.8%	53.2%	26.4%	8.0%	*0.0%
	Nutrient Guideline	600-700		1360										<10.00	

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Germantown School District

Sep 3, 2019 thru Sep 30, 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 - 09/18/2019															
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
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
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco St icks	300	30	440	4.00	2.16	400.0	400	0.0	2	20.0	34.0	10.0	5.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
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
Pizza, Nardone, 6" WW G731300+	1 Pizza	320	40	570	2.00	1.80	0.0	0	0.0	4	19.0	25.0	16.0	8.00	0.00
Vegetables, Calif Blen - 4 oz	#8 - 4 oz S erv	33	0	33	2.67	0.48	26.7	2000	36.0	*N/A*	1.33	6.67	0.0	0.00	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1 /2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
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		538	45	914	8.18	3.60	507.6	2638	37.43	*30	29.66	73.82	14.18	6.42	0.00
% of Calories										*22.0%	22.1%	54.9%	23.7%	10.7%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/19/2019															
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 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
Chicken Sand, Cowboy+	1 Sandwich	606	119	1320	25.00	0.72	*220.2	400	12.0	*0	45.0	40.36	28.11	11.58	0.00
Pizza, Wild Mike's KMS/GHS^	Slice	360	30	510	3.00	2.70	500.0	500	6.0	4	20.0	34.0	17.0	8.00	0.00
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
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*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
Cinn Roll w/Cin & Sugar-Lg ^	1 Roll	189	5	135	3.14	1.10	22.6	301	0.01	12	5.01	39.31	1.0	0.50	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		823	85	1489	11.57	4.38	*452.6	1553	12.71	*37	42.24	113.53	22.93	6.03	*0.00
% of Calories										*18.2%	20.5%	55.2%	25.1%	6.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 09/20/2019															
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
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
Chicken Drumstick, Breaded +	1 Drumstic	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	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
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Roll, Dnr White Wht Alpha SK1*	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
Carrots & Celery - 4 oz	4 oz Veg	31	0	84	2.49	0.28	41.4	9727	5.1	3	0.92	7.12	0.23	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00

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Germantown School District

Sep 3, 2019 thru Sep 30, 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		645	52	1177	7.77	3.41	600.3	8867	9.84	*37	31.04	83.49	20.73	7.06	*0.00
% of Calories										*23.0%	19.2%	51.7%	28.9%	9.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 09/23/2019															
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
Waffle, Dutch 432588%	Waffle	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
Sausage Links, 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, Cup Skip\$	1 Cup	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
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
Pizza, Tony's 5" DD Cheese \$	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
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1/2C	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Ice Cream, 3oz Cup/Orange Van%	1 Cup	80	5	40	0.00	0.00	60.0	0	0.0	12	1.0	16.0	1.0	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
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		629	68	763	2.85	2.36	441.3	747	8.47	*44	27.98	97.36	14.34	4.54	0.00
% of Calories										*27.9%	17.8%	62.0%	20.5%	6.5%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 3, 2019 thru Sep 30, 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 - 09/24/2019															
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
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
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
Pizza, Tony's 4x6 WG Chs@	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
Potatoes, Tater Gems, Smp +	8 Gems - 1/2 C	143	0	286	1.68	0.61	16.8	0	1.01	*N/A*	1.68	15.96	8.4	2.10	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst KMS- Skip\$	1 packet/cu	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Roll, Dnr 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
Beans, Baked, Veg - 1/4 Cup+	#16 - 1/4C	80	0	83	2.67	1.07	38.5	14	0.17	*3	3.2	15.92	0.0	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
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		597	58	1121	6.49	3.00	456.4	1296	6.33	*34	28.99	78.79	18.52	5.95	*0.00
% of Calories										*22.8%	19.4%	52.7%	27.9%	9.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 09/25/2019															
KMS Lunch	Total														
Burrito Bowl/Wrap +	1 Bowl or 1 Wrp	423	80	1152	5.65	4.46	90.4	1152	19.78	*0	25.79	40.61	18.18	8.47	*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
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
Ham* Sand w/Cheese, wm 2mt	1 Bun/2Sl 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
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
Carrots,Frozen,Swt 1/2 Cup+	#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
Donut, Pwd Sgr Mini WG - 1 \$	1 Mini Don	45	0	38	0.33	0.12	10.0	0	0.0	4	0.67	6.83	1.83	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

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Germantown School District

Sep 3, 2019 thru Sep 30, 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		540	53	1011	7.80	3.13	509.0	11644	13.35	*34	27.87	74.71	15.04	6.59	*0.00
% of Calories										*25.0%	20.6%	55.3%	25.1%	11.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 09/26/2019															
KMS 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
Pizza, Tony's WG ClscWg Chs \$	1 Wedge	300	15	470	4.00	2.70	300.0	500	0.0	10	16.0	34.0	11.0	4.00	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
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*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
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
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
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		615	51	898	11.07	6.19	494.1	2804	31.89	*35	35.16	86.23	17.32	6.45	*0.36
% of Calories										*22.8%	22.9%	56.1%	25.3%	9.4%	*0.5%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 3, 2019 thru Sep 30, 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 - 09/27/2019															
KMS Lunch															
Pizza, BD Primo 4 Meat WG<	Total slice	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WG@	slice	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Chicken, 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
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
Mac & Cheese, LOL, RS RF 8oz	8 oz scoop	373	33	893	2.67	1.44	533.3	1000	0.0	8	22.67	38.67	14.67	6.67	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
Salad Bar, KMS/GHS. Skip@	2C Let w/T opngs	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*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
Breadstick 6" NY WG 1oz Skip1@	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
Sherbet, Cup - Assorted	4 oz Serv	131	4	36	0.37	0.31	30.3	13	45.65	*12	0.31	27.87	1.69	1.08	*0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		686	60	1048	4.90	2.79	564.2	1250	48.84	*35	30.31	90.86	22.47	6.69	*0.00
% of Calories										*20.3%	17.7%	53.0%	29.5%	8.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 09/30/2019															
KMS Lunch															
Taco Nachos(#12)w/LOL-KMS+	Total 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
Chicken Drumsticks - 6+	6 Drummie	315	60	510	3.00	1.62	30.0	0	0.0	1	19.5	18.0	18.0	3.75	0.00
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
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
Pizza, Tony's 4x6 WG Chs@	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
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
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

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Germantown School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		560	43	852	4.56	2.89	441.3	1238	11.93	*40	26.10	72.55	19.20	6.31	0.00
% of Calories										*28.8%	18.7%	51.9%	30.9%	10.1%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		642	62	1019	7.29	3.58	*506.0	3310	18.93	*38 *53.6%	33.52 20.9%	87.02 54.2%	19.03 26.7%	6.33 8.9%	*0.05 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	642		600 - 700	100%				
Cholesterol (mg)	62							
Sodium 1 (mg)	1019		1360					
Sodium 2 (mg)	1019		1035					
Fiber (g)	7.29							
Iron (mg)	3.58							
Calcium (mg)	506.0				Missing			
Vitamin A (IU)	3310							
Sugars (g)	38	23.83%			Missing			
Vitamin C (mg)	18.93							
Protein (g)	33.52	20.87%						
Carbohydrate (g)	87.02	54.18%						
Total Fat (g)	19.03	26.66%						
Saturated Fat (g)	6.33	8.87%	<10.00%					
Trans Fat ¹ (g)	0.05	0.07%			Missing			

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