

# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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Generated on: 12/16/2020 8:35:00 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/04/2021															
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@	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00
	French Fries, 1/2" Strt Cut	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
	Mozz Stx, WG, Seapak KMS/GHS#	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 \$	30	0	240	2.00	0.00	0.0	0	0.0	4	0.0	6.0	0.0	0.00	0.00
	French Fries, 1/2" Strt Cut	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
	Salad, Chef +	1058	234	820	66.36	14.63	639.9	20669	3012.9	*93	59.2	184.79	23.54	10.61	*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
	Croutons	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
	Bag of Chips SK	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
	Cheeseburger KMS/GHS	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
	French Fries, 1/2" Strt Cut SK	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
	Carrots & 4oz Raw Skip +	40	0	88	3.29	1.01	36.3	15638	2.95	5	0.73	9.34	0.15	0.03	0.00
	Salad Drsg, Ranch HM RF RS SK*	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
	Fruit, Mixed - 1/2 Cup	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
	Craisins, Strawberry %	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	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
	Milk, SKIP - AVG - PF SKIP+	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
	Weighted Daily Average	829	72	984	11.53	3.29	469.3	9867	134.17	*50	35.05	135.62	17.44	3.73	*0.00
	% of Calories									*24.1%	16.9%	65.4%	18.9%	4.0%	*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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Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/05/2021															
GHS Lunch	Total														
Chicken, Mand Org-Ling KM/GH+	8 oz spoodl	292	78	544	0.00	1.40	0.0	0	2.33	19	21.39	36.94	5.83	0.97	0.00
Rice, Brown, USDA, #8 - 1BrSK@	#8 scoop	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00
French Fries, 1/2" Strt Cut	1/2 C - 2.4	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	370	15	520	3.00	1.44	560.0	650	1.2	3	20.0	27.0	20.0	5.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.00	0.0	0	0.0	4	0.0	6.0	0.0	0.00	0.00
French Fries, 1/2" Strt Cut	1/2 C - 2.4	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Salad, Chef +	1 Salad	1058	234	820	66.36	14.63	639.9	20669	3012.9	*93	59.2	184.79	23.54	10.61	*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
Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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
French Fries, 1/2" Strt Cut SK	1/2 C - 2.4	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Carrots & 4oz Raw Skip +	4 oz Serv	40	0	88	3.29	1.01	36.3	15638	2.95	5	0.73	9.34	0.15	0.03	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, Mixed - 1/2 Cup	4oz spdl-1 /2C	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
Craisins, Strawberry %	1 package	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		829	72	984	11.53	3.29	469.3	9867	134.17	*50	35.05	135.62	17.44	3.73	*0.00
% of Calories										*24.1%	16.9%	65.4%	18.9%	4.0%	*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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GHS Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/06/2021															
GHS Lunch															
	Total														
	2 Roll-Ups	549	40	1005	6.73	3.99	623.0	1605	23.84	*13	32.65	72.58	12.37	7.04	*0.00
	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
	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
	1 Slice	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
	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
	1 Salad	161	38	874	4.69	1.67	43.9	6732	53.02	*3	18.1	14.53	3.61	1.35	*0.00
	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
	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
	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
	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
	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
	2 oz	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	0.00
	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
	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
	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
	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
	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
	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
	Weighted Daily Average	865	56	1669	10.81	4.72	656.9	6586	21.88	*42	34.62	113.98	29.69	10.54	*0.01
	% of Calories									*19.6%	16.0%	52.7%	30.9%	11.0%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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## Base Menu Spreadsheet

GHS Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/07/2021															
GHS Lunch															
	Total														
Lasagna, Roll-Up, Chs, WG-2 \$	2 Roll-Ups	549	40	1005	6.73	3.99	623.0	1605	23.84	*13	32.65	72.58	12.37	7.04	*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, BD Primo Buff Ckn WG \$	1 Slice	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
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
Salad, Loaded Veggie & Ham +	1 Salad	161	38	874	4.69	1.67	43.9	6732	53.02	*3	18.1	14.53	3.61	1.35	*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
Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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
Potatoes, Tri-Tater, Tiny SK +	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
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
Carrots & 2oz Raw Skip +	2 oz	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	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
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
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		865	56	1669	10.81	4.72	656.9	6586	21.88	*42	34.62	113.98	29.69	10.54	*0.01
% of Calories										*19.6%	16.0%	52.7%	30.9%	11.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Jan 4, 2021 thru Jan 29, 2021**

Base Menu Spreadsheet

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	
Fri - 01/08/2021																
GHS Lunch																
	Total															
	Pizza, BD Primo 4 Meat WG<	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 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	
	Pizza, BD, WG Bld Ch 1/8 \$	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	*N/A*	
	Potatoes, Wedges +	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00	
	Salad, Chicken Caesar +	1 Salad	201	68	430	2.40	1.03	194.7	4383	5.64	*0	25.38	8.36	7.28	3.38	0.00
	Salad Drsg, Ceasar, Skip +	2 TBSP	110	10	260	0.00	0.00	0.0	0.0	1	0.0	2.0	12.0	2.00	0.00	
	Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0.0	0	4.0	18.0	4.0	0.00	0.00	
	Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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 Skip*	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00	
	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
	Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0.0	*0	0.0	0.68	3.05	0.34	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, Orange Cup 4 oz+	4 oz cup	60	0	0	0.00	0.00	0.0	0.0	14	1.0	15.0	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	1.0	4.5	0.50	0.00	
	Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.00	0.00	
	Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
	Weighted Daily Average		791	53	1305	9.09	3.72	522.7	3806	10.07	*45	33.72	107.25	25.27	7.34	*0.00
	% of Calories									*22.7%	17.1%	54.3%	28.8%	8.4%	*0.0%	
	Nutrient Guideline	750-850		1420										<10.00		

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GHS Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/11/2021															
GHS Lunch	Total														
Taco, Soft Shell (2) #16 GHS+	2T-2#16M -1ozCh	438	30	731	6.67	4.09	293.5	1169	6.42	*3	28.39	37.69	20.69	11.41	0.00
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
Salad, Mediterranean Chicken +	1 Salad	354	91	948	4.96	2.89	252.6	2964	17.68	*3	26.39	20.8	19.25	5.84	*0.00
Salad Drsg, Greek, Skip +	2 TBSP	100	0	280	0.00	0.00	0.0	0	0.0	1	0.0	1.0	11.0	1.50	0.00
Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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
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
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
Carrots & 2oz Raw Skip +	2 oz	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	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
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
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
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		763	47	1076	12.92	4.77	679.6	6908	18.39	*41	38.71	105.79	21.83	10.10	*0.00
% of Calories										*21.3%	20.3%	55.5%	25.8%	11.9%	*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**

**Jan 4, 2021 thru Jan 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/12/2021															
GHS Lunch	Total														
Taco, Soft Shell (2) #16 GHS+	2T-2#16M -1ozCh	438	30	731	6.67	4.09	293.5	1169	6.42	*3	28.39	37.69	20.69	11.41	0.00
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
Salad, Mediterranean Chicken +	1 Salad	354	91	948	4.96	2.89	252.6	2964	17.68	*3	26.39	20.8	19.25	5.84	*0.00
Salad Drsg, Greek, Skip +	2 TBSP	100	0	280	0.00	0.00	0.0	0	0.0	1	0.0	1.0	11.0	1.50	0.00
Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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
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
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
Carrots & 2oz Raw Skip +	2 oz	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	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
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
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
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		763	47	1076	12.92	4.77	679.6	6908	18.39	*41	38.71	105.79	21.83	10.10	*0.00
% of Calories										*21.3%	20.3%	55.5%	25.8%	11.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/13/2021															
GHS Lunch	Total														
Pizza, BD Primo 4 Meat WG<	1 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 Buff Ckn WG \$	1 Slice	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Pizza, BD, WG Bld Ch 1/8 \$	1/8 pizza	400	35	440	4.00	2.70	350.0	400	0.0	7	19.0	43.0	16.0	7.00	*N/A*
Potatoes, Wedges +	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Salad, Chef +	1 Salad	1058	234	820	66.36	14.63	639.9	20669	3012.9	*93	59.2	184.79	23.54	10.61	*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
Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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 Skip*	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
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
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
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
Juice, Orange Cup 4 oz+	4 oz cup	60	0	0	0.00	0.00	0.0	0	0.0	14	1.0	15.0	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
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		796	59	1294	11.53	4.13	540.0	3973	127.46	*48	34.54	109.11	25.03	7.46	*0.00
% of Calories										*24.4%	17.4%	54.8%	28.3%	8.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/14/2021															
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
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
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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Wrap, Turkey & Cheese +	1T-5sl T-1 Chs-L	508	60	1229	3.69	3.50	305.4	4958	2.77	*3	26.11	55.39	20.87	9.58	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Broccoli, Frozen 1/2 Cup+	#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
Carrots & 2oz Raw Skip +	2 oz	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	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
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
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		743	71	993	12.62	5.56	620.4	6310	43.58	*44	40.26	107.91	18.92	6.91	*0.20
% of Calories										*23.6%	21.7%	58.1%	22.9%	8.4%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 4, 2021 thru Jan 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/15/2021															
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
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
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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Wrap, Turkey & Cheese +	1T-5sl T-1	508	60	1229	3.69	3.50	305.4	4958	2.77	*3	26.11	55.39	20.87	9.58	0.00
	Chs-L														
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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Broccoli, Frozen 1/2 Cup+	#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
Carrots & 2oz Raw Skip +	2 oz	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	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
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
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		745	71	997	12.75	5.60	621.8	6935	43.70	*44	40.29	108.28	18.92	6.91	*0.20
% of Calories										*23.7%	21.6%	58.2%	22.9%	8.4%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 4, 2021 thru Jan 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/19/2021															
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
Potatoes, Smiley - 6 GHS +	6 pieces	194	0	269	2.99	0.54	0.0	0	3.59	0	2.99	29.88	6.72	0.75	0.00
Pizza, Tony's FB Multi Cheese+	6" FB Pizza	290	20	440	0.00	2.52	360.0	750	6.0	4	17.0	33.0	11.0	4.00	0.00
Potatoes, Smiley - 6 GHS +	6 pieces	194	0	269	2.99	0.54	0.0	0	3.59	0	2.99	29.88	6.72	0.75	0.00
Salad, Chef +	1 Salad	1058	234	820	66.36	14.63	639.9	20669	3012.9	*93	59.2	184.79	23.54	10.61	*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
Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Cheeseburger, PJ	1bun/1 bgr /1ch	386	60	600	3.65	2.43	777.2	1085	0.0	*3	25.32	28.48	19.05	9.60	0.01
Potatoes, Smiley - 6 GHS Skip+	6 pieces	194	0	269	2.99	0.54	0.0	0	3.59	0	2.99	29.88	6.72	0.75	0.00
Carrots & 2oz Raw Skip +	2 oz	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	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
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
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		793	69	1231	10.83	3.66	605.5	6441	130.12	*48	36.55	113.66	21.80	5.70	*0.00
% of Calories										*24.1%	18.4%	57.3%	24.7%	6.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 01/20/2021															
GHS Lunch	Total														
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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 01/21/2021															
GHS Lunch	Total														
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

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**Germantown School District**

**Jan 4, 2021 thru Jan 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 01/26/2021															
GHS Lunch	Total														
Taco Nachos(#10)w/LOL-GHS+	1Cp/#10M t/2Ch	481	20	912	6.00	2.34	40.0	850	16.8	*2	22.0	48.0	23.0	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
French Fries, 1/2" Strt Cut	1/2 C - 2.4	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	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	0.00	0.0	0	0.0	4	0.0	6.0	0.0	0.00	0.00
French Fries, 1/2" Strt Cut	1/2 C - 2.4	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Salad, Chicken Caesar +	1 Salad	201	68	430	2.40	1.03	194.7	4383	5.64	*0	25.38	8.36	7.28	3.38	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Chicken Tdrs, TY - 4 GHS	4 Tenders	320	60	540	2.00	2.16	0.0	0	0.0	4	26.0	16.0	16.0	3.00	0.00
French Fries, 1/2" Strt Cut SK	1/2 C - 2.4	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	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
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
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
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		792	52	1204	11.48	3.80	507.1	1821	22.81	*44	36.58	109.93	22.88	7.48	0.00
% of Calories										*22.2%	18.5%	55.5%	26.0%	8.5%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 4, 2021 thru Jan 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/27/2021															
GHS Lunch	Total														
Taco Nachos(#10)w/LOL-GHS+	1Cp/#10M t/2Ch	481	20	912	6.00	2.34	40.0	850	16.8	*2	22.0	48.0	23.0	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
French Fries, 1/2" Strt Cut	1/2 C - 2.4	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	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, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.00	0.0	0	0.0	4	0.0	6.0	0.0	0.00	0.00
French Fries, 1/2" Strt Cut	1/2 C - 2.4	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Salad, Chicken Caesar +	1 Salad	201	68	430	2.40	1.03	194.7	4383	5.64	*0	25.38	8.36	7.28	3.38	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Chicken Tdrs, TY - 4 GHS	4 Tenders	320	60	540	2.00	2.16	0.0	0	0.0	4	26.0	16.0	16.0	3.00	0.00
French Fries, 1/2" Strt Cut SK	1/2 C - 2.4	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	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
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
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
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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		792	52	1204	11.48	3.80	507.1	1821	22.81	*44	36.58	109.93	22.88	7.48	0.00
% of Calories										*22.2%	18.5%	55.5%	26.0%	8.5%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

## Base Menu Spreadsheet

GHS Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/28/2021															
GHS Lunch	Total														
Philly Steak Sandwich	1 Sandwich	493	55	899	6.00	1.08	*10.0	100	12.0	*9	30.0	48.0	18.5	7.80	0.00
French Fries CC McCain 3/8+	2.06 oz - 1 /2 C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	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
French Fries CC McCain 3/8+	2.06 oz - 1 /2 C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Salad, Chef +	1 Salad	1058	234	820	66.36	14.63	639.9	20669	3012.9	*93	59.2	184.79	23.54	10.61	*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
Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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
French Fries CC McCain 3/8 SK+	2.06 oz - 1 /2 C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Carrots & 2oz Raw Skip +	2 oz	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	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
Apples, Cinnamon - Warm +	4oz spd1-1 /2C	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
Juice, Orange Cup 4 oz+	4 oz cup	60	0	0	0.00	0.00	0.0	0	0.0	14	1.0	15.0	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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		813	51	1062	11.12	3.15	*511.3	6806	132.65	*57	32.79	128.21	19.50	6.54	*0.00
% of Calories										*28.1%	16.1%	63.1%	21.6%	7.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**Germantown School District**

**Jan 4, 2021 thru Jan 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/29/2021															
GHS Lunch	Total														
Philly Steak Sandwich	1 Sandwich	493	55	899	6.00	1.08	*10.0	100	12.0	*9	30.0	48.0	18.5	7.80	0.00
French Fries CC McCain 3/8+	2.06 oz - 1 /2 C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	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
French Fries CC McCain 3/8+	2.06 oz - 1 /2 C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Salad, Chef +	1 Salad	1058	234	820	66.36	14.63	639.9	20669	3012.9	*93	59.2	184.79	23.54	10.61	*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
Croutons	2 Bags	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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
French Fries CC McCain 3/8 SK+	2.06 oz - 1 /2 C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Carrots & 2oz Raw Skip +	2 oz	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	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
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
Juice, Orange Cup 4 oz+	4 oz cup	60	0	0	0.00	0.00	0.0	0	0.0	14	1.0	15.0	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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		813	51	1062	11.12	3.15	*511.3	6806	132.65	*57	32.79	128.21	19.50	6.54	*0.00
% of Calories										*28.1%	16.1%	63.1%	21.6%	7.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		799	59	1187	11.50	4.14	*570.6	6096	67.65	*46	36.06	115.55	22.17	7.41	*0.03
										*52.3%	18.0%	57.8%	25.0%	8.3%	*0.0%

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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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Generated on: 12/16/2020 8:35:00 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 <sup>1</sup> (g)	Error Messages (if any)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	799		750 - 850	100%														
Cholesterol (mg)	59																	
Sodium 1 (mg)	1187		1420															
Sodium 2 (mg)	1187		1080						107									Correction Required - Sodium too High
Fiber (g)	11.50																	
Iron (mg)	4.14																	
Calcium (mg)	570.6				Missing													
Vitamin A (IU)	6096				Missing													
Sugars (g)	46	23.25%																
Vitamin C (mg)	67.65																	
Protein (g)	36.06	18.04%																
Carbohydrate (g)	115.55	57.81%																
Total Fat (g)	22.17	24.96%																
Saturated Fat (g)	7.41	8.34%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.03	0.03%				Missing												

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