

**Germantown School District**

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

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 <sup>1</sup> (g)
Mon - 01/04/2021															
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 scoop	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	370	15	520	3.00	1.44	560.0	650	1.2	3	20.0	27.0	20.0	5.00	0.00
Marinara Sauce, 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
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
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
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*
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		689	60	890	7.92	3.00	533.2	7112	12.20	*33	35.50	104.37	14.96	2.99	*0.00
% of Calories										*19.3%	20.6%	60.6%	19.6%	3.9%	*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 <sup>1</sup> (g)
Tue - 01/05/2021															
KMS Lunch	Total														
Pizza, Homemade Cheese 1/8@	1/8 pizza	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	0.00
Pizza, Homemade Sausage 1/8@	1/8 pizza	451	45	782	4.63	0.76	*20.0	481	25.8	*N/A*	24.12	39.0	20.87	9.30	0.00
Pizza, Homemade Veggie 1/8 @	1/8 pizza	374	30	620	4.66	0.53	*4.2	524	31.51	*1	20.99	39.79	13.93	6.81	*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
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
Applesauce, Strawberry 4.5 oz	4.5 oz cup	50	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	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
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		648	38	962	8.14	1.99	*328.4	6280	22.87	*28	31.04	87.31	19.46	6.03	*0.00
% of Calories										*17.0%	19.2%	53.9%	27.0%	8.4%	*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  
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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

## 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 <sup>1</sup> (g)
Thu - 01/07/2021															
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 scoop	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	370	15	520	3.00	1.44	560.0	650	1.2	3	20.0	27.0	20.0	5.00	0.00
Marinara Sauce, 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
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
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
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*
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		689	60	890	7.92	3.00	533.2	7112	12.20	*33	35.50	104.37	14.96	2.99	*0.00
% of Calories										*19.3%	20.6%	60.6%	19.6%	3.9%	*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 <sup>1</sup> (g)
Fri - 01/08/2021															
KMS Lunch	Total														
Pizza, Homemade Cheese 1/8@	1/8 pizza	366	30	577	4.13	0.40	*0.0	481	25.8	*N/A*	20.62	38.0	13.87	6.80	0.00
Pizza, Homemade Sausage 1/8@	1/8 pizza	451	45	782	4.63	0.76	*20.0	481	25.8	*N/A*	24.12	39.0	20.87	9.30	0.00
Pizza, Homemade Veggie 1/8 @	1/8 pizza	374	30	620	4.66	0.53	*4.2	524	31.51	*1	20.99	39.79	13.93	6.81	*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
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
Applesauce, Strawberry 4.5 oz	4.5 oz cup	50	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	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
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		648	38	962	8.14	1.99	*328.4	6280	22.87	*28	31.04	87.31	19.46	6.03	*0.00
% of Calories										*17.0%	19.2%	53.9%	27.0%	8.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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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 <sup>1</sup> (g)
Mon - 01/11/2021															
KMS Lunch	Total														
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
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
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
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
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
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		627	42	1132	8.72	3.03	623.1	6228	12.43	*36	27.80	89.75	18.12	6.40	0.01
% of Calories										*22.9%	17.7%	57.3%	26.0%	9.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 01/12/2021															
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
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
Vegetables, Calif Blen - 4 oz	#8 - 4 oz Serv	33	0	33	2.67	0.48	26.7	2000	36.0	*N/A*	1.33	6.67	0.0	0.00	0.00
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
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		675	44	865	13.44	7.27	529.3	7845	38.89	*33	33.62	102.45	17.09	6.06	*0.43
% of Calories										*19.3%	19.9%	60.7%	22.8%	8.1%	*0.6%
Nutrient Guideline		600-700		1360										<10.00	

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KMS 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)
Thu - 01/14/2021															
KMS Lunch	Total														
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
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
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
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
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		627	42	1132	8.72	3.03	623.1	6228	12.43	*36	27.80	89.75	18.12	6.40	0.01
% of Calories										*22.9%	17.7%	57.3%	26.0%	9.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

	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 - 01/15/2021															
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
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
Vegetables, Calif Blen - 4 oz	#8 - 4 oz Serv	33	0	33	2.67	0.48	26.7	2000	36.0	*N/A*	1.33	6.67	0.0	0.00	0.00
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
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		675	44	865	13.44	7.27	529.3	7845	38.89	*33	33.62	102.45	17.09	6.06	*0.43
% of Calories										*19.3%	19.9%	60.7%	22.8%	8.1%	*0.6%
Nutrient Guideline		600-700		1360										<10.00	

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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 - 01/18/2021															
KMS Lunch	Total														
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
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
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
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
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
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		670	60	1154	7.15	2.46	322.8	5045	21.23	*45	30.86	84.36	21.56	3.87	0.00
% of Calories										*26.8%	18.4%	50.4%	29.0%	5.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

	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 - 01/19/2021															
KMS Lunch	Total														
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, 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
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
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
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
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		741	58	1055	8.78	6.36	644.5	6159	6.35	*43	38.22	100.53	19.71	7.42	*0.00
% of Calories										*23.4%	20.6%	54.3%	24.0%	9.0%	*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  
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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

KMS 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)
Thu - 01/21/2021															
KMS Lunch	Total														
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
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
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
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
Strawberry Cup - 4.5 oz Comm	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
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		670	60	1154	7.15	2.46	322.8	5045	21.23	*45	30.86	84.36	21.56	3.87	0.00
% of Calories										*26.8%	18.4%	50.4%	29.0%	5.2%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

	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 - 01/26/2021															
KMS Lunch	Total														
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
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, 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
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
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		626	56	977	5.53	2.76	440.0	6952	11.01	*34	31.84	92.09	14.90	4.00	0.00
% of Calories										*21.4%	20.3%	58.8%	21.4%	5.8%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

## Base Menu Spreadsheet

KMS 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)
Thu - 01/28/2021															
KMS Lunch	Total														
Cheeseburger, Double \$	1Bun/1Chs/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, 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
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
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
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
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		741	58	1055	8.78	6.36	644.5	6159	6.35	*43	38.22	100.53	19.71	7.42	*0.00
% of Calories										*23.4%	20.6%	54.3%	24.0%	9.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 01/29/2021															
KMS Lunch	Total														
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
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, 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
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
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		626	56	977	5.53	2.76	440.0	6952	11.01	*34	31.84	92.09	14.90	4.00	0.00
% of Calories										*21.4%	20.3%	58.8%	21.4%	5.8%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		668	51	1005	8.53	3.84	*488.8	6517	17.85	*36 *48.3%	32.70 19.6%	94.41 56.5%	17.97 24.2%	5.25 7.1%	*0.06 *0.1%
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# Germantown School District

Jan 4, 2021 thru Jan 29, 2021

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 <sup>1</sup> (g)
<b>Nutrient</b>	<b>Menu AVG</b>	<b>% of Cals</b>	<b>Weekly Target</b>	<b>% of Target</b>	<b>Miss Data</b>	<b>Shortfall</b>	<b>Overage</b>	<b>Error Messages (if any)</b>							
Calories	668		600 - 700	100%											
Cholesterol (mg)	51														
Sodium 1 (mg)	1005		1360												
Sodium 2 (mg)	1005		1035												
Fiber (g)	8.53														
Iron (mg)	3.84														
Calcium (mg)	488.8				Missing										
Vitamin A (IU)	6517														
Sugars (g)	36	21.49%			Missing										
Vitamin C (mg)	17.85														
Protein (g)	32.70	19.58%													
Carbohydrate (g)	94.41	56.55%													
Total Fat (g)	17.97	24.22%													
Saturated Fat (g)	5.25	7.08%	<10.00%												
Trans Fat <sup>1</sup> (g)	0.06	0.09%			Missing										

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