

Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

Elementary 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)
Mon - 01/04/2021															
Elementary Lunch	Total														
Mozz Stx, WG, Seapak, ELEM#	4 Sticks	248	10	348	2.01	0.96	375.1	435	0.8	2	13.4	18.09	13.4	3.35	0.00
Marinara Sauce, 1 oz (1)Sk \$	1 - 1 oz cu	15	0	120	1.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	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
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*
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		552	17	848	5.14	1.84	681.5	5524	8.37	*26	22.71	73.71	17.84	3.68	*0.00
% of Calories										*18.6%	16.5%	53.4%	29.1%	6.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 01/05/2021															
Elementary Lunch	Total														
Chicken Nuggets, Tyson WG - 5+	5 Nuggets	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	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
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
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		458	28	803	6.90	2.91	377.3	6466	29.71	*40	23.74	65.87	11.78	2.34	0.00
% of Calories										*34.7%	20.7%	57.5%	23.2%	4.6%	0.0%
Nutrient Guideline		550-650		1230										<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

Elementary 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 ¹ (g)
Wed - 01/06/2021															
Elementary Lunch	Total														
Hot Dog, Tky w/Bun Elem CarGI@	1 Dog/1 Bu	256	45	556	2.29	2.52	70.0	0	0.0	*4	12.2	28.49	11.1	2.84	0.03
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
Bananas	1 Banana	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Ice Cream, 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
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		659	57	1029	8.66	4.29	472.1	5927	11.79	*51	25.61	108.03	14.33	4.18	*0.03
% of Calories										*31.1%	15.5%	65.5%	19.6%	5.7%	*0.0%
Nutrient Guideline		550-650		1230										<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 ¹ (g)
Thu - 01/07/2021															
Elementary Lunch	Total														
Yogurt, Dannon Danimals Straw+	4 oz Cup	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Muffin, Choc Choc Chip WG SLee	1 Muffin	180	10	105	2.00	1.33	12.8	14	0.05	14	3.0	27.0	6.0	1.50	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
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
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		610	30	826	5.49	2.15	643.1	5332	6.41	*49	22.11	87.30	18.98	6.80	*0.00
% of Calories										*32.1%	14.5%	57.2%	28.0%	10.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary 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 - 01/08/2021															
Elementary Lunch	Total														
Pizza, Tony's Smt Cheese 4x6+	1 Slice	310	15	480	4.00	2.70	250.0	500	0.0	8	16.0	35.0	11.0	4.00	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
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
Weighted Daily Average		522	17	569	7.91	3.33	263.7	5512	8.40	*34	19.56	81.28	13.04	4.18	0.00
% of Calories										*26.1%	15.0%	62.3%	22.5%	7.2%	0.0%
Nutrient Guideline		550-650		1230										<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)
Mon - 01/11/2021															
Elementary Lunch	Total														
Chicken Tdrs, TY - 3 ELEM	3 Tenders	260	25	390	3.00	1.98	40.0	0	0.0	1	15.0	16.0	15.0	2.50	0.00
Potatoes, Emoticon, Elem	4 pieces	120	0	80	2.00	0.72	0.0	0	0.0	0	2.0	18.0	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
Orange Smiles	1 Orange	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
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
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		636	33	864	8.16	3.15	379.6	5622	49.49	*39	26.11	80.48	22.40	3.80	0.00
% of Calories										*24.7%	16.4%	50.6%	31.7%	5.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Elementary 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)
Tue - 01/12/2021															
Elementary Lunch	Total														
Taco, Hard Shell #16 - Elem+	2 T-1-16M -1/2Ch	285	30	385	2.68	1.81	240.2	735	3.21	*1	17.04	18.47	16.38	8.55	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
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
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
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		570	48	823	7.96	3.65	635.1	6966	15.64	*29	30.29	65.98	21.30	11.01	0.00
% of Calories										*20.4%	21.3%	46.3%	33.6%	17.4%	0.0%
Nutrient Guideline		550-650		1230										<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)
Wed - 01/13/2021															
Elementary Lunch	Total														
Waffle, Dutch 5" WG J & J Snac	Waffle	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	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
Carrots & Cukes - 4 oz	4 oz Veg	28	0	45	1.93	0.66	27.2	7878	3.06	4	0.73	6.73	0.14	0.03	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
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		723	50	830	6.98	2.88	488.4	11965	5.75	*61	17.15	112.54	24.55	6.58	0.00
% of Calories										*33.7%	9.5%	62.3%	30.6%	8.2%	0.0%
Nutrient Guideline		550-650		1230										<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 ¹ (g)
Thu - 01/14/2021															
Elementary Lunch	Total														
Spaghetti Sauce w/Meat Elem+	6 oz Spood	175	32	305	2.83	2.92	34.3	609	8.97	*3	12.0	11.81	9.5	3.49	*0.54
Pasta, Rotini WG 1.5 Br	#6 Pasta	135	0	0	4.50	2.70	0.0	0	0.0	1	6.0	29.25	1.13	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
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
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		563	40	649	11.53	7.11	362.0	6683	17.99	*22	28.19	85.57	15.11	4.53	*0.54
% of Calories										*15.3%	20.0%	60.8%	24.2%	7.3%	*0.9%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/15/2021															
Elementary Lunch	Total														
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	0.00
Marinara Sauce, 1 oz (1)Sk \$	1 - 1 oz cu	15	0	120	1.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Potatoes, Savory Loops +	3 oz	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
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
Ice Cream, 4oz Cup/Strw, Schp@	4 oz cup	130	30	60	0.00	0.00	80.0	200	0.0	21	2.0	15.0	7.0	4.00	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		683	44	1055	7.73	2.71	584.1	5932	6.32	*54	23.72	100.29	19.78	7.88	0.00
% of Calories										*31.6%	13.9%	58.8%	26.1%	10.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

Elementary 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)
Mon - 01/18/2021															
Elementary Lunch	Total														
Hamburger - Elem	1Bun/1Bgr	275	35	387	3.65	2.43	54.0	0	0.0	3	19.24	27.47	9.94	3.52	0.01
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
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
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		629	43	1038	8.25	3.65	350.2	5947	5.94	*39	28.91	85.30	18.28	5.69	0.01
% of Calories										*24.8%	18.4%	54.2%	26.2%	8.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 01/19/2021															
Elementary 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, 1 oz (1)Sk \$	1 - 1 oz cu	15	0	120	1.00	0.00	0.0	0	0.0	2	0.0	3.0	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
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
Popcorn, Kettle Corn ^	1Bag	130	0	170	2.00	0.36	0.0	0	0.0	9	1.0	22.0	4.0	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		673	38	1188	10.91	3.61	616.7	7426	10.98	*45	29.03	102.31	17.68	6.40	0.00
% of Calories										*26.6%	17.2%	60.8%	23.6%	8.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Wed - 01/20/2021															
Elementary Lunch	Total														
Fr Tst, Cinn, WG 1PC +	1 Tst	210	110	290	2.00	1.08	60.0	0	0.0	11	8.0	26.0	8.0	2.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Eggs, Scrambled 2 oz#	#16	90	190	260	0.00	0.00	40.0	0	0.0	0	6.0	2.0	6.0	2.00	0.00
Carrots & Cukes - 4 oz	4 oz Veg	28	0	45	1.93	0.66	27.2	7878	3.06	4	0.73	6.73	0.14	0.03	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
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		589	270	806	4.38	1.86	406.3	10938	5.16	*57	21.38	91.74	15.06	4.01	0.00
% of Calories										*39.0%	14.5%	62.3%	23.0%	6.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/21/2021															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem+	12 pcs/6oz spd	250	25	380	3.00	1.80	0.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Potatoes, Mashed 1/2 cup +	#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
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 spd-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
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 tbsps	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		714	37	1155	10.09	6.51	322.5	5940	5.45	*43	26.05	106.20	22.47	4.10	*0.00
% of Calories										*24.3%	14.6%	59.5%	28.3%	5.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

Elementary 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 - 01/26/2021															
Elementary Lunch	Total														
Taco, Walking #16 Elem+	1 Ch/#16 Mt/.5Ch	289	38	450	3.34	1.70	167.4	631	3.34	*0	14.19	19.84	17.84	5.70	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
Beans, Black 1/2 Cup +	1/2 Cup	109	0	461	8.30	2.28	42.0	5	3.2	*N/A*	7.24	19.87	0.35	0.10	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
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		551	49	1009	10.56	3.93	518.8	7158	15.06	*30	26.59	67.66	20.79	6.67	0.00
% of Calories										*21.5%	19.3%	49.2%	34.0%	10.9%	0.0%
Nutrient Guideline		550-650		1230										<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)
Wed - 01/27/2021															
Elementary Lunch	Total														
Corn Puppies, Tky JTM-6^	6 pieces	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	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
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
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
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		639	41	820	9.57	2.13	377.8	7384	62.89	*51	21.99	103.77	15.38	3.18	0.00
% of Calories										*32.2%	13.8%	65.0%	21.7%	4.5%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/28/2021															
Elementary Lunch	Total														
Pancakes, Eggo Bag BB WG+	1 bag	210	10	310	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Omelet, Colby Chs - Michaels#	1 Omelet	130	190	260	0.00	0.72	60.0	400	0.0	0	7.0	1.0	11.0	3.50	0.00
Salad, Romaine Side	1 cup	11	0	0	0.55	0.20	11.1	553	1.33	*N/A*	1.11	1.66	0.0	0.00	0.00
Tomatoes, Cherry +	.25 cup	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	0.01	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, 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
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		622	171	819	5.83	3.83	411.1	7132	6.82	*56	19.19	97.56	18.24	4.32	0.00
% of Calories										*35.8%	12.4%	62.8%	26.4%	6.3%	0.0%
Nutrient Guideline		550-650		1230										<10.00	
Fri - 01/29/2021															
Elementary Lunch	Total														
Pizza, Tony's SC WG Wedge+	1 Slice	370	40	580	4.00	2.34	350.0	0	0.0	10	17.0	40.0	16.0	8.00	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
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*
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 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		713	56	880	8.80	5.16	647.3	6073	7.59	*26	28.38	104.26	20.74	9.18	*0.00
% of Calories										*14.8%	15.9%	58.5%	26.2%	11.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	
Weighted Average		617	59	890	8.05	3.59	474.3	6885	15.54	*42	24.48	89.99	18.21	5.47	*0.03
										*60.9%	15.9%	58.3%	26.6%	8.0%	*0.0%

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Germantown School District

Jan 4, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	617		550 - 650	100%													
Cholesterol (mg)	59																
Sodium 1 (mg)	890		1230														
Sodium 2 (mg)	890		935														
Fiber (g)	8.05																
Iron (mg)	3.59																
Calcium (mg)	474.3																
Vitamin A (IU)	6885																
Sugars (g)	42	27.09%				Missing											
Vitamin C (mg)	15.54																
Protein (g)	24.48	15.87%															
Carbohydrate (g)	89.99	58.35%															
Total Fat (g)	18.21	26.56%															
Saturated Fat (g)	5.47	7.98%	<10.00%														
Trans Fat ¹ (g)	0.03	0.05%				Missing											

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