

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 2/12/2020 10:23:18 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 ¹ (g)
Mon - 03/02/2020															
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
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
Syrup, Smuckers 1.4oz 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, Mand Org-Ling ELEM+	6 oz spoodl	208	56	389	0.00	1.00	0.0	0	1.67	14	15.28	26.39	4.17	0.69	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
Garden Bar Wk 1-Elem+	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	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
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
Cookie, Fortune +	1 cookie	12	0	0	0.00	0.06	0.0	0	0.0	2	0.17	2.72	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		601	210	753	4.18	2.13	371.2	6805	11.47	*42	25.79	95.36	13.34	3.10	0.00
% of Calories										*28.0%	17.2%	63.5%	20.0%	4.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/03/2020															
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
Taco Nachos(#16) w/LOL-ELEM+	1Cp/#16 mt/2ch	314	20	700	2.34	2.04	66.8	635	15.21	*1	15.69	25.34	17.34	6.70	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
Garden Bar Wk 1-Elem+	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	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
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
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
Weighted Daily Average		711	40	1054	7.55	3.12	375.1	6113	17.14	*39	25.99	93.86	26.01	6.80	*0.00
% of Calories										*21.9%	14.6%	52.8%	32.9%	8.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

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)
Wed - 03/04/2020															
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	0.36	0.0	100	1.2	2	0.0	3.0	0.0	0.00	0.00
Sloppy Joe, #16-ELEM@	#16 Mt/1 B	245	19	732	3.85	2.94	59.8	270	3.59	7	14.58	32.69	6.14	0.32	0.01
Potatoes, Smiley - 4 ELEM+	4 pieces	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	0.00
Garden Bar Wk 1-Elem+	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	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
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
Cookie, Choc Chip, WG Otis 1oz^	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
Weighted Daily Average		621	23	932	7.64	5.32	483.4	7134	10.62	*38	23.22	94.88	15.44	4.52	0.00
% of Calories										*24.4%	15.0%	61.1%	22.4%	6.5%	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 - 03/05/2020															
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
Meatballs w/Gravy - 4@	4 MB& Gvy	181	40	576	1.00	1.98	60.0	5	1.2	*2	13.5	9.5	9.75	3.50	0.60
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
Garden Bar Wk 1-Elem+	See Below	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	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
Broccoli, Frozen 1/4 Cup+	#16 - 1/4 c	14	0	5	1.42	0.29	15.6	478	18.95	1	1.46	2.61	0.06	0.01	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-Sm+	1 Roll	99	0	70	2.14	0.92	12.6	151	0.01	7	2.01	21.31	0.5	0.00	*0.00
Frosting, Rich's Vanilla Elem	1 tsp	43	0	0	0.00	0.00	0.0	0	0.0	9	0.0	9.67	0.5	0.33	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		579	37	1117	7.55	4.33	344.9	6660	17.77	*38	26.68	79.54	17.70	3.67	*0.18
% of Calories										*26.4%	18.4%	54.9%	27.5%	5.7%	*0.3%
Nutrient Guideline		550-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

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)
Fri - 03/06/2020															
Elementary 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
Fish Sandwich w/Chse - Square#	1fsh/1bun/ 1Chs	372	58	603	3.65	2.51	152.0	150	0.0	5	23.74	43.47	10.94	2.57	0.01
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
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
Garden Bar Wk 1-Elem+	.5cL.25cC. 125cV	34	0	50	2.37	0.74	29.1	8264	5.09	*3	1.34	7.24	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
Cole Slaw #16 - 1/4 Cup@	#16 - 1/4 C	18	1	52	0.37	0.07	7.2	240	5.11	*1	0.02	2.45	0.9	0.10	*0.00
Sorbet, Assorted	4 oz cup	71	0	5	3.06	0.37	61.2	610	61.2	15	0.0	19.16	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
Weighted Daily Average		585	32	986	10.36	3.42	450.1	7372	65.36	*24	22.31	78.51	19.85	6.78	*0.00
% of Calories										*16.6%	15.3%	53.7%	30.5%	10.4%	*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)
Mon - 03/09/2020															
Elementary Lunch	Total														
Chicken Ring Things 5 - Tyson+	5 pcs	300	50	450	2.00	1.80	20.0	100	0.0	*N/A*	21.0	15.0	18.0	3.50	0.00
Hot Dog, Tky w/Bun Elem Briar	1 Dog/1 Bu	266	35	886	2.29	1.80	90.0	0	2.4	6	12.2	30.49	11.1	3.34	0.03
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
Garden Bar Wk 2-Elem+	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	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
Beans, Green, Simplot-1/4 cup+	2oz spdl-1 /4C	14	0	0	0.89	0.32	17.8	89	4.0	*0	0.44	2.73	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
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		598	54	942	7.76	3.55	359.0	6457	18.12	*33	28.91	74.44	21.52	4.27	0.01
% of Calories										*21.9%	19.3%	49.8%	32.4%	6.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 2/12/2020 10:23:18 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 ¹ (g)
Tue - 03/10/2020															
Elementary Lunch	Total														
Yogurt, Dannon Danimals- 4 oz+	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Muffin, Choc Choc Chip WG SL\$	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
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*
Mac & Cheese, LOL, RS RF 6 oz	6 oz scoop	280	25	670	2.00	1.08	400.0	750	0.0	6	17.0	29.0	11.0	5.00	0.00
Garden Bar Wk 2-Elem+	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	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
Carrots & Celery - 3 oz	3 oz Veg	23	0	63	1.87	0.21	31.0	7295	3.83	3	0.69	5.34	0.17	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
Orange Smiles - 4 Wedges	4 wedges	42	0	0	2.16	0.09	36.0	203	47.88	8	0.85	10.58	0.11	0.01	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		544	37	750	6.54	2.17	691.6	10195	53.79	*38	23.94	77.07	15.63	6.00	*0.00
% of Calories										*28.0%	17.6%	56.6%	25.8%	9.9%	*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)
Wed - 03/11/2020															
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
Sub Sandwich - Elementary@	1B-2H-2T-1Ch	257	37	578	3.00	1.36	110.0	150	0.4	5	19.63	30.76	6.78	2.25	0.00
Garden Bar Wk 2-Elem+	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	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
Carrots,Frozen,Swt 1/4 Cup+	#16 - 1/4 c	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	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/Choc Schp+	3 oz cup	70	0	55	0.00	0.00	150.0	0	0.0	9	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
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
Weighted Daily Average		550	36	919	7.95	2.79	521.1	11804	25.25	*47	27.18	85.18	12.12	2.90	0.00
% of Calories										*34.1%	19.8%	62.0%	19.8%	4.7%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

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)
Thu - 03/12/2020															
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
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
Wrap, Ham & Cheese-Cold +	1T/4Ham/.25Ch	544	90	2200	2.88	3.88	295.5	576	0.66	*4	32.75	54.63	21.8	10.90	0.00
Garden Bar Wk 2-Elem+	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	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
Peas - 1/4 Cup*	2 oz spd-1/4C	44	0	41	2.55	0.86	13.6	1191	5.61	2	2.92	8.09	0.15	0.03	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
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
Weighted Daily Average		651	57	1167	11.74	7.27	466.8	7803	27.17	*37	36.65	92.40	19.06	6.97	*0.43
% of Calories										*22.6%	22.5%	56.8%	26.3%	9.6%	*0.6%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/13/2020															
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
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
Garden Bar Wk 2-Elem+	See Below	43	0	84	2.93	1.07	33.1	8169	19.4	*5	1.47	9.65	0.15	0.04	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
Corn, Frozen - 1/2C	4oz spd-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
Apple, Wedges - 1/2 cup	1/2 cup slices	28	0	1	1.31	0.07	3.3	29	2.51	6	0.14	7.53	0.09	0.02	0.00
Caramel Dip LF ^	1oz packag	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%	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		573	63	811	7.80	3.02	405.8	7042	22.49	*38	27.19	78.79	17.19	3.64	0.00
% of Calories										*26.5%	19.0%	55.0%	27.0%	5.7%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

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 - 03/16/2020															
Elementary Lunch	Total														
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, Smuckers 1.4oz 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
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-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
Garden Bar Wk 3-Elem+	.5cL.25cC. 125Vg	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	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
Peas & Carrots - 1/4 cup+	1/4 Cup	27	0	39	1.76	0.53	13.0	5394	4.59	2	1.75	5.74	0.24	0.04	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
Weighted Daily Average		657	37	864	9.42	3.35	628.3	10876	13.19	*52	23.94	94.79	22.34	5.68	0.00
% of Calories										*31.7%	14.6%	57.7%	30.6%	7.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/17/2020															
Elementary Lunch	Total														
Taco, Soft Shell (1) Elem+	1 T-#16M-1/2 Ch	219	15	365	3.34	2.04	146.8	585	3.21	*1	14.19	18.84	10.34	5.70	0.00
Taco, Hard Shell #16 - Elem+	2 T-2#20M-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
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
Garden Bar Wk 3-Elem+	See Below	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	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
Pretzel, Bite Mini - 1^	1 Bite	30	0	30	1.00	0.36	0.0	0	0.0	0	1.0	7.0	0.0	0.00	0.00
Beans, Green, Simplot-1/4 cup+	2oz spdl-1 /4C	14	0	0	0.89	0.32	17.8	89	4.0	*0	0.44	2.73	0.0	0.00	0.00
Applesauce, Bulk	4 oz	77	0	2	1.36	0.14	3.4	7	1.93	17	0.18	19.83	0.19	0.03	0.00
Ice Cream, Mint Fdge Cup 3oz \$	3oz cup	100	15	50	0.00	0.36	60.0	200	0.0	12	1.0	13.0	5.0	3.50	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 7

Generated on: 2/12/2020 10:23:18 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 ¹ (g)
Weighted Daily Average		597	56	842	9.97	3.83	496.0	7101	15.10	*45	23.52	86.05	17.31	8.22	0.00
% of Calories										*30.3%	15.8%	57.7%	26.1%	12.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 03/18/2020															
Elementary Lunch	Total														
Pizza, Domino's Cheese1/8	1/8 pizza	300	45	790	4.00	1.80	350.0	750	6.0	3	15.0	31.0	14.0	8.00	0.00
BBQ Pork Rib on Pretzel Bun +	1Pork Rib/ 1 Bun	400	40	640	2.00	1.08	0.0	100	1.2	*5	20.0	51.0	13.5	4.50	0.00
Garden Bar Wk 3-Elem+	See Below	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	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
Vegetables, Calif Blen - 2 oz	2 oz Serv	17	0	17	1.33	0.24	13.3	1000	18.0	*N/A*	0.67	3.33	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
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 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		563	52	1155	9.18	3.25	635.2	7797	23.56	*35	26.66	78.57	17.69	8.46	0.00
% of Calories										*25.0%	18.9%	55.8%	28.3%	13.5%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

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 - 03/19/2020															
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
Turkey & Gravy ELEM \$	4 oz spoodl	120	50	460	0.00	0.72	0.0	0	0.0	0	16.0	2.0	6.0	2.00	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
Garden Bar Wk 3-Elem+	See Below	70	0	179	5.02	1.49	40.1	8628	9.04	*4	3.8	13.63	0.27	0.05	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
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
Raisins, 1.5 oz Box*	1 Box	130	0	10	2.00	1.08	20.0	0	0.0	*N/A*	1.0	31.0	0.0	0.00	*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
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		631	34	1247	9.14	4.25	346.9	6629	13.52	*34	27.14	100.85	13.49	3.04	*0.00
% of Calories										*21.6%	17.2%	63.9%	19.2%	4.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 03/30/2020															
Elementary Lunch	Total														
Chicken Sticks, WG, Tyson+	8 sticks	261	23	385	2.27	2.04	22.7	113	0.0	1	14.73	15.87	14.73	2.83	0.00
Grilled Cheese Sand-2 mt @	2 brd/4 slc chs	278	30	717	2.40	1.44	440.0	600	0.0	7	19.24	28.9	9.9	5.28	0.00
Potatoes, 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
Garden Bar Wk 4-Elem+	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	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
Soup, Tomato, Cond. - ELEM	4 oz servin	90	0	480	1.00	0.72	0.0	400	6.0	*N/A*	2.0	20.0	0.0	0.00	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%	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		600	34	1267	7.91	3.33	540.0	6898	15.08	*19	27.78	78.87	19.33	5.25	*0.00
% of Calories										*12.4%	18.5%	52.6%	29.0%	7.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Germantown School District

Mar 2, 2020 thru Mar 31, 2020

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)
Tue - 03/31/2020															
Elementary Lunch															
	Total														
Pancakes, Confetti Eggo Mini	1 Pkg	220	10	300	4.00	3.60	60.0	0	0.0	11	4.0	36.0	7.0	1.00	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
Syrup, Smuckers 1.4oz 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
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
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
Garden Bar Wk 4-Elem+	See Below	37	0	48	2.51	0.76	34.1	8177	13.41	*0	1.46	7.99	0.14	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
Applesauce, Bulk	4 oz	77	0	2	1.36	0.14	3.4	7	1.93	17	0.18	19.83	0.19	0.03	0.00
Ice Cream Sundae Cup - Choc	1 Cup	120	22	30	0.00	0.00	40.0	200	0.0	*N/A*	1.0	18.0	5.0	3.50	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		767	156	1071	8.04	3.49	411.8	6261	30.59	*53	19.02	119.76	23.82	7.23	*0.00
% of Calories										*27.9%	9.9%	62.5%	28.0%	8.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	
Weighted Average		614	60	992	8.30	3.66	470.5	7684	23.76	*38	25.99	88.06	18.24	5.41	*0.04
										*56.1%	16.9%	57.3%	26.7%	7.9%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	614		550 - 650	100%				
Cholesterol (mg)	60							
Sodium 1 (mg)	992		1230					
Sodium 2 (mg)	992		935				57	Correction Required - Sodium too High
Fiber (g)	8.30							
Iron (mg)	3.66							
Calcium (mg)	470.5							
Vitamin A (IU)	7684							
Sugars (g)	38	24.94%			Missing			
Vitamin C (mg)	23.76							
Protein (g)	25.99	16.93%						
Carbohydrate (g)	88.06	57.35%						
Total Fat (g)	18.24	26.72%						
Saturated Fat (g)	5.41	7.92%	<10.00%					
Trans Fat ¹ (g)	0.04	0.06%			Missing			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.