

**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Generated on: 2/25/2020 1:14:09 PM

	Portion Size	Reimb Qty	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 - 03/02/2020																
GHS Lunch	Total	450														
Chicken, Mand Org-Ling KM/GH+	8 oz spoodl	215	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	215	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00
Warhawk Burger \$	1 MTLF/1 Bun	25	317	30	638	3.65	2.87	92.0	200	9.0	8	18.24	34.47	11.94	5.32	0.01
Potatoes, Wedges +	#8 - 1/2 cu	20	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Mozzarella Sticks, Rich's WG-6	6 Sticks	100	320	15	620	4.00	1.44	500.0	300	0.0	2	20.0	37.0	12.0	3.50	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	75	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Potatoes, Wedges +	#8 - 1/2 cu	80	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 Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Salad, Spinach Berry +	1 Salad	10	167	15	315	6.06	4.97	329.5	15986	81.52	*8	12.61	19.08	5.99	3.13	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bacon, Ltc, Tom, Tky on Wheat+	1 Sandwich	10	204	24	485	3.01	1.77	46.5	358	5.93	*4	14.36	26.83	4.37	1.11	0.00
Bag of Chips	1 Bag	28	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Bratwurst in Bun\$	1 Brat/1 Bu	25	456	60	1226	2.29	2.16	70.0	0	0.0	4	16.2	30.49	29.1	9.34	0.03
Chicken Sand, Filet Brd +	1 Filet/1 Bu	55	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	70	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-KMS/GHS+	See Below	190	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	180	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Broccoli, Frozen 1/2 Cup+	#8 - 1/2 cu	220	27	0	10	2.83	0.58	31.2	955	37.89	1	2.93	5.22	0.11	0.02	0.00
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1/2C	350	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Fruit, Fresh, Spring Mix	1 Piece	200	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	0.00
Cookie, Fortune +	1 cookie	350	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	410	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			720	61	1029	8.77	3.60	475.3	5351	48.00	*35	35.86	109.66	16.46	3.82	*0.00
% of Calories											*19.2%	19.9%	60.9%	20.6%	4.8%	*0.0%
Nutrient Guideline			750-850		1420										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/03/2020																
GHS Lunch	Total	450														
Taco Nachos(#10)w/LOL-GHS+	1Cp/#10 Mt/2Ch	125	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	80	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	50	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Chicken Tdrs, TY - 4 GHS	4 Tenders	140	320	60	540	2.00	2.16	0.0	0	0.0	4	26.0	16.0	16.0	3.00	0.00
Mac & Cheese JTM WG KM/GH 3oz	#10 - 3 oz	200	157	25	400	1.00	0.54	1770.0	3250	12.0	2	8.5	14.0	8.0	4.50	0.00
Pizza, Nardone, Cheese 4x6 WG^	1 Slice	75	310	30	360	3.00	2.70	450.0	500	9.0	6	21.0	30.0	12.0	6.00	0.00
Potatoes, Baked Assorted	3 oz Servin	60	66	0	97	0.91	0.16	7.2	0	0.86	*0	0.84	9.42	2.99	0.50	0.65
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Salad, Spinach Berry +	1 Salad	10	167	15	315	6.06	4.97	329.5	15986	81.52	*8	12.61	19.08	5.99	3.13	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Wrap, Ham & Cheese-Cold +	1T/2Ham/.25Ch	10	544	90	2200	2.88	3.88	295.5	576	0.66	*4	32.75	54.63	21.8	10.90	0.00
Bag of Chips	1 Bag	28	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Hamburger - KMS/GHS	1Bgr/1Bun	60	275	35	387	3.65	2.43	54.0	0	0.0	3	19.24	27.47	9.94	3.52	0.01
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	20	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Mac & Cheese JTM WG KM/GH 3oz	#10 - 3 oz	60	157	25	400	1.00	0.54	1770.0	3250	12.0	2	8.5	14.0	8.0	4.50	0.00
Potatoes, Baked Assorted-SKIP	3 oz	65	146	0	278	2.12	0.61	10.3	0	2.42	*N/A*	1.7	18.65	7.08	1.62	0.00
Garden Bar Wk 1-KMS/GHS+	See Below	220	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	210	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	390	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	375	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Ice Cream Sandwich, Mini CF\$	1 Sandwich	400	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	435	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	420	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	10	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			892	75	1428	8.76	3.72	1488.2	7780	25.44	*58 *26.0%	39.11 17.5%	116.25 52.1%	29.73 30.0%	11.32 11.4%	*0.09 *0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Wed - 03/04/2020																
GHS Lunch	Total	450														
Potato Bar - KMS/GHS@	1Pot w/To ppings	80	441	65	868	6.31	3.49	163.1	1851	51.35	*2	24.6	47.86	16.24	8.76	0.00
Breadstick 6" NY WG 1oz1@	1 Breadstic	80	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Enchilada, Chicken - KMS/GHS+	1 Enchilad	75	305	51	545	4.06	3.13	146.4	1253	13.3	*0	20.49	35.99	9.24	4.42	0.00
Pizza Ques, Chs WG Max ^	1 slice	55	320	10	810	4.00	2.70	150.0	300	0.0	3	18.0	39.0	12.0	3.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	80	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	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Potatoes, Baked Assorted	3 oz Servin	60	66	0	97	0.91	0.16	7.2	0	0.86	*0	0.84	9.42	2.99	0.50	0.65
Pizza, Bosco, SC WG RF @	1/8 Pizza	100	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Salad, Chef +	1 Salad	10	226	209	344	3.64	1.86	180.9	5537	23.87	*3	19.04	12.71	10.97	4.93	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Tuna Salad Sandwich on Crsst+	#12 tuna/ 2 Brd	10	315	37	714	3.02	2.06	103.0	210	1.88	*3	24.53	31.43	12.01	3.17	0.00
Bag of Chips	1 Bag	28	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Chicken Sand, Patty Brd @	1 Patty/1 Bun	55	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 Bun	50	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 Bun	50	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Potatoes, Baked Assorted	3 oz Servin	80	66	0	97	0.91	0.16	7.2	0	0.86	*0	0.84	9.42	2.99	0.50	0.65
Garden Bar Wk 1-KMS/GHS+	See Below	250	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	230	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Carrots, Raw - 3oz +	3 oz Serv	325	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
GRAPES,Fresh 1/2 cup	#8 - 1/2 cu	380	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 Otis1oz^	1 Cookie	425	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	430	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	300	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	30	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	30	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			774	59	1421	11.21	7.63	554.7	15220	26.26	*45	34.84	108.72	22.13	6.81	*0.21
% of Calories											*23.1%	18.0%	56.2%	25.7%	7.9%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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	Portion Size	Reimb Qty	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 - 03/05/2020																
GHS Lunch	Total	450														
Chicken, Popcorn, GK KM/GH+	15 pieces	240	377	75	714	3.00	1.50	13.5	252	1.5	0	25.5	22.5	20.7	3.00	0.00
Meatballs w/Gravy - 6@	6MB& Gvy	50	266	60	804	1.50	2.97	90.0	7	1.8	*3	20.0	13.5	14.5	5.25	0.90
Potatoes, Mashed #8 +	#8	270	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, 2 oz GHS Skip%	2 oz prep ared	250	35	0	240	0.00	0.00	0.0	0	0.0	0	1.0	7.0	1.0	0.50	0.00
Pizza, Assorted	1 slice	75	360	30	555	3.75	2.70	412.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Potatoes, Tater Gems, Smp +	8 Gems - 1/2 C	60	143	0	286	1.68	0.61	16.8	0	1.01	*N/A*	1.68	15.96	8.4	2.10	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Salad, Chef +	1 Salad	10	226	209	344	3.64	1.86	180.9	5537	23.87	*3	19.04	12.71	10.97	4.93	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Wrap, Turkey & Cheese +	1T-4sl T-1Chs-L	10	496	60	1190	2.92	3.41	296.4	364	1.15	*2	25.85	52.76	20.8	9.90	0.00
Bag of Chips	1 Bag	28	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Corn Puppies, Tky JTM-8^	8 pieces	30	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Cheeseburger, Bacon@	1bg/1c/1bc/1bn	25	345	50	612	3.65	2.43	154.0	150	0.0	4	24.74	28.47	14.94	5.77	0.01
Potatoes, Tater Gems, Smp SK+	8 Gems - 1/2 C	50	143	0	286	1.68	0.61	16.8	0	1.01	*N/A*	1.68	15.96	8.4	2.10	0.00
Garden Bar Wk 1-KMS/GHS+	See Below	200	62	0	80	3.86	1.23	46.1	8540	5.99	*3	3.17	12.1	0.37	0.07	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	190	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	275	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	380	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Fruit, Fresh, Spring Mix	1 Piece	250	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	0.00
Cinn Roll w/Cin & Sugar-Lg +	1 Roll	375	179	5	180	1.14	1.46	22.6	301	0.01	9	4.01	33.31	3.0	0.50	*0.00
Frosting, Rich's Van KMS/GHS	2.5 tsp	375	108	0	0	0.00	0.00	0.0	0	0.0	23	0.0	24.18	1.25	0.83	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	400	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	300	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	30	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			991	76	1551	10.44	5.21	455.7	5310	35.97	*67	39.15	148.09	27.88	6.63	*0.10
% of Calories											*26.9%	15.8%	59.8%	25.3%	6.0%	*0.1%
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**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/06/2020																
GHS Lunch	Total	450														
Pizza, BD Primo 4 Meat WG<	slice	50	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WG@	slice	50	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Fish Sandwich w/Chse Wdge #	1fsh/1bun /1Chs	50	392	58	813	3.25	2.15	132.0	150	3.6	4	19.74	40.47	16.94	3.57	0.01
Tartar Sauce, Skip%	2 TBSP	35	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	120	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Pizza, BD Primo 4 Meat WGSK<	slice	65	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 WGSK@	slice	65	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Potatoes, Wedges +	#8 - 1/2 cu	120	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 Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad, Chef +	1 Salad	10	226	209	344	3.64	1.86	180.9	5537	23.87	*3	19.04	12.71	10.97	4.93	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	20	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Wrap, Veggie+	1T/Veg/1 ozCh	20	407	20	1257	4.39	3.46	363.6	3321	34.89	*6	15.46	59.36	13.51	5.94	*0.00
String Cheese	1 Piece	20	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Bag of Chips	1 Bag	30	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	50	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Chili Dog, JTM Chili	2ozC/1H D/Bn	40	408	56	1145	3.66	2.85	87.2	429	6.59	7	18.66	34.64	21.81	7.92	0.03
Cheeseburger KMS/GHS	1Bun/1Ch s/1Bgr	50	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
Potatoes, Wedges Skip*	#8 - 1/2 cu	120	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	225	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	200	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	350	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Sorbet, Assorted	4 oz cup	425	71	0	5	3.06	0.37	61.2	610	61.2	15	0.0	19.16	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	405	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	100	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	60	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			755	59	1339	9.87	4.00	621.0	3773	65.29	*45	31.15	98.85	27.00	9.39	*0.01
% of Calories											*23.9%	16.5%	52.4%	32.2%	11.2%	*0.0%
Nutrient Guideline			750-850		1420										<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**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/09/2020																
GHS Lunch	Total	450														
Chicken, Gen TSO, Lin-KMS/GH S%	8oz spoodl	215	378	89	802	0.00	1.60	0.0	0	2.67	29	24.44	51.11	6.67	1.11	0.00
Rice, Brown, USDA, #8 - 1BrSK@	#8 scoop	215	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00
Philly Steak Sandwich	1 Sandwich	60	493	55	899	6.00	1.08	*10.0	100	12.0	*9	30.0	48.0	18.5	7.80	0.00
Potatoes, Savory Loops +	3 oz	55	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Pizza, Bosco, PPan Cheese#	Pizza	100	430	25	700	6.00	3.60	450.0	750	4.8	*N/A*	23.0	57.0	12.0	6.00	0.00
Potatoes, Savory Loops +	3 oz	80	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Salad, Chicken Caesar +	1 Salad	10	321	68	730	4.40	3.19	194.7	4383	5.64	*0	29.38	26.36	11.28	3.38	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	10	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Wrap, Turkey Bacon Ranch +	1T-5sl T-2B-C&L	10	567	73	1470	2.92	3.41	296.5	364	1.15	*2	29.85	53.43	25.85	10.24	0.00
Bag of Chips	1 Bag	28	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Chicken Sand, Patty, Spicy@	1 Bun/1 P atty	50	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
Hamburger , DBL	2Bgr/1Bun	50	403	70	526	4.65	3.43	76.0	0	0.0	3	32.24	28.47	17.94	6.72	0.01
Potatoes, Savory Loops SKIP+	3 oz	80	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 2-KMS/GHS+	See Below	200	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	180	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	300	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Fruit, Fresh, Spring Mix	1 Piece	300	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	420	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	175	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	20	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	30	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			883	79	1351	9.93	4.05	*462.3	4894	40.18	*53	41.42	132.25	20.65	5.56	*0.00
% of Calories											*23.8%	18.8%	59.9%	21.0%	5.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/10/2020																
GHS Lunch	Total	450														
Taco, Walking #12 KMS+	1 Ch/#12 Mt/1Chs	75	393	30	594	4.67	2.02	273.4	843	4.01	2	20.87	33.18	20.18	8.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	110	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	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Mac & Cheese, LOL, RS RF 8oz	8 oz scoop	180	373	33	893	2.67	1.44	533.3	1000	0.0	8	22.67	38.67	14.67	6.67	0.00
Sweet Potato Fries, Hvst Spl+	1/2 cup	130	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Pizza, Bosco, SC WG RF @	1/8 Pizza	75	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Sweet Potato Fries, Hvst Spl+	1/2 cup	45	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Salad, Chicken Caesar +	1 Salad	10	321	68	730	4.40	3.19	194.7	4383	5.64	*0	29.38	26.36	11.28	3.38	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	10	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Wrap, Ham & Cheese-Cold +	1T/4Ham/1Ch	10	544	90	2200	2.88	3.88	295.5	576	0.66	*4	32.75	54.63	21.8	10.90	0.00
Bag of Chips	1 Bag	28	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Chicken Sand, Filet Brd +	1 Filet/1 Bu	50	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Corn Puppies, Tky JTM-6^	6 pieces	40	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Sweet Potato Fries, Hrv Sp\$SKP	1/2 cup	50	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
Garden Bar Wk 2-KMS/GHS+	See Below	340	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	330	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Beans, Refried, Cheesy 1/4C+	#16 - 1/4 Cup	100	73	5	98	2.51	0.73	52.1	48	1.2	*0	4.64	10.25	1.44	0.96	0.00
Fruit, Mixed - 1/2 Cup	4oz spdl-1/2C	375	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
Orange Smiles - 4 Wedges	4 wedges	400	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	430	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	180	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	20	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	35	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			728	49	1267	10.90	3.51	745.8	10439	72.17	*39	33.62	101.20	22.00	7.64	*0.18
% of Calories											*21.7%	18.5%	55.6%	27.2%	9.4%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/11/2020																
GHS Lunch	Total	450														
Sub Bar - Ham* or Tky@	1H or 1T Sandwh	150	377	45	1063	6.00	0.39	100.0	150	0.0	9	25.92	45.75	9.5	3.50	0.00
Bag of Chips	1 Bag	105	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Chicken Nugg, Gld Kst - 8 +	8 Nuggets	125	320	72	768	3.20	1.60	24.0	299	0.0	0	27.2	25.6	11.2	2.40	0.00
Cook's Choice	1 Serving	25	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potatoes, Baked Assorted	3 oz Servin	110	66	0	97	0.91	0.16	7.2	0	0.86	*0	0.84	9.42	2.99	0.50	0.65
Pizza, Tony's FB Multi Cheese+	6" FB Pizza	75	290	20	440	0.00	2.52	360.0	750	6.0	4	17.0	33.0	11.0	4.00	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	60	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Potatoes, Baked Assorted	3 oz Servin	60	66	0	97	0.91	0.16	7.2	0	0.86	*0	0.84	9.42	2.99	0.50	0.65
Cook's Choice	1 Serving	50	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	25	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Chili Dog, JTM Chili -2	4ozC/2H D/2Bn	25	716	91	1910	7.32	4.98	134.3	858	13.17	11	33.32	63.27	37.63	13.85	0.06
Potatoes, Baked Assorted-SKIP	3 oz	80	146	0	278	2.12	0.61	10.3	0	2.42	*N/A*	1.7	18.65	7.08	1.62	0.00
Garden Bar Wk 2-KMS/GHS+	See Below	200	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	190	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Carrots,Frozen,Swt 1/2 Cup+	#8 - 1/2 cu	150	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
Bananas	1 Banana	370	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	400	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	405	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	200	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	60	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	100	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			748	55	1362	9.76	2.68	556.7	9833	23.16	*47	34.55	107.82	20.48	5.74	0.25
% of Calories											*25.3%	18.5%	57.7%	24.7%	6.9%	0.3%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/12/2020																
GHS Lunch	Total	450														
Spaghetti Sauce w/Meat KM/GHS+	8 oz Spoodle	125	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	50	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	175	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	0.00	0.00
Cheese, Parmesan %	1/2 oz	115	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	140	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Pizza, Assorted	1 slice	75	360	30	555	3.75	2.70	412.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Potatoes, Waffle Frie, McCain+	3 oz	60	160	0	470	2.00	0.36	0.0	0	3.6	0	0.0	21.0	8.0	1.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad, Chef +	1 Salad	15	226	209	344	3.64	1.86	180.9	5537	23.87	*3	19.04	12.71	10.97	4.93	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	25	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Sub Bar - Ham* or Tky@	1H or 1T	50	377	45	1063	6.00	0.39	100.0	150	0.0	9	25.92	45.75	9.5	3.50	0.00
Bag of Chips	1 Bag	70	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Cheeseburger, Bacon@	1bg/1c/1bc/1bn	50	345	50	612	3.65	2.43	154.0	150	0.0	4	24.74	28.47	14.94	5.77	0.01
Chicken Sand, Filet Brd +	1 Filet/1 Bu	50	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Potatoes, Waffle Frie, SK +	3 oz	85	160	0	470	2.00	0.36	0.0	0	3.6	0	0.0	21.0	8.0	1.00	0.00
Garden Bar Wk 2-KMS/GHS+	See Below	140	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	120	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Peas - 1/2 Cup*	4oz spdl-1/2 C	300	88	0	82	5.10	1.72	27.2	2381	11.23	5	5.84	16.17	0.31	0.06	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	300	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Fruit, Fresh, Spring Mix	1 Piece	300	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	425	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	45	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	20	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	80	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 % of Calories			756	70	1236	13.64	6.10	552.8	5629	45.54	*40	42.31	103.59	21.83	7.03	*0.20
											*21.3%	22.4%	54.8%	26.0%	8.4%	*0.2%
Nutrient Guideline			750-850		1420											<10.00

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/13/2020																
GHS Lunch	Total	450														
Chicken, Popcorn, GK KM/GH+	15 pieces	150	377	75	714	3.00	1.50	13.5	252	1.5	0	25.5	22.5	20.7	3.00	0.00
Fish Stks, Plk, Brd, HghLnr5%	5 fish stick	25	287	62	400	2.50	1.80	25.0	0	0.0	1	18.75	28.75	11.25	1.88	0.00
Tartar Sauce, Skip%	2 TBSP	20	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	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Pizza, BD Primo 4 Meat WG<	slice	65	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
Pizza, BD Primo WG@	slice	60	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Potatoes, Wedges +	#8 - 1/2 cu	100	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 Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad, Chef +	1 Salad	10	226	209	344	3.64	1.86	180.9	5537	23.87	*3	19.04	12.71	10.97	4.93	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	20	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Wrap, Turkey & PJ Chs+	1T-5sl T-1Chs-L	10	496	55	1210	2.92	3.41	296.4	364	1.15	*2	24.85	52.76	20.8	9.57	0.00
Bag of Chips	1 Bag	28	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Cheese Bites, Buffalo WG +	8 Pieces	50	560	40	1360	8.00	2.88	480.0	0	0.0	*0	32.0	56.0	24.0	8.00	0.00
Chicken Sand, Patty Brd @	1 Patty/1 Bun	70	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
Potatoes, Wedges Skip*	#8 - 1/2 cu	100	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 2-KMS/GHS+	See Below	195	49	0	84	3.21	1.17	38.6	8445	20.06	*5	2.03	10.48	0.15	0.04	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	180	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Cole Slaw - #8 - 1/2 Cup@	#8 - 1/2 Cu	200	36	2	104	0.74	0.13	14.4	480	10.23	*3	0.03	4.91	1.81	0.20	*0.00
Fruit, Fresh, Winter Mix	1 Piece	300	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Craisins, Strawberry %	1 package	300	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	410	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	175	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	35	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			811	63	1327	12.11	3.70	506.1	5001	34.82	*44	33.92	107.02	27.83	7.02	*0.00
% of Calories											*21.6%	16.7%	52.8%	30.9%	7.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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>Mon - 03/16/2020</b>																
GHS Lunch	Total	450														
Fr Tst, Cinn, WG 2PC +	2 Tst	60	400	200	560	4.00	2.16	80.0	0	0.0	20	15.6	52.0	16.0	4.00	0.00
Syrup, Smuckers 1.4oz Cup Skip	1 Cup	60	110	0	20	0.00	0.00	0.0	0	0.0	22	0.0	29.0	0.0	0.00	0.00
Omelet, Colby Chs, Michaels-2#	2 Omelet	15	260	380	520	0.00	1.44	120.0	800	0.0	0	14.0	2.0	22.0	7.00	0.00
Sausage Links, JTM, 2	2 Sausage	45	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Cuban Sandwich ^	1B/2.35P/1C/1H	100	326	68	857	3.00	2.17	95.0	0	0.0	*3	21.12	31.52	10.77	4.00	0.00
Potatoes, Hash Brown Patty +	2.22 oz P atty	140	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Pizza, Nardone, 6" WW G731300+	1 Pizza	100	320	40	570	2.00	1.80	0.0	0	0.0	4	19.0	25.0	16.0	8.00	0.00
Potatoes, Hash Brown Patty +	2.22 oz P atty	80	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	8	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	8	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Salad, Chicken Caesar +	1 Salad	10	321	68	730	4.40	3.19	194.7	4383	5.64	*0	29.38	26.36	11.28	3.38	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	10	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Ham & Amer Chs, Cld, Prtz Bun+	1 Bun/3sl H/2Chs	25	355	52	1275	1.00	0.54	100.0	150	0.0	*3	23.0	47.5	8.5	3.75	0.00
Bag of Chips	1 Bag	40	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Cheeseburger, PJ	1bun/1 bg r/1ch	60	386	60	600	3.65	2.43	777.2	1085	0.0	*3	25.32	28.48	19.05	9.60	0.01
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	87	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-Redpack-Skip\$	2 oz #16	50	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Potatoes, Hash Brown Patty SK+	2.22 oz P atty	130	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Garden Bar Wk 3-KMS/GHS+	See Below	135	75	0	179	5.30	1.59	45.6	8905	9.7	*4	4.35	14.45	0.27	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	115	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Beans. Green, Simplot-1/2cup+	4oz spdl-1/2C	115	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	385	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Ice Cream Sandwich, Mini CF\$	1 Sandwich	375	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	400	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	60	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	35	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	60	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Generated on: 2/25/2020 1:14:10 PM

	Portion Size	Reimb Qty	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)
Weighted Daily Average % of Calories			794	99	1241	8.63	3.32	594.9	3810	11.97	*46 *23.0%	32.61 16.4%	101.81 51.3%	29.23 33.1%	10.25 11.6%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 03/17/2020																
GHS Lunch	Total	450														
Taco, Soft Shell (1)#10 KM/GH+	1T-1#10 M-1ozCh	100	391	30	632	5.00	3.42	280.0	950	4.8	*2	24.0	35.0	18.5	10.30	0.00
Salsa, Red Gold - Skip#	2 oz Serv	80	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	45	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Pretzel, Bite Mini - 2^	2 Bites	80	60	0	60	2.00	0.72	0.0	0	0.0	0	2.0	14.0	0.0	0.00	0.00
Reuben Sandiwch w/TI Dressing*	1 Sandwich	30	486	68	2143	5.16	3.91	206.2	93	4.59	*5	29.49	52.03	18.5	6.47	*0.00
French Fries, KK, Simp 3/8+	3 oz Serv	115	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Pizza, BD Primo Buff Ckn WG \$	1 Slice	160	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
French Fries, KK, Simp 3/8+	3 oz Serv	150	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	5	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	5	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Salad, Chicken Caesar +	1 Salad	8	321	68	730	4.40	3.19	194.7	4383	5.64	*0	29.38	26.36	11.28	3.38	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	8	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Wrap, Turkey & Cheese +	1T-4sl T-1Chs-L	10	496	60	1190	2.92	3.41	296.4	364	1.15	*2	25.85	52.76	20.8	9.90	0.00
Bag of Chips	1 Bag	10	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Chicken Tdrs, Spy, TY - 4 GHS@	4 tenders	100	344	33	515	3.96	2.38	0.0	132	0.0	1	19.82	22.47	19.82	3.30	0.00
Bratwurst in Bun\$	1 Brat/1 Bu	37	456	60	1226	2.29	2.16	70.0	0	0.0	4	16.2	30.49	29.1	9.34	0.03
French Fries, KK, Simp 3/8 SK@	3 oz Serv	125	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 3-KMS/GHS+	See Below	200	75	0	179	5.30	1.59	45.6	8905	9.7	*4	4.35	14.45	0.27	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	180	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	110	146	10	195	5.01	1.45	104.1	96	2.39	*0	9.27	20.5	2.88	1.92	0.00
GRAPES, Fresh 1/2 cup	#8 - 1/2 cu	350	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Ice Cream, Mint Fdge Cup 3oz \$	3oz cup	350	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	400	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	400	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	40	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			878	66	1529	10.06	5.21	595.7	5551	18.65	*43 *19.8%	36.19 16.5%	110.01 50.1%	32.88 33.7%	11.64 11.9%	*0.00 *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**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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>Wed - 03/18/2020</b>																
GHS Lunch	Total	450														
Pizza, Domino's Cheese1/8	1/8 pizza	175	300	45	790	4.00	1.80	350.0	750	6.0	3	15.0	31.0	14.0	8.00	0.00
Pizza, Domino's Pepperoni 1/8	1/8 pizza	175	320	45	790	3.00	1.80	300.0	500	4.8	2	16.0	32.0	14.0	7.00	0.00
Potatoes, Baked Assorted	3 oz Servin	325	66	0	97	0.91	0.16	7.2	0	0.86	*0	0.84	9.42	2.99	0.50	0.65
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad, Chef +	1 Salad	10	226	209	344	3.64	1.86	180.9	5537	23.87	*3	19.04	12.71	10.97	4.93	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	20	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Wrap, Ham & Swiss Cheese+	1T/4Ham/ 2 Ch	10	594	100	2090	2.88	3.88	395.5	276	0.66	*4	37.75	53.63	26.8	12.90	0.00
Bag of Chips	1 Bag	30	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
BBQ Pork Rib Sandwich@	1Pork Rib /1 Bun	25	317	40	648	3.65	2.51	32.0	100	1.2	8	20.24	32.47	11.94	3.82	0.01
Chicken Sand, Patty Brd @	1 Patty/1 Bun	45	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
Potatoes, Baked Assorted-SKIP	3 oz	65	146	0	278	2.12	0.61	10.3	0	2.42	*N/A*	1.7	18.65	7.08	1.62	0.00
Garden Bar Wk 3-KMS/GHS+	See Below	160	75	0	179	5.30	1.59	45.6	8905	9.7	*4	4.35	14.45	0.27	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	145	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Vegetables, Calif Blen - 4 oz	#8 - 4 oz Serv	180	33	0	33	2.67	0.48	26.7	2000	36.0	*N/A*	1.33	6.67	0.0	0.00	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl- 1/2C	325	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 - 3 \$	3 Mini Do nuts	1	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	405	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	200	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	40	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			621	56	1252	8.97	3.39	590.2	5595	28.33	*34	27.80	83.61	20.36	7.95	*0.47
% of Calories											*21.9%	17.9%	53.8%	29.5%	11.5%	*0.7%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/19/2020																
GHS Lunch	Total	450														
Chicken Nugg, Gld Kst - 8 +	8 Nuggets	200	320	72	768	3.20	1.60	24.0	299	0.0	0	27.2	25.6	11.2	2.40	0.00
Turkey & Gravy KMS/GHS\$	6 oz spoodl	50	180	75	690	0.00	1.08	0.0	0	0.0	0	24.0	3.0	9.0	3.00	0.00
Potatoes, Mashed #8 +	#8	215	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 prep ared	200	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Pizza, Assorted	1 slice	100	360	30	555	3.75	2.70	412.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Potatoes, Savory Loops +	3 oz	80	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad, Chef +	1 Salad	10	226	209	344	3.64	1.86	180.9	5537	23.87	*3	19.04	12.71	10.97	4.93	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	20	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Wrap, Chikken Avocado Salsa +	1	5	521	50	1769	6.17	4.37	121.6	1546	39.03	*4	28.15	60.45	20.11	4.14	0.00
Bag of Chips	1 Bag	25	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Chicken Sand, Patty, Spicy@	1 Bun/1 P atty	50	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
BBQ Pork Prtz Roll-KMS/GHS	#8 pork/1 Bun	25	400	44	806	3.00	1.00	40.0	378	40.0	*9	23.0	58.0	9.5	3.10	0.00
Potatoes, Savory Loops SKIP+	3 oz	60	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 3-KMS/GHS+	See Below	240	75	0	179	5.30	1.59	45.6	8905	9.7	*4	4.35	14.45	0.27	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	230	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	200	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Craisins, Strawberry %	1 package	300	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	350	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	400	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	200	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	20	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 % of Calories			791	67	1475	10.92	4.29	433.6	6040	14.90	*40	36.81	114.46	20.58	5.46	*0.00
											*20.1%	18.6%	57.9%	23.4%	6.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/20/2020																
GHS Lunch	Total	450														
Meatball Sub w/Mozz GHS	1B/6Mtb/.5ozCH	75	595	65	865	8.41	3.46	*99.1	309	13.52	*15	34.16	59.05	24.09	9.03	0.90
Fajita, Chicken - KMS/GHS+	1T/3ozCK /1ozCH	50	410	110	670	4.00	2.52	240.0	300	0.0	*0	27.0	32.0	20.5	10.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	40	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	20	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Potatoes, Wedges +	#8 - 1/2 cu	100	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Pizza, Big Daddy, Pep	Slice	75	410	40	730	2.00	2.70	200.0	500	0.0	9	20.0	42.0	18.0	9.00	0.00
Pizza, BD Primo WG@	slice	100	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Potatoes, Wedges +	#8 - 1/2 cu	150	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 Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad, Chef +	1 Salad	10	226	209	344	3.64	1.86	180.9	5537	23.87	*3	19.04	12.71	10.97	4.93	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	20	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Egg Salad Sandwich Crsst+	1 Crsst/# 10ES	10	410	381	594	3.14	2.65	151.8	720	0.59	4	17.67	33.47	23.82	6.57	*0.00
Bag of Chips	1 Bag	28	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Fish Sandwich w/Chse - Square#	1fsh/1bun /1Chs	25	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	20	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
Chicken, Wings, Balls, +	6 wings	95	289	60	457	1.20	1.73	24.1	0	0.0	*N/A*	26.47	16.84	12.03	0.00	2.41
BBQ Sauce - Skip@	1 oz	80	28	0	107	0.41	0.29	6.3	274	2.11	*4	0.35	6.38	0.07	0.01	*0.00
Potatoes, Wedges Skip*	#8 - 1/2 cu	80	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 3-KMS/GHS+	See Below	240	75	0	179	5.30	1.59	45.6	8905	9.7	*4	4.35	14.45	0.27	0.05	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	215	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Cole Slaw - #8 - 1/2 Cup@	#8 - 1/2 Cu	200	36	2	104	0.74	0.13	14.4	480	10.23	*3	0.03	4.91	1.81	0.20	*0.00
Fruit, Fresh, Winter Mix	1 Piece	350	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	360	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	405	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	250	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	15	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			830	78	1316	11.44	4.37	*532.6	6359	38.81	*44	37.30	108.84	26.84	8.64	*0.66
% of Calories											*21.2%	18.0%	52.5%	29.1%	9.4%	*0.7%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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>Mon - 03/30/2020</b>																
GHS Lunch	Total	450														
Chicken, Cherry Blossom GD+	#12 - 3.9 oz	205	200	45	350	2.00	1.26	0.0	0	0.0	14	13.0	27.0	4.0	1.00	0.00
Rice, Fried, Veg, Minhs KM/GH+	#8 Scoop	205	270	0	440	4.00	0.72	10.0	0	0.0	3	6.0	54.0	2.5	0.00	0.00
Beef Teriyaki Bites - 4+	4 Bites	75	150	35	420	1.00	1.80	20.0	100	0.0	4	12.0	6.0	8.0	3.50	0.00
Rice, Brown, USDA, #8 - 1BrSK@	#8/4 oz	75	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00
Pizza, Tony's FB Multi Cheese+	6" FB Pizza	100	290	20	440	0.00	2.52	360.0	750	6.0	4	17.0	33.0	11.0	4.00	0.00
Potatoes, Savory Loops +	3 oz	85	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Salad, Chicken Caesar +	1 Salad	10	321	68	730	4.40	3.19	194.7	4383	5.64	*0	29.38	26.36	11.28	3.38	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	10	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Wrap, Veggie+	1T/Veg/1 ozCh	10	407	20	1257	4.39	3.46	363.6	3321	34.89	*6	15.46	59.36	13.51	5.94	*0.00
String Cheese	1 Piece	10	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Bag of Chips	1 Bag	10	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Grilled Cheese Sand-2 mt @	2 brd/4 sl c chs	50	278	30	717	2.40	1.44	440.0	600	0.0	7	19.24	28.9	9.9	5.28	0.00
Soup, Tomato, Cond, - KMS/GHS	8 oz	40	180	0	960	2.00	1.44	0.0	800	12.0	*N/A*	4.0	40.0	0.0	0.00	0.00
Cheeseburger, Mushroom Swiss+	1B/1Chs/1Bgr+Ms	65	368	57	570	3.86	2.60	204.6	0	0.39	*4	25.95	29.49	17.24	7.53	0.01
Potatoes, Savory Loops SKIP+	3 oz	90	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-KMS/GHS+	See Below	235	42	0	49	2.79	0.85	39.8	8454	14.04	*3	2.02	8.87	0.14	0.04	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	225	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Fruit, Mixed - 1/2 Cup	4oz spdl-1/2C	300	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
Fruit, Fresh, Spring Mix	1 Piece	310	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	0.00
Cookie, Fortune +	1 cookie	420	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	425	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	115	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	20	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			774	54	1281	9.70	3.82	523.3	5976	39.05	*38	33.92	121.08	17.57	5.06	*0.00
% of Calories											*19.5%	17.5%	62.6%	20.4%	5.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/31/2020																
GHS Lunch	Total	450														
Chicken Nugg, Gld Kst - 8 +	8 Nuggets	230	320	72	768	3.20	1.60	24.0	299	0.0	0	27.2	25.6	11.2	2.40	0.00
Tornado, Beef Steak 514084 Gd	2 Tornados	50	360	20	700	4.00	2.88	120.0	400	2.4	4	16.0	46.0	12.0	3.00	0.00
Potatoes, Tri-Tater +	1 Tri-Tater	265	115	0	315	1.50	0.36	10.0	0	1.8	0	1.5	15.5	5.0	0.75	0.00
Pizza, Bosco, SC WG RF @	1/8 Pizza	75	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Potatoes, Tri-Tater +	1 Tri-Tater	60	115	0	315	1.50	0.36	10.0	0	1.8	0	1.5	15.5	5.0	0.75	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Salad, Chicken Caesar +	1 Salad	10	321	68	730	4.40	3.19	194.7	4383	5.64	*0	29.38	26.36	11.28	3.38	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	10	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Turkey Sand w/Chs, Crsst +	5T/1C/1 Crsst	10	288	37	642	3.00	1.68	200.0	350	0.0	4	19.83	31.0	11.0	4.75	0.00
Bag of Chips	1 Bag	19	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Corn Puppies, Tky JTM-8^	8 pieces	35	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Chicken Sand, Filet Brd +	1 Filet/1 Bu	30	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Potatoes, Tri-Tater SKIP +	1 Tri-Tater	60	115	0	315	1.50	0.36	10.0	0	1.8	0	1.5	15.5	5.0	0.75	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	200	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Garden Bar Wk 4-KMS/GHS+	See Below	240	42	0	49	2.79	0.85	39.8	8454	14.04	*3	2.02	8.87	0.14	0.04	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	235	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	305	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Fruit, Fresh, Spring Mix	1 Piece	310	44	0	1	1.96	0.17	19.8	196	35.07	8	0.65	11.23	0.21	0.02	0.00
Ice Cream Sundae Cup - Choc	1 Cup	375	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	405	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	400	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	10	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			814	79	1342	9.26	2.94	469.1	6079	44.82	*40	35.54	114.74	23.63	7.16	*0.00
% of Calories											*19.8%	17.5%	56.4%	26.1%	7.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			798	67	1338	10.26	4.21	*597.5	6626	36.08	*45	35.65	111.06	23.95	7.48	*0.13
											*50.3%	17.9%	55.7%	27.0%	8.4%	*0.1%

\*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Germantown School District**

**Mar 2, 2020 thru Mar 31, 2020**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	798		750 - 850	100%														
Cholesterol (mg)	67																	
Sodium 1 (mg)	1338		1420															
Sodium 2 (mg)	1338		1080						258	Correction Required - Sodium too High								
Fiber (g)	10.26																	
Iron (mg)	4.21																	
Calcium (mg)	597.5				Missing													
Vitamin A (IU)	6626																	
Sugars (g)	45	22.35%				Missing												
Vitamin C (mg)	36.08																	
Protein (g)	35.65	17.88%																
Carbohydrate (g)	111.06	55.70%																
Total Fat (g)	23.95	27.02%																
Saturated Fat (g)	7.48	8.44%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.13	0.15%				Missing												

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

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