

**Germantown School District**

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

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Generated on: 2/25/2020 12:47:18 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/02/2020																
KMS Lunch	Total	450														
Chicken, Mand Org-Ling KM/GH+	8 oz spoodl	200	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, UB, GHS #8-1Br@	#8 scoop	200	80	0	0	0.50	0.36	0.0	0	0.0	*N/A*	2.0	17.5	0.75	0.00	0.00
Corn Dog, WG FFarm Chicken^	1 Corn Dog	75	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Chicken Sand, Filet Brd +	1 Filet/1 Bu	75	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Pizza, Tony's WG ClscWg Chs \$	1 Wedge	100	300	15	470	4.00	2.70	300.0	500	0.0	10	16.0	34.0	11.0	4.00	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 spd-1/2C	300	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	400	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
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	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
Mayonnaise, Lite - Skip%	1 TBSP	50	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			500	58	748	4.65	2.82	388.0	1148	25.84	*30	29.24	75.33	9.20	2.19	0.00
% of Calories											*24.4%	23.4%	60.3%	16.6%	3.9%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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

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

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Tue - 03/03/2020																
KMS Lunch	Total	450														
Chicken Tdrs, GoldKist - 4 KMS	4 Tenders	200	280	47	587	2.67	2.40	26.7	0	80.01	0	20.0	17.34	13.33	3.33	0.00
Taco, Walking #12 KMS+	1 Ch/#12	70	393	30	594	4.67	2.02	273.4	843	4.01	2	20.87	33.18	20.18	8.50	0.00
	Mt/1Chs															
Salsa, Red Gold - Skip#	2 oz Serv	50	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	35	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
BBQ Pork Prtz Roll-KMS/GHS	#8 pork/1 Bun	60	400	44	806	3.00	1.00	40.0	378	40.0	*9	23.0	58.0	9.5	3.10	0.00
Pizza, Tony's 4x6 WG Chs@	1 Slice	100	340	35	510	3.00	2.70	350.0	400	0.0	11	17.0	36.0	14.0	7.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	20	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 KMS- Skip\$	1 packet/cu	20	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Roll, Dnr White Wht Alpha SK1*	1 roll	18	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
French Fries, KK, Simp 3/8+	3 oz Serv	350	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Corn, Frozen - 1/2C	4oz spd-1/2C	250	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	320	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	350	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	350	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			757	59	1126	6.25	3.02	461.5	1323	55.00	*41	32.06	105.01	22.43	7.61	*0.00
% of Calories											*21.4%	16.9%	55.5%	26.7%	9.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# Germantown School District

Mar 2, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

KMS 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 - 03/04/2020																
KMS Lunch	Total	450														
Pizza, Bosco, SC WG RF @	1/8 Pizza	150	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Cheeseburger KMS/GHS	1Bun/1Chs/1Bgr	150	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
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
Salsa, Red Gold - Skip#	2 oz Serv	60	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	40	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Chicken Sand, Patty Brd @	1 Patty/1 Bun	75	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
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	140	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	45	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
Weighted Daily Average			599	48	925	7.04	5.78	541.7	9726	10.06	*38	29.85	82.66	16.54	5.98	0.01
% of Calories											*25.6%	19.9%	55.2%	24.9%	9.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Thu - 03/05/2020																
KMS Lunch	Total	450														
Chicken, Popcorn, GK KM/GH+	15 pieces	250	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 - 5@	5 MB& Gvy	50	229	51	750	1.25	2.47	75.0	6	1.5	*2	17.0	12.25	12.25	4.37	0.75
Wrap, Chicken Tdrs, KMS@	1T3Tnd1	40	480	55	675	5.00	2.88	260.0	400	0.0	*1	25.0	36.0	27.0	10.00	0.00
	Ch1/4L															
Pizza, Assorted	1 slice	80	360	30	555	3.75	2.70	412.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	30	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 KMS- Skip\$	1 packet/cu	30	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Potatoes, Mashed #10-Elem +	#10	420	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 prep ared	400	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	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
Cinn Roll w/Cin & Sugar-Lg +	1 Roll	350	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	350	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	175	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			871	75	1394	7.67	4.72	440.8	1553	10.25	*55	37.97	126.77	24.37	6.19	*0.08
% of Calories											*25.5%	17.4%	58.2%	25.2%	6.4%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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Fri - 03/06/2020																
KMS Lunch	Total	450														
Pizza, BD Primo 4 Meat WG<	slice	150	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	150	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Hot Dog w/Bun KM/GHS \$	1 Dog/1 Bu	30	356	45	1066	2.29	1.80	70.0	0	0.0	6	14.2	29.49	20.1	7.34	0.03
Chili Dog, JTM Chili	2ozC/1H D/Bn	30	408	56	1145	3.66	2.85	87.2	429	6.59	7	18.66	34.64	21.81	7.92	0.03
Fish Sandwich w/Chse - Square#	1fsh/1bun /1Chs	70	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	35	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	20	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 KMS- Skip\$	1 packet/cu	20	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Roll, Dnr White Wht Alpha SK1*	1 roll	12	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
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
Bag of Chips	1 Bag	300	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	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
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 tbsps	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 % of Calories			657	53	1037	8.38	3.57	649.0	3932	66.62	*42	29.95	89.83	20.65	7.11	*0.01
Nutrient Guideline			600-700		1360						*25.3%	18.2%	54.7%	28.3%	9.7%	*0.0%

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Mon - 03/09/2020																
KMS Lunch	Total	450														
Chicken, Gen TSO, Lin-KMS/GH S%	8oz spoodl	150	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@	#8/4 oz	150	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00
Pizza, Bosco, PPan Cheese#	Pizza	150	430	25	700	6.00	3.60	450.0	750	4.8	*N/A*	23.0	57.0	12.0	6.00	0.00
Chicken Alfredo - KMS/GHS+	6ozSce	75	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	75	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	0.00	0.00
Garlic Toast, WG, GFS \$	1 Slice	75	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Cheeseburger KMS/GHS	1Bun/1Ch s/1Bgr	75	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
Beans. Green, Simplot-1/2cup+	4oz spdl-1/2C	200	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	390	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	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
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	70	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			728	76	982	6.75	3.68	547.7	830	9.25	*51 *27.8%	39.05 21.5%	112.59 61.8%	13.70 16.9%	5.39 6.7%	0.00 0.0%
Nutrient Guideline			600-700		1360										<10.00	

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**Germantown School District**

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

Base Menu Spreadsheet

KMS 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>Tue - 03/10/2020</b>																
KMS Lunch	Total	450														
Taco Nachos(#12)w/LOL-KMS+	1Cp/#12 Mt/2Ch	90	393	20	804	3.67	2.73	93.4	843	16.01	*2	18.87	36.18	22.18	7.00	0.00
Quesadilla, Cheese WG Coyote \$	2 pieces	65	320	40	560	3.00	2.70	350.0	300	0.0	2	20.0	32.0	12.0	6.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	120	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	75	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, GoldKist - 4 KMS	4 Tenders	165	280	47	587	2.67	2.40	26.7	0	80.01	0	20.0	17.34	13.33	3.33	0.00
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	30	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 KMS- Skip\$	1 packet/cu	30	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Roll, Dnr White Wht Alpha SK1*	1 roll	17	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
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*
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 tbsp	150	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 % of Calories			528	51	933	5.81	3.23	504.2	2003	42.14	*20 *15.0%	29.65 22.5%	65.70 49.8%	16.59 28.3%	6.27 10.7%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Wed - 03/11/2020</b>																
KMS 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
Chicken Nugg, Gld Kst - 7 +	7 Nuggets	225	280	63	672	2.80	1.40	21.0	262	0.0	0	23.8	22.4	9.8	2.10	0.00
Pizza, Tony's FB Multi Cheese	6" FB Pizza	50	320	15	590	2.00	2.70	250.0	400	15.0	*N/A*	15.0	36.0	12.0	3.00	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
Carrots, Raw - 3oz +	3 oz Serv	300	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	250	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	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	150	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	12	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

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# Germantown School District

Mar 2, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

KMS 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)
Weighted Daily Average % of Calories			604	57	1108	7.79	1.89	498.0	8623	13.46	*43 *28.3%	32.60 21.6%	88.08 58.3%	13.66 20.3%	3.58 5.3%	0.00 0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 03/12/2020																	
KMS Lunch	Total	450															
Spaghetti Sauce w/Meat KM/GHS+	8 oz Spoodle	220	234	43	407	3.78	3.90	45.7	812	11.95	*3	15.99	15.75	12.66	4.65	*0.72	
Pasta, Rotini WG 2 Br	8 oz spoodl	220	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	170	59	12	247	0.29	0.10	137.1	107	0.0	0	9.86	0.57	4.0	2.57	0.00	
Pizza, Tony's 4x6 WG Chs@	1 Slice	125	340	35	510	3.00	2.70	350.0	400	0.0	11	17.0	36.0	14.0	7.00	0.00	
Corn Puppies, Tky JTM-8^	8 pieces	75	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00	
Salad Bar, KMS/GHS. Skip@	2C Let w/Topngs	30	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 KMS- Skip\$	1 packet/cu	30	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00	
Garlic Toast, WG, GFS \$	1 Slice	230	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00	
Vegetables, Italian Blind 1/2C+	#8 - 1/2 Cu	300	27	0	20	1.33	0.24	13.3	333	10.0	1	0.67	4.0	0.0	0.00	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	
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 tbsp	50	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	25	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			591	55	856	9.00	5.57	494.7	1780	24.83	*33 *22.6%	32.95 22.3%	80.25 54.3%	17.80 27.1%	6.80 10.4%	*0.35 *0.5%	
Nutrient Guideline			600-700		1360											<10.00	

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**Germantown School District**

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

Base Menu Spreadsheet

KMS 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>Fri - 03/13/2020</b>																
KMS Lunch	Total	450														
Pizza, BD Primo 4 Meat WG<	slice	105	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	100	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Chicken, Popcorn, GK KM/GH+	15 pieces	200	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	350	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	20	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 KMS- Skip\$	1 packet/cu	20	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Roll, Dnr White Wht Alpha SK1*	1 roll	13	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Vegetables, Cntry Blend - 4oz+	4 oz Serv	200	80	0	13	2.67	0.48	26.7	1667	8.0	*N/A*	2.67	16.0	0.0	0.00	0.00
Cole Slaw - #8 - 1/2 Cup@	#8 - 1/2 Cu	100	36	2	104	0.74	0.13	14.4	480	10.23	*3	0.03	4.91	1.81	0.20	*0.00
Apple, Wedges - 1/2 cup	1/2 cup sli ces	380	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	300	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	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 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
Weighted Daily Average % of Calories			725	99	1159	8.14	3.12	500.4	2003	11.76	*38 *20.9%	34.21 18.9%	90.43 49.9%	24.71 30.7%	6.83 8.5%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Mon - 03/16/2020</b>																
KMS Lunch	Total	450														
Chicken Chips, Ranch Flv Tysn	8 Pieces	175	280	35	770	1.00	0.72	40.0	100	0.0	2	10.0	19.0	18.0	3.50	0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	100	370	15	520	3.00	1.44	560.0	650	1.2	3	20.0	27.0	20.0	5.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	90	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Ham & Amer Chs, Wrm, Prtz Bun+	1 Bun/3sl H/2Chs	50	355	52	1275	1.00	0.54	100.0	150	0.0	*3	23.0	47.5	8.5	3.75	0.00
Pizza, Tony's 4x6 WG Chs@	1 Slice	125	340	35	510	3.00	2.70	350.0	400	0.0	11	17.0	36.0	14.0	7.00	0.00
Potatoes, Savory Loops +	3 oz	300	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Beans. Green, Simplot-1/2cup+	4oz spdl-1/2C	300	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
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

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**Germantown School District**

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

Base Menu Spreadsheet

KMS 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)
Weighted Daily Average % of Calories			614	38	1162	7.30	2.76	560.7	964	9.24	*35 *22.8%	24.94 16.3%	81.55 53.1%	20.59 30.2%	5.67 8.3%	0.00 0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 03/17/2020																
KMS Lunch	Total	450														
Chicken Tdrs, Spy, TY - 4 GHS@	4 tenders	110	344	33	515	3.96	2.38	0.0	132	0.0	1	19.82	22.47	19.82	3.30	0.00
Chicken Tdrs, TY - 4 GHS	4 Tenders	110	320	60	540	2.00	2.16	0.0	0	0.0	4	26.0	16.0	16.0	3.00	0.00
Taco, Soft Shell (1)#10 KM/GH+	1T-1#10 M-1ozCh	80	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	60	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	40	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Reuben Sandiwch w/TI Dressing*	1 Sandwich	45	486	68	2143	5.16	3.91	206.2	93	4.59	*5	29.49	52.03	18.5	6.47	*0.00
Pizza, Tony's FB Multi Cheese	6" FB Pizza	75	320	15	590	2.00	2.70	250.0	400	15.0	*N/A*	15.0	36.0	12.0	3.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	30	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 KMS- Skip\$	1 packet/cu	30	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
French Fries, KK, Simp 3/8+	3 oz Serv	255	160	0	230	2.00	0.72	20.0	0	6.0	*N/A*	2.0	25.0	6.0	0.50	0.00
Roll, Dnr White Wht Alpha-1\$	1 roll	255	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Vegetables, Fiesta Blend 4oz+	4 oz Serv	275	140	0	230	6.00	1.08	0.0	650	12.0	6	6.0	24.0	3.0	0.00	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	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	150	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 % of Calories			805	65	1379	9.85	4.87	492.1	2022	21.12	*40 *19.7%	38.01 18.9%	101.80 50.6%	28.13 31.4%	8.83 9.9%	*0.01 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

Base Menu Spreadsheet

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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>																
KMS 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
Chicken Sand, Patty Brd @	1 Patty/1 Bun	100	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
Vegetables, Calif Blen - 4 oz	#8 - 4 oz Serv	200	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	400	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	425	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	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 % of Calories			607	46	1064	7.12	2.95	593.1	2159	23.30	*38 *25.2%	26.62 17.5%	83.67 55.1%	19.82 29.4%	7.91 11.7%	0.00 0.0%
Nutrient Guideline			600-700		1360											<10.00

<b>Thu - 03/19/2020</b>																
KMS Lunch	Total	450														
Chicken Nugg, Gld Kst - 7 +	7 Nuggets	200	280	63	672	2.80	1.40	21.0	262	0.0	0	23.8	22.4	9.8	2.10	0.00
Salisbury Steak - 2\$	2 Steak	80	290	81	980	2.00	3.60	80.0	0	2.4	*2	32.5	9.5	14.25	6.00	0.00
Pizza, Nardone, Cheese 4x6 WG^	1 Slice	100	310	30	360	3.00	2.70	450.0	500	9.0	6	21.0	30.0	12.0	6.00	0.00
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
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	20	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 KMS- Skip\$	1 packet/cu	20	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Potatoes, Mashed #8 +	#8	415	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	400	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Roll, Dnr White Wht Alpha-1\$	1 roll	250	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Corn, Frozen - 1/2C	4oz spdl-1/2C	300	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	300	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Rice Krispie Trt - .78oz/ala	1 Treat	370	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

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**Germantown School District**

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

Base Menu Spreadsheet

KMS 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)
Weighted Daily Average % of Calories			670	60	1377	6.85	4.47	439.9	1275	11.34	*29 *17.6%	35.30 21.1%	98.34 58.7%	15.57 20.9%	5.09 6.8%	*0.01 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 03/30/2020																	
KMS Lunch	Total	450															
Chicken, Gen TSO, Lin-KMS/GH S%	8oz spoodl	175	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@	#8/4 oz	175	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00	
Grilled Cheese Sand-2 mt @	2 brd/4 sl c chs	125	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	75	180	0	960	2.00	1.44	0.0	800	12.0	*N/A*	4.0	40.0	0.0	0.00	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	
Pizza, Tony's 5" DD Cheese \$	1 Pizza	100	320	30	480	3.00	2.70	250.0	300	0.0	10	17.0	35.0	12.0	6.00	0.00	
Potatoes, Savory Loops +	3 oz	175	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00	
Peas - 1/2 Cup*	4oz spdl-1/2 C	200	88	0	82	5.10	1.72	27.2	2381	11.23	5	5.84	16.17	0.31	0.06	0.00	
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1/2C	300	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	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	405	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	40	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00	
Ketchup, Skip%	2 tbsp	100	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 % of Calories			700	61	1231	6.67	3.62	484.2	1996	14.97	*36 *20.5%	35.52 20.3%	109.08 62.3%	13.04 16.8%	4.01 5.1%	0.00 0.0%	
Nutrient Guideline			600-700		1360											<10.00	

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**Germantown School District**

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

Base Menu Spreadsheet

KMS 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																
KMS Lunch	Total	450														
Chicken Nugg, Gld Kst - 7 +	7 Nuggets	210	280	63	672	2.80	1.40	21.0	262	0.0	0	23.8	22.4	9.8	2.10	0.00
Pizza, BD Primo Buff Ckn WG \$	1 Slice	95	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Lasagna w/Meat KMS/GHS+	1 Serv 6x 4 cut	40	245	30	336	1.89	2.01	195.6	500	5.98	*2	17.49	25.12	8.88	3.94	*0.36
Breadstick 6" NY WG 1oz1@	1 Breadstic	25	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Corn Puppies, Tky JTM-8^	8 pieces	75	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	30	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 KMS- Skip\$	1 packet/cu	30	53	4	288	0.00	0.00	0.0	0	0.0	3	0.0	6.0	3.13	0.38	0.00
Breadstick 6" NY WG 1oz Skip1@	1 Breadstic	22	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Potatoes, Tri-Tater +	1 Tri-Tater	300	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 spd- 1/2C	250	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	300	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Ice Cream Sundae Cup - Choc	1 Cup	325	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	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	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			679	77	1117	6.27	2.34	437.1	1455	17.29	*30	31.76	92.42	20.37	6.93	*0.03
% of Calories											*17.7%	18.7%	54.4%	27.0%	9.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	
Weighted Average			665	61	1100	7.22	3.65	502.1	2674	22.90	*37	32.48	92.72	18.57	6.02	*0.03
											*50.7%	19.5%	55.8%	25.1%	8.2%	*0.0%

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**Germantown School District**

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

Base Menu Spreadsheet

KMS 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	665		600 - 700	100%														
Cholesterol (mg)	61																	
Sodium 1 (mg)	1100		1360															
Sodium 2 (mg)	1100		1035						65	Correction Required - Sodium too High								
Fiber (g)	7.22																	
Iron (mg)	3.65																	
Calcium (mg)	502.1																	
Vitamin A (IU)	2674																	
Sugars (g)	37	22.53%				Missing												
Vitamin C (mg)	22.90																	
Protein (g)	32.48	19.55%																
Carbohydrate (g)	92.72	55.79%																
Total Fat (g)	18.57	25.15%																
Saturated Fat (g)	6.02	8.16%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.03	0.04%				Missing												

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