

Germantown School District

Oct 1, 2020 thru Oct 30, 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 - 10/01/2020															
Elementary Lunch	Total														
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 #8 +	#8	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Roll, Dnr White Wht Alpha-1\$	1 roll	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	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	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		542	56	1221	4.76	3.04	339.0	500	8.98	*31	32.19	83.43	9.82	2.67	0.02
% of Calories										*22.7%	23.8%	61.6%	16.3%	4.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 10/02/2020															
Elementary Lunch	Total														
Corn Puppies, Tky JTM-6^	6 pieces	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Carrots,Frozen,Swt 1/2 Cup+	#8 - 1/2 cu	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	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
Goldfish Cinn Graham - Lg, PF+	1 package	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		632	40	841	8.47	2.87	481.2	16572	59.41	*61	19.04	102.58	15.95	3.19	0.00
% of Calories										*38.9%	12.0%	64.9%	22.7%	4.5%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 10/05/2020															
Elementary Lunch	Total														
Egg & Cheese EM Sand, WG, AP+	1 Sandwich	210	75	390	2.00	1.44	150.0	750	1.2	1	9.0	24.0	8.0	3.50	0.00
Beans. Green, Simplot-1/2cup+	4oz spdl-1 /2C	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00

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

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		396	81	558	4.78	2.38	490.6	1463	11.60	*29	18.09	62.06	8.40	3.69	0.00
% of Calories										*29.0%	18.3%	62.6%	19.1%	8.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 10/06/2020															
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-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
Sweet Potato Bites, HvstSpl +	1/2 cup	129	0	109	2.97	0.36	19.8	3959	3.56	11	1.98	20.79	4.45	0.49	0.00
Fruit, Mixed Berry Cup - 4 oz	4 oz cup	90	0	0	2.01	0.00	0.0	0	0.0	16	0.0	20.07	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		588	16	619	7.88	2.29	528.9	4886	7.48	*49	22.89	94.25	12.34	3.90	0.00
% of Calories										*33.5%	15.6%	64.1%	18.9%	6.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 10/07/2020															
Elementary Lunch	Total														
Hamburger - Elem	1Bun/1Bgr	275	35	387	3.65	2.43	54.0	0	0.0	3	19.24	27.47	9.94	3.52	0.01
fritos - 1 oz bag	1 Bag	160	0	160	2.00	0.36	40.0	50	0.0	*N/A*	2.0	16.0	10.0	1.50	0.00
Beans, Baked, Veg - .1/2 Cup+	#8 - 1/2Cu	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	0.00	*0.00
Apple, Fresh	1 Apple	59	0	1	2.71	0.14	6.8	61	5.2	12	0.29	15.61	0.19	0.03	0.00
Ketchup, Skip%	2 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		801	41	997	13.69	5.06	477.8	839	9.14	*45	35.94	117.50	20.44	5.23	*0.01
% of Calories										*22.3%	17.9%	58.7%	23.0%	5.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 10/08/2020															
Elementary Lunch	Total														
Pizza, Tony's Smt Cheese 4x6+	1 Slice	300	25	440	4.00	2.70	200.0	0	0.0	8	16.0	34.0	11.0	5.00	0.00
Peas & Carrots - 1/2 Cup+	#8 1/2 Cup	54	0	77	3.52	1.07	26.1	10789	9.19	5	3.5	11.48	0.48	0.09	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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		534	31	690	9.52	4.12	532.4	11289	11.26	*44	27.74	83.10	11.81	5.27	0.00
% of Calories										*32.9%	20.8%	62.3%	19.9%	8.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 10/09/2020															
Elementary Lunch	Total														
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
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
Fruit, Mixed - 1/2 Cup	4oz spdl-1/2C	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
Cookie, Sugar, WG RF 1oz Otis#	1 Cookie	110	10	85	1.00	2.70	0.0	750	0.0	*N/A*	1.0	18.0	3.0	1.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		676	51	1260	6.93	4.83	397.9	1813	12.79	*29	24.65	110.30	15.00	4.53	*0.03
% of Calories										*17.4%	14.6%	65.3%	20.0%	6.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 10/12/2020															
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
Broccoli, Frozen 1/2 Cup+	#8 - 1/2 cu	27	0	10	2.83	0.58	31.2	955	37.89	1	2.93	5.22	0.11	0.02	0.00
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
Rice Krispie Treat - Mini@	1 Treat Bar	45	0	52	0.00	0.18	0.0	100	0.0	3	0.25	8.5	1.12	0.38	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		451	26	781	5.84	2.86	376.2	1790	42.69	*42	24.38	68.31	9.64	2.08	0.00
% of Calories										*36.9%	21.6%	60.6%	19.2%	4.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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 - 10/13/2020															
Elementary Lunch	Total														
Taco, Walking #16 Elem+	1 Ch/#16 Mt/.5Ch	289	38	450	3.34	1.70	167.4	631	3.34	*0	14.19	19.84	17.84	5.70	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Beans, Black 1/2 Cup +	1/2 Cup	109	0	461	8.30	2.28	42.0	5	3.2	*N/A*	7.24	19.87	0.35	0.10	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		611	55	1184	13.78	4.87	559.5	2304	18.47	*31	30.44	77.97	21.03	7.98	0.00
% of Calories										*20.5%	19.9%	51.1%	31.0%	11.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 10/14/2020															
Elementary Lunch	Total														
Sub Sandwich - Elementary+	1B-1H-2T-1Ch	262	37	678	3.00	1.20	110.0	150	0.0	4	19.67	29.5	7.5	2.58	0.00
Carrots, Raw - 4oz +	4 oz Serv	40	0	88	3.29	1.01	36.3	15638	2.95	5	0.73	9.34	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
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		532	50	1092	8.21	2.21	446.5	16288	4.15	*37	28.39	74.83	14.00	3.46	*0.00
% of Calories										*27.7%	21.3%	56.2%	23.7%	5.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 10/15/2020															
Elementary Lunch	Total														
Waffles, Eggo Mini Maple WG	1 pouch	200	0	220	4.00	3.60	200.0	1000	0.0	10	4.0	35.0	5.0	1.50	0.00
Omelet, Colby Chs - Michaels#	1 Omelet	130	190	260	0.00	0.72	60.0	400	0.0	0	7.0	1.0	11.0	3.50	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Potatoes, Hash Brown Patty +	2.22 oz Pat	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Watermelon, Sliced 1/2 Cup	1 Slice - 1/2 C	23	0	1	0.30	0.18	5.3	432	6.16	5	0.46	5.74	0.11	0.01	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00

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Weighted Daily Average		711	196	907	6.30	4.86	565.3	2332	12.15	*49	20.46	105.31	24.41	7.19	0.00
% of Calories										*27.8%	11.5%	59.3%	30.9%	9.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 10/16/2020															
Elementary Lunch	Total														
Max Sticks - 2 \$43901	2 Sticks	300	30	640	2.00	1.44	300.0	0	0.0	4	16.0	34.0	12.0	6.00	0.00
Marinara Sauce-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
French Fries CC McCain 3/8+	2.06 oz - 1/2 C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Peas - 1/2 Cup*	4oz spdl-1/2 C	88	0	82	5.10	1.72	27.2	2381	11.23	5	5.84	16.17	0.31	0.06	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		727	36	1180	8.01	4.01	636.3	3308	21.15	*50	32.08	111.56	17.19	6.46	0.00
% of Calories										*27.6%	17.6%	61.4%	21.3%	8.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 10/19/2020															
Elementary Lunch	Total														
Pizza, Tony's Smt Sge 4 x 6 ^	1Slice	226	19	353	3.80	1.98	110.0	0	0.0	6	16.0	26.3	7.5	3.40	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
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
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		532	25	535	6.74	2.28	415.0	535	8.26	*47	27.44	91.32	8.38	3.59	0.00
% of Calories										*35.1%	20.6%	68.6%	14.2%	6.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 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 - 10/20/2020															
Elementary Lunch	Total														
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
Salad, Romaine Side	1 cup	11	0	0	0.55	0.20	11.1	553	1.33	*N/A*	1.11	1.66	0.0	0.00	0.00
Tomatoes, Cherry +	.25 cup	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	0.01	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		508	35	934	5.01	1.73	721.2	2113	8.51	*38	26.67	70.41	14.47	5.53	0.00
% of Calories										*29.9%	21.0%	55.5%	25.6%	9.8%	0.0%
Nutrient Guideline		550-650		1230											<10.00

Wed - 10/21/2020															
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
Peas - 1/2 Cup*	4oz spdl-1/2 C	88	0	82	5.10	1.72	27.2	2381	11.23	5	5.84	16.17	0.31	0.06	0.00
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*
Donut, Pwd Sgr Mini WG - 1 \$	1 Mini Don	45	0	38	0.33	0.12	10.0	0	0.0	4	0.67	6.83	1.83	0.50	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		606	31	783	10.14	4.15	385.2	3444	16.96	*33	30.05	82.39	17.55	3.25	*0.00
% of Calories										*21.9%	19.8%	54.4%	26.1%	4.8%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

Mon - 10/26/2020															
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
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*
Broccoli, Frozen 1/2 Cup+	#8 - 1/2 cu	27	0	10	2.83	0.58	31.2	955	37.89	1	2.93	5.22	0.11	0.02	0.00
Apple, Fresh	1 Apple	59	0	1	2.71	0.14	6.8	61	5.2	12	0.29	15.61	0.19	0.03	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00

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Germantown School District

Oct 1, 2020 thru Oct 30, 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)
Weighted Daily Average		606	72	844	7.55	2.58	565.2	1896	45.89	*34	39.58	60.84	24.28	7.32	*0.00
% of Calories										*22.6%	26.1%	40.1%	36.1%	10.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 10/27/2020															
Elementary Lunch	Total														
Taco, Soft Shell (1) Elem+	1T-1-#16 M-1/2Ch	219	15	365	3.34	2.04	146.8	585	3.21	*1	14.19	18.84	10.34	5.70	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Sour Cream, PF - Skip#	2 Tbsp	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	146	10	195	5.01	1.45	104.1	96	2.39	*0	9.27	20.5	2.88	1.92	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1 /2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		573	37	808	10.86	4.21	589.1	1741	13.68	*33	32.00	79.27	15.06	9.01	0.00
% of Calories										*22.7%	22.4%	55.4%	23.7%	14.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 10/28/2020															
Elementary Lunch	Total														
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, Tater Tot MC 3/4C	3/4 C - 3.7 7 oz	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Beans, Green, Simplot-1/2cup+	4oz spdl-1 /2C	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
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
Ketchup, Skip%	2 tbsps	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		735	41	1647	10.13	2.75	431.5	927	29.33	*43	25.37	112.37	20.77	5.15	0.03
% of Calories										*23.2%	13.8%	61.1%	25.4%	6.3%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/29/2020															
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
Peas & Corn - 1/2 Cup+	#8 - 1/2 Cu	82	0	157	3.69	1.01	15.3	1217	6.63	5	4.22	16.22	0.84	0.17	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
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		582	31	795	7.69	3.11	320.3	2005	12.07	*53	27.75	84.94	16.24	2.86	0.00
% of Calories										*36.4%	19.1%	58.4%	25.1%	4.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 10/30/2020															
Elementary Lunch	Total														
Mozz Stx, WG, Seapak, ELEM#	4 Sticks	248	10	348	2.01	0.96	375.1	435	0.8	2	13.4	18.09	13.4	3.35	0.00
Marinara Sauce-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
French Fries CC McCain 3/8+	2.06 oz - 1/2 C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spd-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
Cookie, Harvest	1 Cookie	170	20	60	0.00	0.00	0.0	0	0.0	*N/A*	2.0	19.0	9.0	3.50	2.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		750	36	839	4.39	2.22	687.6	1724	11.77	*44	25.81	99.38	27.32	7.26	2.00
% of Calories										*23.3%	13.8%	53.0%	32.8%	8.7%	2.4%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		605	49	926	8.03	3.32	497.3	3888	18.29	*41	27.55	88.61	16.21	4.98	*0.10
										*61.1%	18.2%	58.6%	24.1%	7.4%	*0.2%

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	605		550 - 650	100%													
Cholesterol (mg)	49																
Sodium 1 (mg)	926		1230														
Sodium 2 (mg)	926		935														
Fiber (g)	8.03																
Iron (mg)	3.32																
Calcium (mg)	497.3																
Vitamin A (IU)	3888																
Sugars (g)	41	27.17%				Missing											
Vitamin C (mg)	18.29																
Protein (g)	27.55	18.23%															
Carbohydrate (g)	88.61	58.62%															
Total Fat (g)	16.21	24.12%															
Saturated Fat (g)	4.98	7.42%	<10.00%														
Trans Fat ¹ (g)	0.10	0.16%				Missing											

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