

Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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Generated on: 9/30/2020 8:33:19 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/02/2020															
GHS Lunch	Total														
Sub Sandwich - Ham* & Turkey+	1/2B-2HM-3TK1Ch	410	60	1290	6.00	0.54	100.0	150	0.0	9	31.0	46.0	10.75	3.75	0.00
Bag of Chips	1 Bag	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	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	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Bag of Chips	1 Bag	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Salad, Chicken Caesar +	1 Salad	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	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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
Cheeseburger, Double \$	1Bun/1Ch s/2Bgr	438	78	631	4.65	3.43	176.0	150	0.0	4	35.74	29.47	19.94	7.97	0.01
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	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
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
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
Cookie, Choc Chip, WG Otis 1oz^	1 Cookie	110	5	85	1.00	2.70	0.0	0	0.0	8	1.0	18.0	3.5	1.00	0.00
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
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
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		842	62	1386	11.06	4.59	538.9	10851	12.64	*45	38.57	112.69	26.50	6.69	0.00
% of Calories										*21.4%	18.3%	53.5%	28.3%	7.2%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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GHS 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)
Mon - 10/05/2020															
GHS Lunch															
	Total														
	8 oz spoodl	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@	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, SC WG RF @	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
	French Fries CC McCain 3/8+	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
	/2 C														
	Salad, Chef +	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\$	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
	Roll, Dnr White Wht Alpha SK1*	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
	Bag of Chips SK	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
	Hamburger , DBL	403	70	526	4.65	3.43	76.0	0	0.0	3	32.24	28.47	17.94	6.72	0.01
	French Fries CC McCain 3/8 SK+	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
	/2 C														
	Beans, Green, Simplot-1/2cup+	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
	/2C														
	Applesauce - 4.5 oz Cup, Cmdty	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 \$	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%	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	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	Lettuce, Shredded - SKIP	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
	Milk, SKIP - AVG - PF SKIP+	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
	Weighted Daily Average	713	75	847	4.82	2.92	440.7	1167	14.50	*52	35.32	112.52	13.31	3.70	*0.00
	% of Calories									*29.0%	19.8%	63.1%	16.8%	4.7%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Base Menu Spreadsheet

GHS 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)
Tue - 10/06/2020															
GHS Lunch															
	Total														
	8 oz spoodl	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@	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, SC WG RF @	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
	French Fries CC McCain 3/8+	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
	2.06 oz - 1/2 C														
	Salad, Chef +	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\$	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
	Roll, Dnr White Wht Alpha SK1*	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
	Bag of Chips SK	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
	Hamburger , DBL	403	70	526	4.65	3.43	76.0	0	0.0	3	32.24	28.47	17.94	6.72	0.01
	French Fries CC McCain 3/8 SK+	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
	2.06 oz - 1/2 C														
	Beans. Green, Simplot-1/2cup+	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
	4oz spdl-1/2C														
	Applesauce - 4.5 oz Cup, Cmdty	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 \$	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
	1 - 4 oz Cu														
	Ketchup, Skip%	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
	2 tbsp														
	Mustard, skip	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	2 tsp														
	Lettuce, Shredded - SKIP	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
	1/4 cup														
	Milk, SKIP - AVG - PF SKIP+	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
	8 oz Carton														
	Weighted Daily Average	713	75	847	4.82	2.92	440.7	1167	14.50	*52	35.32	112.52	13.31	3.70	*0.00
	% of Calories									*29.0%	19.8%	63.1%	16.8%	4.7%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/07/2020															
GHS Lunch															
	Total														
	20 raviolis	456	74	1230	6.79	4.57	320.5	1550	22.14	*3	27.43	62.16	8.85	4.42	0.00
	Garlic Toast, WG, GFS SK \$	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
	Pizza, BD Primo Buff Ckn WG \$	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
	Potatoes, Savory Loops +	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
	Salad, Loaded Veggie & Ham +	161	38	874	4.69	1.67	43.9	6732	53.02	*3	18.1	14.53	3.61	1.35	*0.00
	Salad Drsg, Asst GHS- Skip\$	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
	Roll, Dnr White Wht Alpha SK1*	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
	Bag of Chips SK	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
	Chicken Sand, Filet Brd +	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
	Potatoes, Savory Loops SKIP+	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
	Salad, Romaine Side	11	0	0	0.55	0.20	11.1	553	1.33	*N/A*	1.11	1.66	0.0	0.00	0.00
	Salad Drsg, Asst GHS- Skip\$	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
	Peaches, Canned, Lt. Syr-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
	Juice, Cup, Assorted \$	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%	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%	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
	Lettuce, Shredded - SKIP	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
	Milk, SKIP - AVG - PF SKIP+	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	798	62	1548	8.55	4.40	537.9	2250	16.44	*47	34.75	111.28	22.95	6.30	*0.00
	% of Calories									*23.8%	17.4%	55.8%	25.9%	7.1%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/08/2020															
GHS Lunch															
	Total														
Ravioli, Mini WG, Chs KMS/GHS+	20 raviolis	456	74	1230	6.79	4.57	320.5	1550	22.14	*3	27.43	62.16	8.85	4.42	0.00
Garlic Toast, WG, GFS SK \$	1 Slice	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Pizza, BD Primo Buff Ckn WG \$	1 Slice	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
Potatoes, Savory Loops +	3 oz	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Salad, Loaded Veggie & Ham +	1 Salad	161	38	874	4.69	1.67	43.9	6732	53.02	*3	18.1	14.53	3.61	1.35	*0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Chicken Sand, Filet Brd +	1 Filet/1 Bu	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Potatoes, Savory Loops SKIP+	3 oz	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
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
Salad Drsg, Asst GHS- Skip\$	1 TBSP	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		798	62	1548	8.55	4.40	537.9	2250	16.44	*47	34.75	111.28	22.95	6.30	*0.00
% of Calories										*23.8%	17.4%	55.8%	25.9%	7.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Fri - 10/09/2020															
GHS Lunch	Total														
Pizza, BD Primo 4 Meat WG<	slice	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	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Potatoes, Tater Tot MC 3/4C	3/4 C - 3.7	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
	7 oz														
Salad, Chef +	1 Salad	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	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Bratwurst in Bun\$	1 Brat/1 Bu	456	60	1226	2.29	2.16	70.0	0	0.0	4	16.2	30.49	29.1	9.34	0.03
Potatoes, Tater Tot MC 1/2CSK+	1/2 C - 2.5	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
	2 oz														
Corn, Frozen - 1/2C	4oz spdl-1	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
	/2C														
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
	/2C														
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
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
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		881	65	1423	8.63	2.84	569.8	1323	14.96	*51	32.53	120.60	29.53	9.12	*0.01
% of Calories										*23.2%	14.8%	54.8%	30.2%	9.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS 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)
Mon - 10/12/2020															
GHS Lunch															
	Total														
Chicken Nugg, Gld Kst - 8 +	8 Nuggets	320	72	768	3.20	1.60	24.0	299	0.0	0	27.2	25.6	11.2	2.40	0.00
Mac & Cheese JTM WG KM/GH 3o	#10 - 3 oz	157	25	400	1.00	0.54	1770.0	3250	12.0	2	8.5	14.0	8.0	4.50	0.00
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco St icks	300	30	440	4.00	2.16	400.0	400	0.0	2	20.0	34.0	10.0	5.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Potatoes, Wedges +	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Salad, Chicken Caesar +	1 Salad	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	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Cheeseburger, PJ	1bun/1 bgr /1ch	386	60	600	3.65	2.43	777.2	1085	0.0	*3	25.32	28.48	19.05	9.60	0.01
Potatoes, Wedges Skip*	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
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
Fruit, Mixed - 1/2 Cup	4oz spd1-1 /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*
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
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
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		761	77	1355	9.91	3.65	1237.7	3629	42.11	*38	41.04	102.14	20.34	7.69	*0.00
% of Calories										*20.1%	21.6%	53.7%	24.1%	9.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS 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															
GHS Lunch															
	Total														
Chicken Nugg, Gld Kst - 8 +	8 Nuggets	320	72	768	3.20	1.60	24.0	299	0.0	0	27.2	25.6	11.2	2.40	0.00
Mac & Cheese JTM WG KM/GH 3o	#10 - 3 oz	157	25	400	1.00	0.54	1770.0	3250	12.0	2	8.5	14.0	8.0	4.50	0.00
Potatoes, Wedges +	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	300	30	440	4.00	2.16	400.0	400	0.0	2	20.0	34.0	10.0	5.00	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	30	0	240	2.00	0.72	0.0	200	2.4	4	0.0	6.0	0.0	0.00	0.00
Potatoes, Wedges +	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Salad, Chicken Caesar +	1 Salad	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	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Cheeseburger, PJ	1bun/1 bgr /1ch	386	60	600	3.65	2.43	777.2	1085	0.0	*3	25.32	28.48	19.05	9.60	0.01
Potatoes, Wedges Skip*	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
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
Fruit, Mixed - 1/2 Cup	4oz spd1-1/2C	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
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
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
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		859	83	1574	11.41	4.05	1564.7	4247	44.36	*38	43.65	112.12	25.28	9.42	*0.00
% of Calories										*17.6%	20.3%	52.2%	26.5%	9.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS 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)
Wed - 10/14/2020															
GHS Lunch	Total														
Sub Sandwich - Ham* & Turkey+	1/2B-2HM-3TK1Ch	410	60	1290	6.00	0.54	100.0	150	0.0	9	31.0	46.0	10.75	3.75	0.00
Pizza, Bosco, PPan Cheese#	Pizza	430	25	700	6.00	3.60	450.0	750	4.8	*N/A*	23.0	57.0	12.0	6.00	0.00
Chicken Sand, Patty, Spicy@	1 Bun/1 Pa	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Carrots & Celery - 4 oz	4 oz Veg	31	0	84	2.49	0.28	41.4	9727	5.1	3	0.92	7.12	0.23	0.04	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
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
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
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
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		753	48	1322	10.94	2.81	543.5	8793	13.12	*41	34.21	110.34	19.35	5.36	0.00
% of Calories										*21.7%	18.2%	58.6%	23.1%	6.4%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/15/2020															
GHS Lunch	Total														
Sub Sandwich - Ham* & Turkey+	1/2B-2HM-3TK1Ch	410	60	1290	6.00	0.54	100.0	150	0.0	9	31.0	46.0	10.75	3.75	0.00
Pizza, Bosco, PPan Cheese#	Pizza	430	25	700	6.00	3.60	450.0	750	4.8	*N/A*	23.0	57.0	12.0	6.00	0.00
Chicken Sand, Patty, Spicy@	1 Bun/1 Pa	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Carrots & Celery - 4 oz	4 oz Veg	31	0	84	2.49	0.28	41.4	9727	5.1	3	0.92	7.12	0.23	0.04	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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
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
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
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		753	48	1323	10.83	2.81	543.2	8791	12.96	*41	34.21	110.27	19.34	5.36	0.00
% of Calories										*21.7%	18.2%	58.6%	23.1%	6.4%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/19/2020															
GHS Lunch	Total														
Taco Nachos(#10)w/LOL-GHS+	1Cp/#10M t/2Ch	481	20	912	6.00	2.34	40.0	850	16.8	*2	22.0	48.0	23.0	7.80	0.00
Salsa, Corn & Black Bean@	#16 - 2 oz serv	28	0	44	0.71	0.24	5.0	276	11.8	*1	0.88	3.02	0.41	0.07	*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
Pizza, Bosco, SC WG RF @	1/8 Pizza	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
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
Salad, Chef +	1 Salad	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	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Chicken Sand, Patty Brd @	1 Patty/1 B	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
French Fries CC McCain 3/8 SK+	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 spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		697	47	1039	6.27	2.90	501.0	2154	21.30	*47	30.02	98.00	20.26	6.78	*0.00
% of Calories										*26.8%	17.2%	56.3%	26.2%	8.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS 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															
GHS Lunch	Total														
Taco Nachos(#10)w/LOL-GHS+	1Cp/#10M t/2Ch	481	20	912	6.00	2.34	40.0	850	16.8	*2	22.0	48.0	23.0	7.80	0.00
Salsa, Corn & Black Bean@	#16 - 2 oz serv	28	0	44	0.71	0.24	5.0	276	11.8	*1	0.88	3.02	0.41	0.07	*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
Pizza, Bosco, SC WG RF @	1/8 Pizza	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
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
Salad, Chef +	1 Salad	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	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Chicken Sand, Patty Brd @	1 Patty/1 B	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
French Fries CC McCain 3/8 SK+	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 spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		697	47	1039	6.27	2.90	501.0	2154	21.30	*47	30.02	98.00	20.26	6.78	*0.00
% of Calories										*26.8%	17.2%	56.3%	26.2%	8.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/21/2020															
GHS Lunch	Total														
Pizza, BD Primo 4 Meat WG<	slice	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	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Potatoes, Tater Tot MC 3/4C	3/4 C - 3.7	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
	7 oz														
Salad, Chef +	1 Salad	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	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Bratwurst in Bun\$	1 Brat/1 Bu	456	60	1226	2.29	2.16	70.0	0	0.0	4	16.2	30.49	29.1	9.34	0.03
Potatoes, Tater Tot MC 1/2CSK+	1/2 C - 2.5	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
	2 oz														
Corn, Frozen - 1/2C	4oz spdl-1	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
	/2C														
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
	/2C														
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
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
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		881	65	1423	8.63	2.84	569.8	1323	14.96	*51	32.53	120.60	29.53	9.12	*0.01
% of Calories										*23.2%	14.8%	54.8%	30.2%	9.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/26/2020															
GHS Lunch	Total														
Taco, Soft Shell (2) #16 GHS+	2T-2#16M -1ozCh	438	30	731	6.67	4.09	293.5	1169	6.42	*3	28.39	37.69	20.69	11.41	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
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
Potatoes, Wedges +	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Salad, Chicken Caesar +	1 Salad	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	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Chicken Sand, Filet Brd +	1 Filet/1 Bu	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	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Corn, Fiesta - 1/2C +	4oz spdl-1 /2C	110	0	150	4.00	1.08	0.0	0	6.0	5	4.0	17.0	3.0	0.50	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
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
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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		772	43	1182	10.86	4.91	528.0	1617	14.76	*48	35.51	105.61	23.13	9.50	0.00
% of Calories										*24.8%	18.4%	54.7%	27.0%	11.1%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS 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 - 10/27/2020															
GHS Lunch	Total														
Taco, Soft Shell (2) #16 GHS+	2T-2#16M -1ozCh	438	30	731	6.67	4.09	293.5	1169	6.42	*3	28.39	37.69	20.69	11.41	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
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
Potatoes, Wedges +	#8 - 1/2 cu	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Salad, Chicken Caesar +	1 Salad	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	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Chicken Sand, Filet Brd +	1 Filet/1 Bu	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	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Corn, Fiesta - 1/2C +	4oz spdl-1 /2C	110	0	150	4.00	1.08	0.0	0	6.0	5	4.0	17.0	3.0	0.50	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
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
Lettuce, Shredded - SKIP	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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 % of Calories		772	43	1182	10.86	4.91	528.0	1617	14.76	*48 *24.8%	35.51 18.4%	105.61 54.7%	23.13 27.0%	9.50 11.1%	0.00 0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/28/2020															
GHS Lunch	Total														
Lasagna w/Meat KMS/GHS+	1 Serv 6x4 cut	245	30	336	1.89	2.01	195.6	500	5.98	*2	17.49	25.12	8.88	3.94	*0.36
Garlic Toast, WG, GFS SK \$	1 Slice	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Pizza, Assorted	1 slice	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 Tot MC 1/2C+	1/2 C - 2.5	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
	2 oz														
Salad, Chef +	1 Salad	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	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Potatoes, Tater Tot MC 1/2CSK+	1/2 C - 2.5	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
	2 oz														
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
Salad Drsg, Asst GHS- Skip\$	1 TBSP	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 spd1-1/2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
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
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		828	66	1566	7.45	3.23	522.1	1822	12.32	*50	31.85	108.64	29.37	9.57	*0.11
% of Calories										*24.4%	15.4%	52.5%	31.9%	10.4%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS 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 - 10/29/2020															
GHS Lunch	Total														
Lasagna w/Meat KMS/GHS+	1 Serv 6x4 cut	245	30	336	1.89	2.01	195.6	500	5.98	*2	17.49	25.12	8.88	3.94	*0.36
Garlic Toast, WG, GFS SK \$	1 Slice	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Pizza, Assorted	1 slice	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 Tot MC 1/2C+	1/2 C - 2.5	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
	2 oz														
Salad, Chef +	1 Salad	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	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Roll, Dnr White Wht Alpha SK1*	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
Bag of Chips SK	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Potatoes, Tater Tot MC 1/2CSK+	1/2 C - 2.5	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
	2 oz														
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
Salad Drsg, Asst GHS- Skip\$	1 TBSP	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 spd1-1/2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
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
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		828	66	1566	7.45	3.23	522.1	1822	12.32	*50	31.85	108.64	29.37	9.57	*0.11
% of Calories										*24.4%	15.4%	52.5%	31.9%	10.4%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/30/2020															
GHS Lunch															
Pizza, BD Primo 4 Meat WG<	Total slice	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	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
French Fries CC McCain 3/8+	2.06 oz - 1/2 C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Salad, Loaded Veggie & Ham + Roll, Dnr White Wht Alpha SK1*	1 Salad	161	38	874	4.69	1.67	43.9	6732	53.02	*3	18.1	14.53	3.61	1.35	*0.00
Bag of Chips SK	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
Chicken Sand, Patty Brd @	1 Bag	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
French Fries CC McCain 3/8 SK+	1 Patty/1 B	377	20	738	5.65	3.23	72.0	100	0.0	*3	19.24	41.47	14.94	2.32	0.01
Peas - 1/2 Cup*	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
Fruit, Mixed - 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 \$	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, Harvest	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%	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
Mayonnaise, Lite - 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
Lettuce, Shredded - 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+	1/4 cup	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Weighted Daily Average % of Calories	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
Nutrient Guideline		750-850	59	1136	8.72	4.54	578.4	3261	19.20	*40 *17.8%	35.22 15.7%	126.13 56.1%	27.95 28.0%	8.94 8.9%	*1.92 *1.9%
Weighted Average		791	61	1295	8.67	3.60	622.5	3347	18.50	*46 *52.7%	34.82 17.6%	110.39 55.8%	23.10 26.3%	7.41 8.4%	*0.12 *0.1%

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Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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	791		750 - 850	100%														
Cholesterol (mg)	61																	
Sodium 1 (mg)	1295		1420															
Sodium 2 (mg)	1295		1080						215									Correction Required - Sodium too High
Fiber (g)	8.67																	
Iron (mg)	3.60																	
Calcium (mg)	622.5																	
Vitamin A (IU)	3347																	
Sugars (g)	46	23.41%				Missing												
Vitamin C (mg)	18.50																	
Protein (g)	34.82	17.60%																
Carbohydrate (g)	110.39	55.80%																
Total Fat (g)	23.10	26.28%																
Saturated Fat (g)	7.41	8.43%	<10.00%															
Trans Fat ¹ (g)	0.12	0.14%				Missing												

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