

# Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

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Generated on: 9/30/2020 8:32:01 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 <sup>1</sup> (g)
Thu - 10/01/2020															
KMS Lunch	Total														
Hamburger - KMS/GHS	1Bgr/1Bun	275	35	387	3.65	2.43	54.0	0	0.0	3	19.24	27.47	9.94	3.52	0.01
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, 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
Peppers, Green & Red Sliced	1/2 Cup	11	0	2	0.87	0.18	3.9	805	47.86	2	0.43	2.45	0.11	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Applesauce - 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
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		668	49	1188	7.18	3.56	478.6	1439	36.66	*37	29.06	83.50	23.73	7.72	0.00
% of Calories										*22.2%	17.4%	50.0%	32.0%	10.4%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/02/2020															
KMS Lunch	Total														
Taco Nachos(#12)w/LOL-KMS+	1Cp/#12M t/2Ch	393	20	804	3.67	2.73	93.4	843	16.01	*2	18.87	36.18	22.18	7.00	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
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
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
Pizza, Tony's SC WG Wedge+	1 Slice	370	40	580	4.00	2.70	350.0	0	0.0	10	17.0	40.0	16.0	8.00	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
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
Cookie, Choc Chip, WG Otis1oz^	1 Cookie	110	5	85	1.00	2.70	0.0	0	0.0	8	1.0	18.0	3.5	1.00	0.00
Milk, SKIP - AVG - PF 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		721	52	985	9.75	5.88	628.8	1050	17.07	*39	31.19	100.96	22.92	10.32	0.00
% of Calories										*21.7%	17.3%	56.0%	28.6%	12.9%	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

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# Germantown School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Page 2

Generated on: 9/30/2020 8:32:01 AM

	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 <sup>1</sup> (g)
Mon - 10/05/2020															
KMS Lunch	Total														
Chicken, Mand Org-Ling KM/GH+	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@	#8 scoop	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00
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
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
Cookie, Fortune +	1 cookie	12	0	0	0.00	0.06	0.0	0	0.0	2	0.17	2.72	0.0	0.00	0.00
Milk, SKIP - AVG - PF 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		602	63	702	4.22	2.37	477.4	945	11.34	*39	32.24	98.48	9.46	2.76	0.00
% of Calories										*26.1%	21.4%	65.4%	14.1%	4.1%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 10/06/2020															
KMS 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
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
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
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
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		610	46	791	6.74	2.97	601.1	797	5.91	*36	31.94	87.37	16.59	6.11	0.00
% of Calories										*23.7%	20.9%	57.2%	24.5%	9.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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

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# Germantown School District

Oct 1, 2020 thru Oct 30, 2020

## Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
Thu - 10/08/2020															
KMS Lunch	Total														
Chicken, Mand Org-Ling KM/GH+	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@	#8 scoop	212	0	0	1.33	0.00	0.0	0	0.0	0	5.3	45.05	1.99	0.00	0.00
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
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
Cookie, Fortune +	1 cookie	12	0	0	0.00	0.06	0.0	0	0.0	2	0.17	2.72	0.0	0.00	0.00
Milk, SKIP - AVG - PF 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		602	63	702	4.22	2.37	477.4	945	11.34	*39	32.24	98.48	9.46	2.76	0.00
% of Calories										*26.1%	21.4%	65.4%	14.1%	4.1%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 10/09/2020															
KMS 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
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
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
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
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		610	46	791	6.74	2.97	601.1	797	5.91	*36	31.94	87.37	16.59	6.11	0.00
% of Calories										*23.7%	20.9%	57.2%	24.5%	9.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**Germantown School District**

**Oct 1, 2020 thru Oct 30, 2020**

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
<b>Mon - 10/12/2020</b>															
KMS Lunch	Total														
Chicken, Popcorn, GK KM/GH+	15 pieces	377	75	714	3.00	1.50	13.5	252	1.5	0	25.5	22.5	20.7	3.00	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 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
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 spdl-1/2C	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
Milk, SKIP - AVG - PF 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		652	85	1156	8.31	3.03	1685.1	4179	43.44	*19	40.21	73.66	23.56	6.94	*0.00
% of Calories										*11.6%	24.7%	45.2%	32.5%	9.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

<b>Tue - 10/13/2020</b>															
KMS 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, Nardone, 6" Rnd WG Chs	1 Pizza	320	40	570	2.00	1.80	0.0	0	0.0	4	19.0	25.0	16.0	8.00	0.00
Pizza, Nardone, 6" Rnd WG Pepp	1 Pizza	350	40	580	3.00	2.70	350.0	0	0.0	7	22.0	30.0	16.0	7.00	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
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
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		695	60	1367	10.23	2.66	455.4	13249	8.28	*35	35.70	91.47	20.91	6.61	0.00
% of Calories										*19.9%	20.5%	52.6%	27.1%	8.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Thu - 10/15/2020															
KMS Lunch	Total														
Chicken, Popcorn, GK KM/GH+	15 pieces	377	75	714	3.00	1.50	13.5	252	1.5	0	25.5	22.5	20.7	3.00	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
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 spdl-1 /2C	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
Milk, SKIP - AVG - PF 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		652	85	1156	8.31	3.03	1685.1	4179	43.44	*19	40.21	73.66	23.56	6.94	*0.00
% of Calories										*11.6%	24.7%	45.2%	32.5%	9.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 10/16/2020															
KMS 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, Nardone, 6" Rnd WG Chs	1 Pizza	320	40	570	2.00	1.80	0.0	0	0.0	4	19.0	25.0	16.0	8.00	0.00
Pizza, Nardone, 6" Rnd WG Pepp	1 Pizza	350	40	580	3.00	2.70	350.0	0	0.0	7	22.0	30.0	16.0	7.00	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
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
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		695	60	1367	10.23	2.66	455.4	13249	8.28	*35	35.70	91.47	20.91	6.61	0.00
% of Calories										*19.9%	20.5%	52.6%	27.1%	8.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**Germantown School District**

**Oct 1, 2020 thru Oct 30, 2020**

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
Mon - 10/19/2020															
KMS 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
Vegetables, Calif Blen - 4 oz	#8 - 4 oz S erv	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	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		606	33	942	8.28	2.93	545.7	3410	47.93	*32	30.38	80.77	18.51	7.41	*0.00
% of Calories										*21.3%	20.0%	53.3%	27.5%	11.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/20/2020															
KMS Lunch	Total														
Chicken Tdrs, TY - 4 GHS	4 Tenders	320	60	540	2.00	2.16	0.0	0	0.0	4	26.0	16.0	16.0	3.00	0.00
Cheeseburger, Bacon@	1bg/1c/1b c/1bn	345	50	612	3.65	2.43	154.0	150	0.0	4	24.74	28.47	14.94	5.77	0.01
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
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
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
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		683	65	1197	9.61	4.01	375.1	13058	5.85	*38	35.59	82.02	23.34	5.12	0.00
% of Calories										*22.2%	20.8%	48.0%	30.8%	6.8%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Germantown School District

Oct 1, 2020 thru Oct 30, 2020

## Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
Mon - 10/26/2020															
KMS 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
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
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	38	930	9.79	4.82	560.4	2551	15.83	*35	33.41	81.09	18.17	9.52	0.00
% of Calories										*23.1%	22.0%	53.5%	27.0%	14.1%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 10/27/2020															
KMS 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
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+	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
Carrots & Cukes - 4 oz	4 oz Veg	28	0	45	1.93	0.66	27.2	7878	3.06	4	0.73	6.73	0.14	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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, 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
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		657	48	864	5.25	3.15	502.7	6013	7.18	*24	25.17	86.59	23.65	7.64	*1.36
% of Calories										*14.9%	15.3%	52.7%	32.4%	10.5%	*1.9%
Nutrient Guideline		600-700		1360										<10.00	

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# Germantown School District

Oct 1, 2020 thru Oct 30, 2020

## Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
Thu - 10/29/2020															
KMS 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
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
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	38	930	9.79	4.82	560.4	2551	15.83	*35	33.41	81.09	18.17	9.52	0.00
% of Calories										*23.1%	22.0%	53.5%	27.0%	14.1%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 10/30/2020															
KMS 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
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+	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
Carrots & Cukes - 4 oz	4 oz Veg	28	0	45	1.93	0.66	27.2	7878	3.06	4	0.73	6.73	0.14	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
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, 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
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		657	48	864	5.25	3.15	502.7	6013	7.18	*24	25.17	86.59	23.65	7.64	*1.36
% of Calories										*14.9%	15.3%	52.7%	32.4%	10.5%	*1.9%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		645	55	996	7.74	3.40	662.0	4652	18.21	*33 *45.6%	32.72 20.3%	86.54 53.6%	19.57 27.3%	6.86 9.6%	*0.17 *0.2%
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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 <sup>1</sup> (g)
<b>Nutrient</b>	<b>Menu AVG</b>	<b>% of Cals</b>	<b>Weekly Target</b>	<b>% of Target</b>	<b>Miss Data</b>	<b>Shortfall</b>	<b>Overage</b>	<b>Error Messages (if any)</b>							
Calories	645		600 - 700	100%											
Cholesterol (mg)	55														
Sodium 1 (mg)	996		1360												
Sodium 2 (mg)	996		1035												
Fiber (g)	7.74														
Iron (mg)	3.40														
Calcium (mg)	662.0														
Vitamin A (IU)	4652														
Sugars (g)	33	20.28%			Missing										
Vitamin C (mg)	18.21														
Protein (g)	32.72	20.28%													
Carbohydrate (g)	86.54	53.64%													
Total Fat (g)	19.57	27.30%													
Saturated Fat (g)	6.86	9.57%	<10.00%												
Trans Fat <sup>1</sup> (g)	0.17	0.24%			Missing										

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