

Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/01/2020																
Elementary Lunch	Total	150														
Chicken Tdrs, TY - 3 ELEM	3 Tenders	150	260	25	390	3.00	1.98	40.0	0	0.0	1	15.0	16.0	15.0	2.50	0.00
Vegetables, Calif Blen - 4 oz	#8 - 4 oz Serv	150	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	150	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 - 1 \$	1 Mini Don	150	45	0	38	0.33	0.12	10.0	0	0.0	4	0.67	6.83	1.83	0.50	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	150	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	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			547	31	734	7.47	2.99	380.1	3101	42.32	*43 *31.6%	25.51 18.6%	72.59 53.0%	17.17 28.2%	3.18 5.2%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/02/2020																
Elementary Lunch	Total	150														
Pizza, Tony's Smt Cheese 4x6+	1 Slice	150	300	25	440	4.00	2.70	200.0	0	0.0	8	16.0	34.0	11.0	5.00	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	150	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
CUCUMBER,RAW 1/2C	1/2 C	150	6	0	1	0.42	0.13	8.3	43	1.9	1	0.35	1.29	0.1	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	150	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	150	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	150	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			583	35	699	7.36	3.13	513.4	578	8.96	*37 *25.1%	27.46 18.9%	86.98 59.7%	15.03 23.2%	5.58 8.6%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Elementary 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 ¹ (g)
Thu - 09/03/2020																
Elementary Lunch	Total	150														
Corn Puppies, Tky JTM-6^	6 pieces	150	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
French Fries CC McCain 3/8+	3 oz Serv	150	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Carrots, Raw - 4oz +	4 oz Serv	150	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	150	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Watermelon, Sliced 1/2 Cup	1 Slice - 1/2 C	150	23	0	1	0.30	0.18	5.3	432	6.16	5	0.46	5.74	0.11	0.01	0.00
Ketchup, Skip%	2 tbsp	300	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	150	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	150	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			638	44	1186	6.59	1.73	407.7	17084	68.50	*54	19.19	97.35	17.62	2.46	0.00
% of Calories											*33.8%	12.0%	61.0%	24.9%	3.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/04/2020																
Elementary Lunch	Total	150														
Cheeseburger Elem	1Bun/1Ch s/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
fritos - 1 oz bag	1 Bag	150	160	0	160	2.00	0.36	40.0	50	0.0	*N/A*	2.0	16.0	10.0	1.50	0.00
Tomatoes, Cherry +	.50 cup	150	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	150	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	150	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
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	150	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	150	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			726	52	1179	8.25	3.32	509.5	1883	15.94	*30	33.94	91.43	25.56	6.82	*0.01
% of Calories											*16.6%	18.7%	50.3%	31.7%	8.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Tue - 09/08/2020																
Elementary Lunch	Total	150														
Taco, Soft Shell (1) Elem+	1T-1-#16	150	219	15	365	3.34	2.04	146.8	585	3.21	*1	14.19	18.84	10.34	5.70	0.00
	M-1/2Ch															
Lettuce, Shredded - SKIP	1/4 cup	150	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	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
Salsa, Red Gold - Skip#	2 oz Serv	75	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	100	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 spd-1/2C	150	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Rice Krispie Trt - .78oz/ala	1 Treat	150	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 SKIP+	8 oz Carton	150	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			628	38	852	9.31	4.13	564.9	1974	13.33	*33	29.24	90.01	17.60	10.17	0.00
% of Calories											*20.9%	18.6%	57.3%	25.2%	14.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/09/2020																
Elementary Lunch	Total	150														
Chicken Nuggets, Tyson WG - 5+	5 Nuggets	150	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	0.00
Potatoes, Tater Tot MC 1/2C+	8 Gems - 1/2 C	150	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Peppers, Green & Red Sliced	1/2 Cup	150	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	150	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Apple, Wedges - 1/2 cup	1/2 cup slices	150	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	75	80	50	50	0.00	0.00	20.0	0	0.0	15	1.0	18.0	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	300	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	150	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			607	55	1243	6.18	2.04	357.3	1735	59.97	*47	24.07	84.25	17.56	3.06	0.00
% of Calories											*31.2%	15.8%	55.5%	26.0%	4.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Thu - 09/10/2020																
Elementary Lunch	Total	150														
Sub Sandwich - Elementary+	1B-1H-2T -1Ch	150	262	37	678	3.00	1.20	110.0	150	0.0	4	19.67	29.5	7.5	2.58	0.00
Lettuce, Shredded - SKIP	1/4 cup	150	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	150	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Carrots,Frozen,Swt 1/2 Cup+	#8 - 1/2 cu	150	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
Bananas	1 Banana	150	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	150	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	150	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	54	1085	10.19	4.73	450.2	16107	14.00	*46	30.60	101.91	16.81	4.50	0.00
% of Calories											*27.8%	18.3%	61.1%	22.7%	6.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/11/2020																
Elementary Lunch	Total	150														
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	150	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	150	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Broccoli, Frozen 1/2 Cup+	#8 - 1/2 cu	150	27	0	10	2.83	0.58	31.2	955	37.89	1	2.93	5.22	0.11	0.02	0.00
Oranges, Mandarin, Cnd - 1/2c	4oz spdl-1/2C	150	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*N/A*
Ice Cream, Mint Fdge Cup 3oz \$	3oz cup	135	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 SKIP+	8 oz Carton	150	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			557	30	572	7.10	3.25	603.3	3530	64.04	*34	25.35	88.53	12.66	6.58	*0.00
% of Calories											*24.7%	18.2%	63.5%	20.4%	10.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/14/2020																
Elementary Lunch	Total	150														
Pancakes, Eggo Bag Mpl Flvr*	1 bag	150	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	110	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Eggs, Scrambled 2 oz#	#16	150	90	190	260	0.00	0.00	40.0	0	0.0	0	6.0	2.0	6.0	2.00	0.00
Carrots, Raw - 4oz +	4 oz Serv	150	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	150	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	150	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	150	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			638	210	953	9.30	4.06	442.7	16638	5.03	*61	18.96	107.38	15.54	3.55	0.00
% of Calories											*38.4%	11.9%	67.4%	21.9%	5.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/15/2020																
Elementary Lunch	Total	150														
Chicken Ring Things 5 - Tyson+	5 pcs	150	300	50	450	2.00	1.80	20.0	100	0.0	*N/A*	21.0	15.0	18.0	3.50	0.00
Potatoes, Savory Loops +	3 oz	150	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
CUCUMBER,RAW 1/2C	1/2 C	150	6	0	1	0.42	0.13	8.3	43	1.9	1	0.35	1.29	0.1	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	110	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	150	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	300	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	150	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			717	59	1245	6.42	2.95	353.4	1078	10.30	*45	31.55	86.37	26.73	4.99	0.00
% of Calories											*24.8%	17.6%	48.2%	33.5%	6.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/16/2020																
Elementary Lunch	Total	150														
Mac & Cheese, LOL, RS RF 6 oz	6 oz scoop	150	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	150	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	150	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	150	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	150	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Ice Cream Sandwich, Mini CF\$	1 Sandwich	140	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 SKIP+	8 oz Carton	150	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			581	44	980	4.47	1.79	737.0	2514	10.35	*45	27.88	81.87	17.26	7.40	0.00
% of Calories											*31.1%	19.2%	56.3%	26.7%	11.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Elementary 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 ¹ (g)
Thu - 09/17/2020																
Elementary Lunch	Total	150														
Chicken, Popcorn, TY Elem+	12 pcs/6oz spd	150	250	25	380	3.00	1.80	0.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Potatoes, Mashed #8 +	#8	150	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 prepared	150	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 spd-1/2C	150	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Craisins, Strawberry %	1 package	130	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	150	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			670	31	1081	9.14	3.40	318.8	800	10.18	*46 *27.7%	28.01 16.7%	102.39 61.1%	17.49 23.5%	2.93 3.9%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 09/18/2020																
Elementary Lunch	Total	150														
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
Beans, Green, Simplot-1/2cup+	4oz spd-1/2C	150	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
Watermelon, Sliced 1/2 Cup	1 Slice - 1/2 C	150	23	0	1	0.30	0.18	5.3	432	6.16	5	0.46	5.74	0.11	0.01	0.00
Sorbet, Blue Rasp, Luigi\$	4 oz cup	120	70	0	5	3.00	0.36	60.0	0	60.0	14	0.0	19.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	150	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			644	31	871	10.48	4.71	838.9	1860	68.15	*32 *19.7%	32.35 20.1%	101.99 63.3%	12.41 17.3%	6.19 8.7%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Mon - 09/21/2020																
Elementary Lunch	Total	150														
Waffle, Dutch 5" WG J & J Snac	Waffle	150	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
Sausage Links, JTM, 2	2 Sausage	140	123	27	176	0.00	0.00	170.0	550	0.0	0	6.0	1.0	11.0	3.80	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	110	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Broccoli, Raw - 2 oz	2 oz Serv	150	19	0	19	1.47	0.41	26.6	353	50.58	1	1.6	3.76	0.21	0.06	0.00
Carrots, Raw 2oz +	2 oz	150	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	110	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Pineapple, Tidbits - 1/2 Cup	4oz spdl-1/2C	150	57	0	8	0.81	0.58	16.2	81	7.29	*N/A*	0.81	13.77	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	150	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			729	54	840	6.93	3.30	559.7	9266	60.54	*45	20.37	107.96	26.09	7.05	0.00
% of Calories											*24.9%	11.2%	59.2%	32.2%	8.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/22/2020																
Elementary Lunch	Total	150														
Hot Dog, Tky w/Bun Elem Briar	1 Dog/1 Bu	150	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 1/2C+	8 Gems - 1/2 C	150	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Beans, Baked, Veg - .1/2 Cup+	#8 - 1/2Cu	100	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	0.00	*0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	150	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	250	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	150	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			728	41	1706	8.84	3.52	446.3	887	12.63	*51	26.67	113.63	17.50	4.53	*0.03
% of Calories											*27.8%	14.7%	62.5%	21.6%	5.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Wed - 09/23/2020																
Elementary Lunch	Total	150														
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
Salad, Romaine Side	1 cup	150	11	0	0	0.55	0.20	11.1	553	1.33	*N/A*	1.11	1.66	0.0	0.00	0.00
CUCUMBER,RAW 1/2C	1/4 C	150	3	0	1	0.21	0.07	4.2	21	0.95	0	0.18	0.64	0.05	0.02	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	150	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	140	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
Ice Cream, 3oz Cup/Van Schp +	3 oz cup	140	70	5	60	0.00	0.00	60.0	200	0.0	10	2.0	13.0	1.0	0.50	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	150	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			586	39	855	5.55	2.07	771.4	2011	7.08	*40	30.15	82.68	15.34	6.01	*0.00
% of Calories											*27.3%	20.6%	56.4%	23.6%	9.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/24/2020																
Elementary Lunch	Total	150														
Pasta, Rotini WG 1.5 Br	#6 Pasta	150	135	0	0	4.50	2.70	0.0	0	0.0	1	6.0	29.25	1.13	0.00	0.00
Spaghetti Sauce w/Meat Elem+	6 oz Spoodle	150	175	32	305	2.83	2.92	34.3	609	8.97	*3	12.0	11.81	9.5	3.49	*0.54
Garlic Toast, WG, GFS \$	1 Slice	150	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Beans, Green, Simplot-1/2cup+	4oz spdl-1/2C	150	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	150	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	150	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			597	38	627	12.12	7.33	376.1	1287	19.04	*36	29.12	95.15	14.46	4.67	*0.54
% of Calories											*24.1%	19.5%	63.7%	21.8%	7.0%	*0.8%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/25/2020																
Elementary Lunch	Total	150														
Chicken Nuggets, Tyson WG - 5+	5 Nuggets	150	180	20	450	2.00	1.80	40.0	0	0.0	1	13.0	14.0	8.0	1.50	0.00
French Fries CC McCain 3/8+	3 oz Serv	150	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Carrots, Frozen, Swt 1/2 Cup+	#8 - 1/2 cu	150	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	150	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Ketchup, Skip%	2 tbsps	140	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	150	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

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Weighted Daily Average			512	26	884	6.47	3.05	375.2	16445	10.65	*43	23.04	78.05	11.95	1.79	0.00
% of Calories											*33.5%	18.0%	60.9%	21.0%	3.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/28/2020																
Elementary Lunch	Total	150														
Yogurt, Dannon Danimals Straw+	4 oz Cup	150	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Muffin, Dbl Choc Chunk IW WG +	1 Muffin	150	180	10	105	2.00	1.44	20.0	0	0.0	14	3.0	27.0	6.0	1.05	0.00
String Cheese	1 Piece	150	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Peppers, Green & Red Sliced	1/2 Cup	150	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	150	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	150	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	150	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			545	35	586	2.87	1.69	681.3	1452	50.26	*54	23.12	77.81	15.14	5.19	*0.00
% of Calories											*39.8%	17.0%	57.1%	25.0%	8.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/29/2020																
Elementary Lunch	Total	150														
Taco, Walking #16 Elem+	1 Ch/#16 Mt/.5Ch	150	289	38	450	3.34	1.70	167.4	631	3.34	*0	14.19	19.84	17.84	5.70	0.00
Sour Cream, PF - Skip#	2 Tbsp	50	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	100	20	0	140	1.00	0.72	40.0	1000	12.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	100	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	150	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	140	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	150	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	62	926	11.35	5.97	582.7	2004	24.41	*38	30.93	98.85	25.39	9.56	0.00
% of Calories											*20.7%	16.8%	53.8%	31.1%	11.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/30/2020																
Elementary Lunch	Total	150														
Mozz Stx, WG, Seapak, ELEM#	4 Sticks	150	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	150	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 Fries, Hvst Spl+	1/2 cup	150	84	0	120	1.41	0.25	14.1	3517	1.69	5	0.7	13.36	3.16	0.70	0.35
CUCUMBER,RAW 1/2C	1/2 C	150	6	0	1	0.42	0.13	8.3	43	1.9	1	0.35	1.29	0.1	0.05	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	150	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Apple, Wedges - 1/2 cup	1/2 cup slices	150	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	75	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 SKIP+	8 oz Carton	150	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			586	45	814	6.05	1.90	720.0	4751	10.82	*41	24.00	75.33	21.69	4.86	0.35
% of Calories											*28.1%	16.4%	51.4%	33.3%	7.5%	0.5%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			630	50	949	7.74	3.38	523.3	5095	27.93	*43	26.74	91.55	17.95	5.29	*0.04
											*61.4%	17.0%	58.2%	25.7%	7.6%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	630		550 - 650	100%				
Cholesterol (mg)	50							
Sodium 1 (mg)	949		1230					
Sodium 2 (mg)	949		935				14	Correction Required - Sodium too High
Fiber (g)	7.74							
Iron (mg)	3.38							
Calcium (mg)	523.3							
Vitamin A (IU)	5095							
Sugars (g)	43	27.28%			Missing			
Vitamin C (mg)	27.93							
Protein (g)	26.74	16.98%						
Carbohydrate (g)	91.55	58.15%						
Total Fat (g)	17.95	25.66%						
Saturated Fat (g)	5.29	7.56%	<10.00%					
Trans Fat ¹ (g)	0.04	0.06%			Missing			

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