

Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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)
Tue - 09/01/2020																
GHS Lunch	Total	125														
Chicken Tdrs, TY - 4 GHS	4 Tenders	60	320	60	540	2.00	2.16	0.0	0	0.0	4	26.0	16.0	16.0	3.00	0.00
Potatoes, Wedges 3/4 cup +	3/4 cup	60	225	0	450	4.50	1.08	0.0	0	0.0	*N/A*	3.0	27.0	10.5	3.00	0.00
Pizza, Tony's SC WG Wedge+	1 Slice	25	370	40	580	4.00	2.70	350.0	0	0.0	10	17.0	40.0	16.0	8.00	0.00
Potatoes, Wedges 3/4 cup +	3/4 cup	25	225	0	450	4.50	1.08	0.0	0	0.0	*N/A*	3.0	27.0	10.5	3.00	0.00
Salad, Chef +	1 Salad	8	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	8	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	4	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	8	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 - KMS/GHS	1Bgr/1Bun	33	275	35	387	3.65	2.43	54.0	0	0.0	3	19.24	27.47	9.94	3.52	0.01
Potatoes, Wedges 3/4 cup SKIP+	3/4 cup	33	225	0	450	4.50	1.08	0.0	0	0.0	*N/A*	3.0	27.0	10.5	3.00	0.00
Vegetables, Calif Blen - 4 oz	#8 - 4 oz Serv	50	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	100	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Donut, Pwd Sgr Mini WG - 3 \$	3 Mini Do nuts	100	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Ketchup, Skip%	2 tbsp	100	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	20	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	15	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	115	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			842	65	1312	10.39	4.22	411.0	2109	21.23	*46 *22.1%	35.15 16.7%	106.78 50.7%	29.36 31.4%	8.55 9.1%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<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

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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 - 09/02/2020																
GHS Lunch	Total	125														
Chicken Tdrs, TY - 4 GHS	4 Tenders	60	320	60	540	2.00	2.16	0.0	0	0.0	4	26.0	16.0	16.0	3.00	0.00
Potatoes, Wedges 3/4 cup +	3/4 cup	60	225	0	450	4.50	1.08	0.0	0	0.0	*N/A*	3.0	27.0	10.5	3.00	0.00
Pizza, Tony's SC WG Wedge+	1 Slice	25	370	40	580	4.00	2.70	350.0	0	0.0	10	17.0	40.0	16.0	8.00	0.00
Potatoes, Wedges 3/4 cup +	3/4 cup	25	225	0	450	4.50	1.08	0.0	0	0.0	*N/A*	3.0	27.0	10.5	3.00	0.00
Salad, Chef +	1 Salad	8	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	8	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	4	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	8	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 - KMS/GHS	1Bgr/1Bun	33	275	35	387	3.65	2.43	54.0	0	0.0	3	19.24	27.47	9.94	3.52	0.01
Potatoes, Wedges 3/4 cup SKIP+	3/4 cup	33	225	0	450	4.50	1.08	0.0	0	0.0	*N/A*	3.0	27.0	10.5	3.00	0.00
Vegetables, Calif Blen - 4 oz	#8 - 4 oz Serv	50	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	100	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Donut, Pwd Sgr Mini WG - 3 \$	3 Mini Do nuts	100	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Ketchup, Skip%	2 tbsp	100	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	20	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	15	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	115	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			842	65	1312	10.39	4.22	411.0	2109	21.23	*46 *22.1%	35.15 16.7%	106.78 50.7%	29.36 31.4%	8.55 9.1%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Thu - 09/03/2020																
GHS Lunch	Total	125														
Corn Puppies, Tky JTM-8^	8 pieces	26	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	25	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Pizza, BD Primo Buff Ckn WG \$	1 Slice	63	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
French Fries CC McCain 3/8+	3 oz Serv	60	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Salad, Chicken Caesar +	1 Salad	9	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	9	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	8	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 SK1*	1 roll	6	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 Patty/1 Bun	27	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+	3 oz Serv	25	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	100	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	90	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	110	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	100	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	5	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	22	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	20	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	118	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			671	49	1197	6.74	3.68	513.7	14100	24.08	*37	27.93	86.85	23.16	5.38	0.00
											*22.1%	16.7%	51.8%	31.1%	7.2%	0.0%
Nutrient Guideline			750-850		1420											<10.00

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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)
Fri - 09/04/2020																
GHS Lunch	Total	125														
Corn Puppies, Tky JTM-8^	8 pieces	26	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	25	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Pizza, BD Primo Buff Ckn WG \$	1 Slice	63	390	45	750	3.00	2.70	300.0	400	0.0	8	20.0	35.0	19.0	7.00	0.00
French Fries CC McCain 3/8+	3 oz Serv	60	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Salad, Chicken Caesar +	1 Salad	9	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	9	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	8	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 SK1*	1 roll	6	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 Patty/1 Bun	27	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+	3 oz Serv	25	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	100	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	90	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	110	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	100	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	5	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	22	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	20	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	118	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			671	49	1197	6.74	3.68	513.7	14100	24.08	*37 *22.1%	27.93 16.7%	86.85 51.8%	23.16 31.1%	5.38 7.2%	0.00 0.0%
Nutrient Guideline			750-850		1420										<10.00	

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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 - 09/08/2020																
GHS Lunch	Total	125														
Taco, Soft Shell (1)#10 KM/GH+	1T-1#10	27	391	30	632	5.00	3.42	280.0	950	4.8	*2	24.0	35.0	18.5	10.30	0.00
	M-1ozCh															
Sour Cream, PF - Skip#	2 Tbsp	19	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	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	15	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Potatoes, Tater Tot MC 3/4C	3/4 C - 3.77 oz	25	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	38	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	30	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Potatoes, Tater Tot MC 3/4C	3/4 C - 3.77 oz	33	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Salad, Chef +	1 Salad	10	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	10	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-1\$	1 roll	5	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	8	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	50	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Potatoes, Tater Tot MC 3/4CSK+	12 Gems - 3/4 C	45	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	20	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	100	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	100	90	0	105	0.00	0.36	0.0	200	0.0	*N/A*	0.0	17.0	2.5	1.00	0.00
Ketchup, Skip%	2 tbsp	80	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	35	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	25	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	110	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			843	57	1455	9.57	3.43	568.8	1933	14.20	*36	35.11	111.78	28.11	8.05	*0.00
% of Calories											*17.0%	16.7%	53.0%	30.0%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Portion Values - Detailed

Generated on: 8/28/2020 1:39:21 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/09/2020																
GHS Lunch	Total	125														
Taco, Soft Shell (1)#10 KM/GH+	1T-1#10	27	391	30	632	5.00	3.42	280.0	950	4.8	*2	24.0	35.0	18.5	10.30	0.00
	M-1ozCh															
Sour Cream, PF - Skip#	2 Tbsp	19	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	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	15	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Potatoes, Tater Tot MC 3/4C	3/4 C - 3.77 oz	25	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Mozz Stx, WG, Seapak KMS/GHS#	6 Sticks	38	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	30	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Potatoes, Tater Tot MC 3/4C	3/4 C - 3.77 oz	33	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Salad, Chef +	1 Salad	10	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	10	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-1\$	1 roll	5	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	8	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	50	363	45	824	4.65	2.51	52.0	200	0.0	4	26.24	42.47	9.94	1.32	0.01
Potatoes, Tater Tot MC 3/4CSK+	12 Gems - 3/4 C	45	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	20	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	100	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	100	90	0	105	0.00	0.36	0.0	200	0.0	*N/A*	0.0	17.0	2.5	1.00	0.00
Ketchup, Skip%	2 tbsp	80	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	35	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	25	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	110	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			843	57	1455	9.57	3.43	568.8	1933	14.20	*36	35.11	111.78	28.11	8.05	*0.00
% of Calories											*17.0%	16.7%	53.0%	30.0%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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 - 09/10/2020																
GHS Lunch	Total	125														
Chicken Nugg, Gld Kst - 8 +	8 Nuggets	50	320	72	768	3.20	1.60	24.0	299	0.0	0	27.2	25.6	11.2	2.40	0.00
Potatoes, Savory Loops +	3 oz	45	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Pizza, BD Primo 4 Meat WG<	slice	23	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	20	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Potatoes, Savory Loops +	3 oz	35	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Ham & Cheese Macaroni Salad	14.25 oz	7	565	67	1373	3.87	3.38	135.5	4898	12.5	*5	31.03	37.94	30.82	7.76	0.00
Bag of Chips SK	1 Bag	5	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 SK1*	1 roll	5	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Cheeseburger KMS/GHS	1Bun/1Ch s/1Bgr	25	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
Potatoes, Savory Loops SKIP+	3 oz	20	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Peppers, Green & Red Sliced	1/2 Cup	85	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	70	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	95	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	105	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	120	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	17	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	15	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	113	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			808	66	1367	9.54	5.49	471.2	1802	45.48	*45	35.35	110.70	24.55	6.89	0.00
% of Calories											*22.3%	17.5%	54.8%	27.4%	7.7%	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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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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)
Fri - 09/11/2020																
GHS Lunch	Total	125														
Chicken Nugg, Gld Kst - 8 +	8 Nuggets	50	320	72	768	3.20	1.60	24.0	299	0.0	0	27.2	25.6	11.2	2.40	0.00
Potatoes, Savory Loops +	3 oz	45	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Pizza, BD Primo 4 Meat WG<	slice	23	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	20	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
Potatoes, Savory Loops +	3 oz	35	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Ham & Cheese Macaroni Salad	14.25 oz	7	565	67	1373	3.87	3.38	135.5	4898	12.5	*5	31.03	37.94	30.82	7.76	0.00
Bag of Chips SK	1 Bag	5	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 SK1*	1 roll	5	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Cheeseburger KMS/GHS	1Bun/1Ch s/1Bgr	25	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
Potatoes, Savory Loops SKIP+	3 oz	20	150	0	360	3.00	0.72	20.0	0	1.2	0	2.0	21.0	6.0	1.00	0.00
Peppers, Green & Red Sliced	1/2 Cup	85	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	70	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	95	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	105	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	120	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	17	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	15	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	113	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			808	66	1367	9.54	5.49	471.2	1802	45.48	*45	35.35	110.70	24.55	6.89	0.00
% of Calories											*22.3%	17.5%	54.8%	27.4%	7.7%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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 - 09/14/2020																
GHS Lunch	Total	125														
Fr Tst, Cinn, WG 2PC +	2 Tst	30	400	200	560	4.00	2.16	80.0	0	0.0	20	15.6	52.0	16.0	4.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	30	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	29	90	190	260	0.00	0.00	40.0	0	0.0	0	6.0	2.0	6.0	2.00	0.00
Potatoes, Hash Brown Patty +	2.22 oz P atty	29	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Pizza, Bosco, SC WG RF @	1/8 Pizza	50	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Potatoes, Hash Brown Patty +	2.22 oz P atty	50	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Salad, Chicken Caesar +	1 Salad	10	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	10	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	8	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 SK1*	1 roll	6	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, Spicy@	1 Bun/1 P atty	35	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
Potatoes, Hash Brown Patty SK+	2.22 oz P atty	34	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	105	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	95	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	28	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	20	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	118	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			752	122	1161	7.75	3.34	514.9	1317	10.04	*46	29.97	102.80	25.04	6.91	0.00
% of Calories											*24.3%	15.9%	54.7%	30.0%	8.3%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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)
Tue - 09/15/2020																
GHS Lunch	Total	125														
Fr Tst, Cinn, WG 2PC +	2 Tst	30	400	200	560	4.00	2.16	80.0	0	0.0	20	15.6	52.0	16.0	4.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	30	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	29	90	190	260	0.00	0.00	40.0	0	0.0	0	6.0	2.0	6.0	2.00	0.00
Potatoes, Hash Brown Patty +	2.22 oz P atty	29	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Pizza, Bosco, SC WG RF @	1/8 Pizza	50	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Potatoes, Hash Brown Patty +	2.22 oz P atty	50	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Salad, Chicken Caesar +	1 Salad	10	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	10	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	8	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 SK1*	1 roll	6	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, Spicy@	1 Bun/1 P atty	35	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
Potatoes, Hash Brown Patty SK+	2.22 oz P atty	34	130	0	230	2.00	0.36	0.0	0	4.8	*N/A*	1.0	13.99	7.99	2.00	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	105	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	95	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	28	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	20	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	118	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			752	122	1161	7.75	3.34	514.9	1317	10.04	*46	29.97	102.80	25.04	6.91	0.00
% of Calories											*24.3%	15.9%	54.7%	30.0%	8.3%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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																
GHS Lunch	Total	125														
Chicken, Popcorn, GK KM/GH+	15 pieces	75	377	75	714	3.00	1.50	13.5	252	1.5	0	25.5	22.5	20.7	3.00	0.00
Potatoes, Mashed #8 +	#8	70	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, 2 oz GHS Skip%	2 oz prep ared	65	35	0	240	0.00	0.00	0.0	0	0.0	0	1.0	7.0	1.0	0.50	0.00
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	30	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-Redpack-Skip\$	2 oz #16	28	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+	3 oz Serv	25	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	10	226	209	344	3.64	1.86	180.9	5537	23.87	*3	19.04	12.71	10.97	4.93	*0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Bag of Chips SK	1 Bag	8	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 SK1*	1 roll	6	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
BBQ Pork Rib Sandwich@	1Pork Rib /1 Bun	10	317	40	648	3.65	2.51	32.0	100	1.2	8	20.24	32.47	11.94	3.82	0.01
French Fries CC McCain 3/8 SK+	3 oz Serv	9	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	100	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	85	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	30	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	115	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	87	1248	9.03	3.36	443.6	1854	12.69	*36	37.95	99.72	21.49	4.90	*0.00
% of Calories											*19.6%	20.7%	54.3%	26.3%	6.0%	*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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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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)
Fri - 09/18/2020																
GHS Lunch	Total	125														
Chicken, Popcorn, GK KM/GH+	15 pieces	75	377	75	714	3.00	1.50	13.5	252	1.5	0	25.5	22.5	20.7	3.00	0.00
Potatoes, Mashed #8 +	#8	73	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, 2 oz GHS Skip%	2 oz prep ared	70	35	0	240	0.00	0.00	0.0	0	0.0	0	1.0	7.0	1.0	0.50	0.00
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	30	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-Redpack-Skip\$	2 oz #16	28	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+	3 oz Serv	29	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	10	226	209	344	3.64	1.86	180.9	5537	23.87	*3	19.04	12.71	10.97	4.93	*0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	10	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Bag of Chips SK	1 Bag	8	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 SK1*	1 roll	6	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
BBQ Pork Rib Sandwich@	1Pork Rib /1 Bun	10	317	40	648	3.65	2.51	32.0	100	1.2	8	20.24	32.47	11.94	3.82	0.01
French Fries CC McCain 3/8 SK+	3 oz Serv	10	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	108	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	100	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	30	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	120	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			765	88	1276	9.55	3.41	456.1	1874	13.18	*40	38.57	106.17	21.72	4.93	*0.00
% of Calories											*20.7%	20.2%	55.5%	25.6%	5.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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																
GHS Lunch	Total	125														
Fajita, Chicken - KMS/GHS+	1T/3ozCK /1ozCH	40	410	110	670	4.00	2.52	240.0	300	0.0	*0	27.0	32.0	20.5	10.50	0.00
Vegetables, Pepper/Onion 1/4 c	1/4 cup	20	10	0	4	0.50	0.00	0.0	0	0.0	2	0.5	2.5	0.0	0.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	25	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	18	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Lettuce, Shredded - SKIP	1/4 cup	20	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Potatoes, Waffle Frie, McCain+	3 oz	37	160	0	470	2.00	0.36	0.0	0	3.6	0	0.0	21.0	8.0	1.00	0.00
Pizza, Bosco, PPan Cheese#	Pizza	65	430	25	700	6.00	3.60	450.0	750	4.8	*N/A*	23.0	57.0	12.0	6.00	0.00
Potatoes, Waffle Frie, McCain+	3 oz	58	160	0	470	2.00	0.36	0.0	0	3.6	0	0.0	21.0	8.0	1.00	0.00
Salad, Chef +	1 Salad	10	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	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	7	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 SK1*	1 roll	6	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	10	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Potatoes, Waffle Frie, SK +	3 oz	10	160	0	470	2.00	0.36	0.0	0	3.6	0	0.0	21.0	8.0	1.00	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	35	146	10	195	5.01	1.45	104.1	96	2.39	*0	9.27	20.5	2.88	1.92	0.00
Carrots, Raw - 4oz +	4 oz Serv	100	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	85	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	103	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Cookie, Sugar, WG RF 1oz Otis#	1 Cookie	100	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	75	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	2	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	110	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			927	92	1660	12.83	7.19	675.5	14897	16.46	*34	35.75	126.78	30.22	11.14	*0.01
% of Calories											*14.8%	15.4%	54.7%	29.3%	10.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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)
Tue - 09/22/2020																
GHS Lunch	Total	125														
Fajita, Chicken - KMS/GHS+	1T/3ozCK /1ozCH	40	410	110	670	4.00	2.52	240.0	300	0.0	*0	27.0	32.0	20.5	10.50	0.00
Vegetables, Pepper/Onion 1/4 c	1/4 cup	20	10	0	4	0.50	0.00	0.0	0	0.0	2	0.5	2.5	0.0	0.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	25	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	18	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
Lettuce, Shredded - SKIP	1/4 cup	20	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Potatoes, Waffle Frie, McCain+	3 oz	37	160	0	470	2.00	0.36	0.0	0	3.6	0	0.0	21.0	8.0	1.00	0.00
Pizza, Bosco, PPan Cheese#	Pizza	65	430	25	700	6.00	3.60	450.0	750	4.8	*N/A*	23.0	57.0	12.0	6.00	0.00
Potatoes, Waffle Frie, McCain+	3 oz	58	160	0	470	2.00	0.36	0.0	0	3.6	0	0.0	21.0	8.0	1.00	0.00
Salad, Chef +	1 Salad	10	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	10	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	7	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 SK1*	1 roll	6	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Hot Dog w/Bun KM/GHS-2 \$	2 Dog/2 Bu	10	612	70	1752	4.58	2.88	100.0	0	0.0	7	24.4	52.98	34.2	12.68	0.06
Potatoes, Waffle Frie, SK +	3 oz	10	160	0	470	2.00	0.36	0.0	0	3.6	0	0.0	21.0	8.0	1.00	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	35	146	10	195	5.01	1.45	104.1	96	2.39	*0	9.27	20.5	2.88	1.92	0.00
Carrots, Raw - 4oz +	4 oz Serv	100	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	85	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	103	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Cookie, Sugar, WG RF 1oz Otis#	1 Cookie	100	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	75	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	2	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	110	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			927	92	1660	12.83	7.19	675.5	14897	16.46	*34	35.75	126.78	30.22	11.14	*0.01
% of Calories											*14.8%	15.4%	54.7%	29.3%	10.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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																
GHS Lunch	Total	125														
Meatball Sub w/Mozz GHS	1B/6Mtb/.5ozCH	40	595	65	865	8.41	3.46	*99.1	309	13.52	*15	34.16	59.05	24.09	9.03	0.90
Potatoes, Wedges +	#8 - 1/2 cu	39	150	0	300	3.00	0.72	0.0	0	0.0	*N/A*	2.0	18.0	7.0	2.00	0.00
Pizza, Bosco, SC WG RF @	1/8 Pizza	50	310	25	540	3.00	1.80	400.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Potatoes, Wedges +	#8 - 1/2 cu	48	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	10	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	10	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	4	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 SK1*	1 roll	9	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, Filet Brd +	1 Filet/1 Bu	25	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	23	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, Romaine Side	1 cup	100	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	100	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, Asst GHS- Skip\$	1 TBSP	90	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	85	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	110	70	5	60	0.00	0.00	60.0	200	0.0	10	2.0	13.0	1.0	0.50	0.00
Ketchup, Skip%	2 tbsp	80	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	23	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	10	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	115	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			848	59	1392	9.87	3.50	*560.9	2020	10.74	*44	38.31	108.59	27.80	8.52	*0.29
% of Calories											*21.0%	18.1%	51.2%	29.5%	9.0%	*0.3%
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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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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 - 09/24/2020																
GHS Lunch	Total	125														
Pasta, Rotini WG 2 Br	8 oz spoodl	50	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	0.00	0.00
Spaghetti Sauce w/Meat KM/GHS+	8 oz Spoo dle	50	234	43	407	3.78	3.90	45.7	812	11.95	*3	15.99	15.75	12.66	4.65	*0.72
Garlic Toast, WG, GFS \$	1 Slice	40	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Cheese, Parmesan %	1/2 oz	35	59	12	247	0.29	0.10	137.1	107	0.0	0	9.86	0.57	4.0	2.57	0.00
Pizza, BD Primo 4 Meat WG<	slice	25	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	25	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+	3 oz Serv	48	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Salad, Chicken Caesar +	1 Salad	10	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	10	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	8	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 SK1*	1 roll	6	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Corn Dog, WG FFarm Chicken^	1 Corn Dog	25	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
French Fries CC McCain 3/8 SK+	3 oz Serv	24	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	10	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	100	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	105	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	82	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	7	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	115	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			739	56	985	8.77	5.50	521.1	1447	11.43	*50	34.25	108.96	20.30	6.83	*0.29
% of Calories											*27.1%	18.5%	59.0%	24.7%	8.3%	*0.4%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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)
Fri - 09/25/2020																
GHS Lunch	Total	125														
Pasta, Rotini WG 2 Br	8 oz spoodl	50	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	0.00	0.00
Spaghetti Sauce w/Meat KM/GHS+	8 oz Spoo dle	50	234	43	407	3.78	3.90	45.7	812	11.95	*3	15.99	15.75	12.66	4.65	*0.72
Cheese, Parmesan %	1/2 oz	35	59	12	247	0.29	0.10	137.1	107	0.0	0	9.86	0.57	4.0	2.57	0.00
Garlic Toast, WG, GFS \$	1 Slice	40	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 4 Meat WG<	slice	25	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	25	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+	3 oz Serv	48	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Salad, Chicken Caesar +	1 Salad	10	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	10	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	8	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 SK1*	1 roll	6	77	0	147	1.22	0.72	20.1	0	0.0	1	2.85	13.31	1.34	0.24	0.02
Corn Dog, WG FFarm Chicken^	1 Corn Dog	25	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
French Fries CC McCain 3/8 SK+	3 oz Serv	24	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	10	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	100	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	105	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	82	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	7	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	115	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			739	56	985	8.77	5.50	521.1	1447	11.43	*50	34.25	108.96	20.30	6.83	*0.29
											*27.1%	18.5%	59.0%	24.7%	8.3%	*0.4%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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 - 09/28/2020																
GHS Lunch	Total	125														
Taco Nachos(#10)w/LOL-GHS+	1Cp/#10 Mt/2Ch	50	481	20	912	6.00	2.34	40.0	850	16.8	*2	22.0	48.0	23.0	7.80	0.00
Lettuce, Shredded - SKIP	1/4 cup	30	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	35	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	20	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
French Fries, 1/2" Strt Cut	1/2 C - 2. 4 oz	1	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Pizza, Tony's SC WG Wedge+	1 Slice	50	370	40	580	4.00	2.70	350.0	0	0.0	10	17.0	40.0	16.0	8.00	0.00
French Fries, 1/2" Strt Cut	1/2 C - 2. 4 oz	49	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Salad, Chef +	1 Salad	5	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	5	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	5	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	4	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 Patty/1 Bun	20	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, 1/2" Strt Cut SK	1/2 C - 2. 4 oz	20	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Peppers, Green & Red Sliced	1/2 Cup	80	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	80	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	100	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	100	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	13	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	10	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	125	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			714	48	1177	7.94	3.42	500.9	2108	50.96	*38	28.80	94.49	24.70	8.33	*0.00
% of Calories											*21.5%	16.1%	53.0%	31.2%	10.5%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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)
Tue - 09/29/2020																
GHS Lunch	Total	125														
Taco Nachos(#10)w/LOL-GHS+	1Cp/#10 Mt/2Ch	50	481	20	912	6.00	2.34	40.0	850	16.8	*2	22.0	48.0	23.0	7.80	0.00
Lettuce, Shredded - SKIP	1/4 cup	30	2	0	1	0.13	0.04	2.5	25	0.45	*N/A*	0.13	0.38	0.0	0.00	0.00
Salsa, Red Gold - Skip#	2 oz Serv	35	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	20	60	20	15	0.00	0.00	40.0	200	0.0	1	1.0	1.0	5.0	4.00	0.00
French Fries, 1/2" Strt Cut	1/2 C - 2. 4 oz	1	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Pizza, Tony's SC WG Wedge+	1 Slice	50	370	40	580	4.00	2.70	350.0	0	0.0	10	17.0	40.0	16.0	8.00	0.00
French Fries, 1/2" Strt Cut	1/2 C - 2. 4 oz	49	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Salad, Chef +	1 Salad	5	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	5	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	5	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 SK1*	1 roll	4	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 Patty/1 Bun	20	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, 1/2" Strt Cut SK	1/2 C - 2. 4 oz	20	120	0	135	2.00	0.36	0.0	0	9.0	0	1.0	20.0	4.0	0.50	0.00
Peppers, Green & Red Sliced	1/2 Cup	80	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	80	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	100	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	100	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	13	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	10	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	125	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			714	48	1177	7.94	3.42	500.9	2108	50.96	*38	28.80	94.49	24.70	8.33	*0.00
% of Calories											*21.5%	16.1%	53.0%	31.2%	10.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS 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																
GHS Lunch	Total	125														
Sub Sandwich - Ham* & Turkey+	1/2B-2HM-3TK1Ch	75	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	72	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	25	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	24	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	22	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	5	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	5	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	5	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	4	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	20	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	20	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Bananas	1 Banana	95	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	100	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 Otis1oz^	1 Cookie	105	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 tbsps	18	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	4	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	60	45	5	100	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.5	0.50	0.00
Lettuce, Shredded - SKIP	1/4 cup	80	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	115	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			882	67	1458	10.21	4.28	501.1	1134	12.01	*52	41.19	124.08	24.35	6.58	0.00
% of Calories											*23.6%	18.7%	56.3%	24.9%	6.7%	0.0%
Nutrient Guideline			750-850		1420											<10.00

Weighted Average			791	70	1300	9.29	4.35	*515.8	4315	21.82	*42	34.03	106.84	25.31	7.45	*0.05
											*47.6%	17.2%	54.0%	28.8%	8.5%	*0.1%

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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Germantown School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	791		750 - 850		100%													
Cholesterol (mg)	70																	
Sodium 1 (mg)	1300			1420														
Sodium 2 (mg)	1300			1080					220									Correction Required - Sodium too High
Fiber (g)	9.29																	
Iron (mg)	4.35																	
Calcium (mg)	515.8					Missing												
Vitamin A (IU)	4315																	
Sugars (g)	42	21.17%				Missing												
Vitamin C (mg)	21.82																	
Protein (g)	34.03	17.21%																
Carbohydrate (g)	106.84	54.03%																
Total Fat (g)	25.31	28.80%																
Saturated Fat (g)	7.45	8.48%		<10.00%														
Trans Fat ¹ (g)	0.05	0.05%				Missing												

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

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