

**Germantown School District**

**Sep 1, 2020 thru Sep 30, 2020**

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
<b>Tue - 09/01/2020</b>																
KMS Lunch	Total	100														
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	50	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	40	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	35	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	65	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	80	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 Donuts	78	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	40	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	90	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			820	58	1244	10.32	4.21	453.5	2151	27.62	*44 *21.4%	34.98 17.1%	102.00 49.7%	29.51 32.4%	8.88 9.7%	0.00 0.0%
Nutrient Guideline			600-700		1360										<10.00	

	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 <sup>1</sup> (g)
<b>Wed - 09/02/2020</b>																
KMS Lunch	Total	100														
Cheeseburger KMS/GHS	1Bun/1Chs/1Bgr	50	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
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
Corn, Frozen - 1/2C	4oz spdl-1/2C	68	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	60	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	50	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	85	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	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	15	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	95	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			578	48	796	5.76	2.91	559.2	864	7.50	*36 *24.6%	31.60 21.9%	78.69 54.5%	16.50 25.7%	6.26 9.8%	0.01 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  
 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

KMS 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 <sup>1</sup> (g)
Thu - 09/03/2020																
KMS Lunch	Total	100														
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	50	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	40	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	35	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	65	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	80	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 Donuts	78	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	40	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	90	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			820	58	1244	10.32	4.21	453.5	2151	27.62	*44 *21.4%	34.98 17.1%	102.00 49.7%	29.51 32.4%	8.88 9.7%	0.00 0.0%
Nutrient Guideline			600-700		1360											<10.00

Fri - 09/04/2020																
KMS Lunch	Total	100														
Cheeseburger KMS/GHS	1Bun/1Chs/1Bgr	50	310	43	492	3.65	2.43	154.0	150	0.0	4	22.74	28.47	11.94	4.77	0.01
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
Corn, Frozen - 1/2C	4oz spdl-1/2C	68	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	60	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	50	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	85	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	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	15	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	95	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			578	48	796	5.76	2.91	559.2	864	7.50	*36 *24.6%	31.60 21.9%	78.69 54.5%	16.50 25.7%	6.26 9.8%	0.01 0.0%
Nutrient Guideline			600-700		1360											<10.00

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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KMS 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 <sup>1</sup> (g)
<b>Tue - 09/08/2020</b>																
KMS Lunch	Total	100														
Taco, Soft Shell (1)#10 KM/GH+	1T-1#10	30	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	20	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	15	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
Max Sticks - 2 \$43901	2 Sticks	70	300	30	640	2.00	1.44	300.0	0	0.0	4	16.0	34.0	12.0	6.00	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	60	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	50	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	80	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	78	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Rice Krispie Trt - .78oz/ala	1 Treat	80	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	90	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			665	47	1172	8.75	4.27	665.0	13783	9.58	*25	31.58	87.82	22.11	10.43	0.00
% of Calories											*14.9%	19.0%	52.8%	29.9%	14.1%	0.0%
Nutrient Guideline			600-700		1360											<10.00

<b>Wed - 09/09/2020</b>																
KMS Lunch	Total	100														
Chicken Nugg, Gld Kst - 7 +	7 Nuggets	65	280	63	672	2.80	1.40	21.0	262	0.0	0	23.8	22.4	9.8	2.10	0.00
Pizza, Bosco, PPan Cheese#	Pizza	35	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, Tater Tot MC 3/4C	3/4 C - 3.77 oz	85	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Peppers, Green & Red Sliced	1/2 Cup	70	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	65	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	80	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	45	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	92	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			725	95	1372	8.12	2.35	467.6	1570	43.95	*35	34.58	97.24	20.61	5.15	0.00
% of Calories											*19.3%	19.1%	53.6%	25.6%	6.4%	0.0%
Nutrient Guideline			600-700		1360											<10.00

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**Sep 1, 2020 thru Sep 30, 2020**

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KMS Lunch

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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 <sup>1</sup> (g)
Thu - 09/10/2020																
KMS Lunch	Total	100														
Taco, Soft Shell (1)#10 KM/GH+	1T-1#10 M-1ozCh	30	391	30	632	5.00	3.42	280.0	950	4.8	*2	24.0	35.0	18.5	10.30	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
Salsa, Red Gold - Skip#	2 oz Serv	15	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
Max Sticks - 2 \$43901	2 Sticks	70	300	30	640	2.00	1.44	300.0	0	0.0	4	16.0	34.0	12.0	6.00	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	60	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	50	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	80	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	78	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Rice Krispie Trt - .78oz/ala	1 Treat	80	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	90	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			665	47	1172	8.75	4.27	665.0	13783	9.58	*25	31.58	87.82	22.11	10.43	0.00
% of Calories											*14.9%	19.0%	52.8%	29.9%	14.1%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 09/11/2020																
KMS Lunch	Total	100														
Chicken Nugg, Gld Kst - 7 +	7 Nuggets	65	280	63	672	2.80	1.40	21.0	262	0.0	0	23.8	22.4	9.8	2.10	0.00
Pizza, Bosco, PPan Cheese#	Pizza	35	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, Tater Tot MC 3/4C	3/4 C - 3.77 oz	85	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Peppers, Green & Red Sliced	1/2 Cup	70	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	65	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	80	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	45	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	92	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			725	95	1372	8.12	2.35	467.6	1570	43.95	*35	34.58	97.24	20.61	5.15	0.00
% of Calories											*19.3%	19.1%	53.6%	25.6%	6.4%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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<b>Mon - 09/14/2020</b>																
KMS Lunch	Total	100														
Hot Dog w/Bun KM/GHS \$	1 Dog/1 Bu	25	356	45	1066	2.29	1.80	70.0	0	0.0	6	14.2	29.49	20.1	7.34	0.03
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	75	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	60	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
French Fries CC McCain 3/8+	2.06 oz - 1/2 C	90	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Broccoli, Frozen 1/2 Cup+	#8 - 1/2 cu	65	27	0	10	2.83	0.58	31.2	955	37.89	1	2.93	5.22	0.11	0.02	0.00
GRAPES,Fresh 1/2 cup	#8 - 1/2 cu	85	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Ice Cream, Mint Fdge Cup 3oz \$	3oz cup	85	100	15	50	0.00	0.36	60.0	200	0.0	12	1.0	13.0	5.0	3.50	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
Mustard, skip	2 tsp	10	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	92	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			680	52	1037	6.31	3.48	675.7	1886	33.01	*44	30.35	94.21	20.91	8.92	0.01
% of Calories											*25.9%	17.9%	55.4%	27.7%	11.8%	0.0%
Nutrient Guideline			600-700		1360											<10.00

<b>Tue - 09/15/2020</b>																
KMS Lunch	Total	100														
Chicken Tdrs, Spy, TY - 4 GHS@	4 tenders	40	344	33	515	3.96	2.38	0.0	132	0.0	1	19.82	22.47	19.82	3.30	0.00
Pizza, BD Primo 4 Meat WG<	slice	30	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	30	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	95	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	70	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	65	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	85	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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	90	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			679	44	1194	6.79	3.50	524.4	1310	11.19	*33	29.97	81.49	25.95	6.90	0.00
% of Calories											*19.2%	17.6%	48.0%	34.4%	9.1%	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**

**Sep 1, 2020 thru Sep 30, 2020**

Base Menu Spreadsheet

KMS 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 <sup>1</sup> (g)
Thu - 09/17/2020																
KMS Lunch	Total	100														
Hot Dog w/Bun KM/GHS \$	1 Dog/1 Bu	25	356	45	1066	2.29	1.80	70.0	0	0.0	6	14.2	29.49	20.1	7.34	0.03
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	75	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	60	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
French Fries CC McCain 3/8+	2.06 oz - 1/2 C	90	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Broccoli, Frozen 1/2 Cup+	#8 - 1/2 cu	65	27	0	10	2.83	0.58	31.2	955	37.89	1	2.93	5.22	0.11	0.02	0.00
GRAPES,Fresh 1/2 cup	#8 - 1/2 cu	85	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Ice Cream, Mint Fdge Cup 3oz \$	3oz cup	85	100	15	50	0.00	0.36	60.0	200	0.0	12	1.0	13.0	5.0	3.50	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
Mustard, skip	2 tsp	10	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	92	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			680	52	1037	6.31	3.48	675.7	1886	33.01	*44	30.35	94.21	20.91	8.92	0.01
% of Calories											*25.9%	17.9%	55.4%	27.7%	11.8%	0.0%
Nutrient Guideline			600-700		1360											<10.00

Fri - 09/18/2020																
KMS Lunch	Total	100														
Chicken Tdrs, Spy, TY - 4 GHS@	4 tenders	40	344	33	515	3.96	2.38	0.0	132	0.0	1	19.82	22.47	19.82	3.30	0.00
Pizza, BD Primo 4 Meat WG<	slice	30	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	30	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	95	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	70	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	65	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	85	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
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	90	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			679	44	1194	6.79	3.50	524.4	1310	11.19	*33	29.97	81.49	25.95	6.90	0.00
% of Calories											*19.2%	17.6%	48.0%	34.4%	9.1%	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**

**Sep 1, 2020 thru Sep 30, 2020**

Base Menu Spreadsheet

KMS Lunch

Portion Values - Detailed

Generated on: 8/28/2020 1:40:11 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 09/21/2020</b>																
KMS Lunch	Total	100														
Waffle, Dutch 5" WG J & J Snac	Waffle	25	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	25	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	23	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Pizza, Bosco, PPan Cheese#	Pizza	75	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, Tater Tot MC 3/4C	3/4 C - 3.77 oz	80	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Carrots, Raw 2oz +	2 oz	65	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	0.00
CUCUMBER,RAW 1/2C	1/4 C	65	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	60	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	70	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 tbsp	50	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	90	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			805	38	1321	9.88	3.81	677.0	6627	13.67	*38	30.05	116.17	24.39	7.79	0.00
% of Calories											*18.9%	14.9%	57.8%	27.3%	8.7%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Tue - 09/22/2020</b>																
KMS Lunch	Total	100														
Pasta, Rotini WG 2 Br	8 oz spoodl	25	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 Spoodle	25	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	20	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Max Sticks - 2 \$43901	2 Sticks	75	300	30	640	2.00	1.44	300.0	0	0.0	4	16.0	34.0	12.0	6.00	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	70	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Beans. Green, Simplot-1/2cup+	4oz spdl-1/2C	70	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	75	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	80	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	91	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			593	43	857	7.46	3.89	588.7	1101	11.59	*38	28.54	89.33	15.43	6.58	*0.18
% of Calories											*25.9%	19.2%	60.2%	23.4%	10.0%	*0.3%
Nutrient Guideline			600-700		1360										<10.00	

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**Germantown School District**

**Sep 1, 2020 thru Sep 30, 2020**

Base Menu Spreadsheet

KMS 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/24/2020																
KMS Lunch	Total	100														
Waffle, Dutch 5" WG J & J Snac	Waffle	25	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	25	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	23	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Pizza, Bosco, PPan Cheese#	Pizza	75	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, Tater Tot MC 3/4C	3/4 C - 3.77 oz	80	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Carrots, Raw 2oz +	2 oz	65	20	0	44	1.64	0.50	18.1	7819	1.47	3	0.36	4.67	0.07	0.01	0.00
CUCUMBER,RAW 1/2C	1/4 C	65	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	60	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	70	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 tbsp	50	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	90	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			805	38	1321	9.88	3.81	677.0	6627	13.67	*38	30.05	116.17	24.39	7.79	0.00
% of Calories											*18.9%	14.9%	57.8%	27.3%	8.7%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 09/25/2020																
KMS Lunch	Total	100														
Pasta, Rotini WG 2 Br	8 oz spoodl	25	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 Spoodle	25	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	20	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Max Sticks - 2 \$43901	2 Sticks	75	300	30	640	2.00	1.44	300.0	0	0.0	4	16.0	34.0	12.0	6.00	0.00
Marinara Sauce-Redpack-Skip\$	2 oz #16	70	41	0	64	0.91	0.49	9.1	227	2.72	5	0.91	6.8	1.59	0.23	0.00
Beans. Green, Simplot-1/2cup+	4oz spdl-1/2C	70	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	75	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	80	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	91	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			593	43	857	7.46	3.89	588.7	1101	11.59	*38	28.54	89.33	15.43	6.58	*0.18
% of Calories											*25.9%	19.2%	60.2%	23.4%	10.0%	*0.3%
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

<sup>1</sup> - 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

KMS 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 <sup>1</sup> (g)
<b>Mon - 09/28/2020</b>																
KMS Lunch	Total	100														
Hamburger - KMS/GHS	1Bgr/1Bun	40	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	60	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	85	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	68	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	65	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	75	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	85	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	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	90	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

<b>Tue - 09/29/2020</b>																
KMS Lunch	Total	100														
Taco Nachos(#12)w/LOL-KMS+	1Cp/#12 Mt/2Ch	25	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	15	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	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
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
Pizza, Tony's SC WG Wedge+	1 Slice	75	370	40	580	4.00	2.70	350.0	0	0.0	10	17.0	40.0	16.0	8.00	0.00
Beans, Sofried, Cheesy 1/2C +	#8 - 1/2 Cu	50	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	75	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	75	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	90	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

Weighted Average			693	53	1120	7.98	3.68	573.9	3393	20.55	*37 *47.7%	31.31 18.1%	93.24 53.8%	22.08 28.7%	7.77 10.1%	*0.02 *0.0%
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\*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

KMS 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 <sup>1</sup> (g)	Error Messages (if any)
Calories	693		600 - 700		100%													
Cholesterol (mg)	53																	
Sodium 1 (mg)	1120			1360														
Sodium 2 (mg)	1120			1035					85									Correction Required - Sodium too High
Fiber (g)	7.98																	
Iron (mg)	3.68																	
Calcium (mg)	573.9																	
Vitamin A (IU)	3393																	
Sugars (g)	37	21.18%				Missing												
Vitamin C (mg)	20.55																	
Protein (g)	31.31	18.06%																
Carbohydrate (g)	93.24	53.80%																
Total Fat (g)	22.08	28.67%																
Saturated Fat (g)	7.77	10.09%		<10.00%														Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.02	0.03%				Missing												

*\*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*

*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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