

Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/01/2021															
Elementary Lunch	Total														
Pizza, Bosco, SC WG +	1/8 Pizza	310	25	540	3.00	0.36	420.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Carrots, Frozen, Swt 1/4 Cup+	#16 - 1/4 c	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
Carrots & 1/2 C Raw Skip +	2 bags	30	0	50	2.00	0.72	20.0	12410	0.0	4	2.0	8.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Yogurt, Frozen Van 4 oz Cup +	4 oz cup	120	10	70	0.00	0.00	150.0	0	0.0	17	4.0	22.0	2.0	1.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		588	40	828	5.65	1.09	853.5	11137	7.05	*46	31.46	87.07	14.12	6.15	0.00
% of Calories										*31.4%	21.4%	59.3%	21.6%	9.4%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 09/02/2021															
Elementary Lunch	Total														
Chicken, Popcorn, TY Elem+	12 pcs/6oz spd	251	22	382	3.27	1.96	21.8	0	0.0	1	15.28	15.28	14.18	2.73	0.00
Potatoes, Mashed 1/2 cup +	#8	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 prepa red	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 spdl-1/2C	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Juice Cup, Apple-Suncup +	4 oz Serv	60	0	5	0.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		597	30	1053	6.78	3.65	339.2	4333	7.83	*33	27.74	81.17	17.81	3.27	0.00
% of Calories										*22.0%	18.6%	54.4%	26.8%	4.9%	0.0%
Nutrient Guideline		550-650		1230										<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, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/03/2021															
Elementary Lunch	Total														
Pancakes, Maple, Mini DWM^	1 Pkg	220	5	340	3.00	6.00	60.0	0	0.0	15	5.0	36.0	7.0	1.00	0.00
Eggs, Scrambled 2 oz +	#16	90	190	260	0.00	0.00	40.0	0	0.0	0	6.0	2.0	6.0	2.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Vegetable, Assorted Cold 1/2C+	1/2 Cup	15	0	26	1.13	0.30	17.2	2736	10.73	*1	0.95	3.46	0.11	0.03	*0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Applesauce, Strawberry 4.5 oz	4.5 oz cup	50	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		575	165	796	4.40	6.18	390.4	2122	7.59	*58	18.05	98.93	13.62	2.95	*0.00
% of Calories										*40.2%	12.6%	68.8%	21.3%	4.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 09/07/2021															
Elementary Lunch	Total														
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	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, 1 oz (1)Sk \$	1 - 1 oz cu	15	0	120	1.00	0.00	0.0	0	0.0	2	1.0	3.0	0.0	0.00	0.00
Potatoes, Spiral McCain 1/2 C+	2.15 oz	100	0	160	1.00	0.00	0.0	0	0.0	0	1.0	17.0	3.0	0.00	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Rice Krispie Trt - .78oz/ala	1 Treat	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	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	18	855	5.37	2.31	506.6	5101	3.55	*29	22.59	95.04	13.09	4.29	0.00
% of Calories										*19.7%	15.4%	64.9%	20.1%	6.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/08/2021															
Elementary Lunch	Total														
Corn Puppies, Tky JTM-6^	6 pieces	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Beans. Green, Simplot-1/2cup+	4oz spd1-1/2C	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
Watermelon, Sliced 1/2 Cup	1 Slice - 1/2 C	23	0	1	0.30	0.18	5.3	432	6.16	5	0.46	5.74	0.11	0.01	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Cookie, Choc Chip, WG Otis1oz^	1 Cookie	110	5	85	1.00	2.70	0.0	0	0.0	8	1.0	18.0	3.5	1.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		516	44	698	5.87	3.23	273.5	5102	63.41	*39	16.06	76.19	15.97	3.05	0.00
% of Calories										*30.3%	12.4%	59.0%	27.8%	5.3%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/09/2021															
Elementary Lunch	Total														
Taco, Soft Shell (1) Elem+	1T-1-#16	256	61	438	2.92	2.91	138.5	150	0.0	1	18.42	17.34	13.46	6.81	0.00
	M-1/2Ch														
Sour Cream LF Reg'n'l Brand SK+	2 Tbsp	35	10	0	0.00	0.00	50.0	0	0.0	1	2.0	2.0	2.5	1.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	0.00	1.44	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Potatoes, Smiley - 4 ELEM+	4 pieces	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	0.00
Carrots & 1/2 C Raw +	2 bags	30	0	50	2.00	0.72	20.0	12410	0.0	4	2.0	8.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		585	73	936	6.66	4.38	470.2	9465	5.33	*33	30.20	74.49	20.26	8.19	0.00
% of Calories										*22.8%	20.6%	50.9%	31.1%	12.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/10/2021															
Elementary Lunch	Total														
Pizza, Tony's Smt Cheese 4x6+	1 Slice	310	15	480	4.00	2.70	250.0	500	0.0	8	16.0	35.0	11.0	4.00	0.00
Peas - 1/4 Cup*	2 oz spd-1/4C	44	0	41	2.55	0.86	13.6	1191	5.61	2	2.92	8.09	0.15	0.03	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
Graham Goldfish Cinn-Lg, PF+	1 package	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		610	23	844	8.52	4.94	617.4	5513	4.97	*40	27.06	87.87	16.24	5.17	*0.00
% of Calories										*26.0%	17.7%	57.6%	24.0%	7.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 09/13/2021															
Elementary Lunch	Total														
Fr Tst, Cinn, WG 1PC +	1 Tst	210	110	290	2.00	1.08	60.0	0	0.0	11	8.0	26.0	8.0	2.00	0.00
Sausage Links*, Jones 1 LS+	1 Sausage	60	10	45	0.00	0.18	0.0	0	0.0	0	2.0	0.0	6.0	2.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Potatoes, Tri-Tater (1)1/4C+	1 Tri-Tater	90	0	240	0.90	0.72	20.0	0	3.6	0	0.85	11.0	6.0	1.00	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Craisins, Strawberry %	1 package	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	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	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		648	124	825	5.21	2.05	378.1	4293	5.38	*62	18.41	104.77	18.88	4.45	0.00
% of Calories										*38.5%	11.4%	64.7%	26.2%	6.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/14/2021															
Elementary Lunch	Total														
Chicken Nuggets, Tyson WG - 5+	5 Nuggets	240	25	440	3.00	2.00	0.0	0	0.0	1	14.0	16.0	14.0	2.50	0.00
Potatoes, Mashed 1/2 cup +	#8	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 prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Apples, Cinnamon - Warm +	4oz spdl-1 /2C	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
Cookie, Sugar, WG RF 1oz Otis#	1 Cookie	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	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	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		658	40	1105	8.63	6.08	316.7	1302	4.63	*34	24.75	99.32	18.82	3.78	*0.00
% of Calories										*20.9%	15.1%	60.4%	25.8%	5.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/15/2021															
Elementary Lunch	Total														
Hot Dog, Tky w/Bun Elem Briar	1 Dog/1 Bu	266	35	886	2.29	1.80	90.0	0	2.4	6	12.2	30.49	11.1	3.34	0.03
Beans, Baked, Veg - 1/4 Cup+	#16 - 1/4C	80	0	83	2.67	1.07	38.5	14	0.17	*3	3.2	15.92	0.0	0.00	*0.00
Carrots & 1/2 C Raw +	2 bags	30	0	50	2.00	0.72	20.0	12410	0.0	4	2.0	8.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Sidekick, Blue Rasp Lemon +	4.4 oz cup	90	0	30	0.00	0.00	80.0	1000	60.0	18	0.0	22.0	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		564	43	1297	5.06	2.86	488.8	9480	58.39	*47	23.11	88.88	13.11	3.71	*0.03
% of Calories										*33.7%	16.4%	63.1%	20.9%	5.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/16/2021															
Elementary Lunch	Total														
Spaghetti Sauce w/Meat Elem+	6 oz Spood	175	32	305	2.83	2.92	34.3	609	8.97	*3	12.0	11.81	9.5	3.49	*0.54
Pasta, Cavatappi WG 1 Br	#4	90	0	0	3.00	1.80	0.0	0	0.0	1	4.0	19.5	0.75	0.00	0.00
Breadstick NY Garlic - 1+	1 Breadstic	110	0	200	0.50	0.90	20.0	0	0.0	1	2.5	15.0	4.0	1.00	0.00
Broccoli, Frozen 1/4 Cup+	#16 - 1/4 c	14	0	5	1.42	0.29	15.6	478	18.95	1	1.46	2.61	0.06	0.01	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		551	41	711	9.33	6.14	366.0	5748	22.92	*33	27.65	80.52	15.76	4.69	*0.54
% of Calories										*23.8%	20.1%	58.5%	25.8%	7.7%	*0.9%
Nutrient Guideline		550-650		1230										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/17/2021															
Elementary Lunch	Total														
Mozz Stx, WG, Seapak, ELEM#	4 Sticks	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, 1 oz (1)Sk \$	1 - 1 oz cu	15	0	120	1.00	0.00	0.0	0	0.0	2	1.0	3.0	0.0	0.00	0.00
Fr Fries CC McCain 3/8"1/2C +	2.06 oz - 1/2C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Donut, Pwd Sgr Mini WG - 1 \$	1 Mini Don	45	0	48	0.33	0.18	3.3	0	0.0	3	0.67	6.83	1.83	0.75	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		559	18	816	4.87	1.99	680.7	4970	6.37	*35	24.52	73.25	19.48	4.32	0.00
% of Calories										*25.0%	17.6%	52.4%	31.4%	7.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/20/2021															
Elementary Lunch	Total														
Pizza, Tony's 5" DD Cheese +	1 Pizza	310	30	440	3.00	1.80	200.0	300	0.0	9	16.0	31.0	13.0	6.00	0.00
Salad, Romaine Side	1 cup	11	0	0	0.55	0.20	11.1	553	1.33	*N/A*	1.11	1.66	0.0	0.00	0.00
Cucumber Slices 1/4 C	1/4 C	4	0	1	0.13	0.07	4.2	27	0.73	0	0.17	0.94	0.03	0.01	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Apple, Wedges - 1/2 cup	1/2 cup slices	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	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	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		530	76	698	4.99	2.20	525.5	4827	4.21	*42	25.95	72.93	14.79	6.35	0.00
% of Calories										*31.5%	19.6%	55.1%	25.1%	10.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/21/2021															
Elementary Lunch	Total														
Taco, Walking #16 Elem+	1 Ch/#16 Mt/.5Ch	326	61	523	2.92	2.19	158.4	200	0.0	*0	18.42	18.34	20.96	6.81	0.00
Sour Cream LF Reg'n'l Brand SK+	2 Tbsp	35	10	0	0.00	0.00	50.0	0	0.0	1	2.0	2.0	2.5	1.50	0.00
Salsa, Red Gold - Skip#	2 oz Serv	20	0	140	0.00	1.44	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Potatoes, Tater Tot MC 1/2C+	2.52 oz	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Bananas	1 Banana	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		652	71	1037	6.77	2.74	469.5	827	12.45	*29	29.49	74.16	27.74	8.52	0.00
% of Calories										*18.1%	18.1%	45.5%	38.3%	11.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/22/2021															
Elementary Lunch	Total														
Yogurt, Dannon Danimals Straw+	4 oz Cup	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
String Cheese+	1 Piece	60	10	200	0.00	0.00	150.0	0	0.0	0	7.0	0.0	3.0	2.00	0.00
Muffin, Choc Choc Chip WG SLee	1 Muffin	180	10	105	2.00	1.33	12.8	14	0.05	14	3.0	27.0	6.0	1.50	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Cucumber Slices 1/4 C	1/4 C	4	0	1	0.13	0.07	4.2	27	0.73	0	0.17	0.94	0.03	0.01	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Peaches, Canned, Lt. Syr-1/2C	4oz spdl-1/2C	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		505	28	613	4.28	2.06	622.0	6340	4.20	*55	23.30	78.45	11.30	3.90	0.00
% of Calories										*43.3%	18.4%	62.1%	20.1%	7.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 09/23/2021															
Elementary Lunch	Total														
Chicken Tdrs, TY - 3 ELEM	3 Tenders	260	25	390	3.00	1.98	40.0	0	0.0	1	15.0	16.0	15.0	2.50	0.00
Broccoli, Frozen w/Chs 1/4cup+	3oz spoodl	61	11	213	1.40	0.41	129.8	538	22.85	*0	3.99	4.3	3.72	2.21	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		550	40	831	5.94	2.72	428.0	4934	18.82	*43	26.20	68.44	19.41	4.28	0.00
% of Calories										*30.9%	19.1%	49.8%	31.8%	7.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/24/2021															
Elementary Lunch	Total														
Grilled Cheese Sand-2 mt @	2 brd/4 slc chs	278	30	717	2.40	1.44	440.0	600	0.0	7	19.24	28.9	9.9	5.28	0.00
Fr Fries CC McCain 3/8"1/2C +	2.06 oz - 1/2 C	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Carrots & 1/2 C Raw +	2 bags	30	0	50	2.00	0.72	20.0	12410	0.0	4	2.0	8.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Ice Cream, Strw 4oz Cup, Deans	4 oz cup	100	10	40	0.00	0.00	80.0	0	0.0	15	2.0	19.0	2.0	1.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		618	47	1168	3.80	2.27	814.1	9887	4.80	*43	31.04	87.53	16.58	6.56	0.00
% of Calories										*28.0%	20.1%	56.7%	24.2%	9.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 09/27/2021															
Elementary Lunch	Total														
Hamburger - Elem+	1Bun/1Bgr	317	50	438	3.65	2.51	52.0	0	0.0	3	18.24	27.47	13.94	5.32	1.01
Potatoes, Emoticon Elem	4 pieces	120	0	80	2.00	0.72	0.0	0	0.0	0	2.0	18.0	4.0	0.50	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Applesauce - 4.5 oz Cup, Cmdty	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Cranberries, Dried %	1/4 Cup	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		627	58	831	6.89	3.56	355.3	4641	3.77	*36	28.63	82.03	19.42	6.12	1.01
% of Calories										*22.7%	18.3%	52.3%	27.9%	8.8%	1.4%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/28/2021															
Elementary Lunch															
	Total														
Chicken Sticks, WG, Tyson+	8 sticks	261	23	385	2.27	2.04	22.7	113	0.0	1	14.73	15.87	14.73	2.83	0.00
Potatoes, Mashed #10-Elem +	#10	54	0	238	1.21	1.21	14.2	0	1.45	1	1.21	10.26	0.91	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepa red	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Fruit, Mixed - 1/2 Cup	4oz spdl-1/2C	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
Cookie, Choc Chip, WG Otis1oz^	1 Cookie	110	5	85	1.00	2.70	0.0	0	0.0	8	1.0	18.0	3.5	1.00	0.00
Ketchup, Skip%	2 tbsp	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		621	35	1080	6.06	5.90	336.1	5071	5.60	*30	25.84	81.30	21.02	4.25	*0.00
% of Calories										*19.5%	16.7%	52.4%	30.5%	6.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/29/2021															
Elementary Lunch															
	Total														
Pizza, Tony's Smt Cheese 4x6+	1 Slice	310	15	480	4.00	2.70	250.0	500	0.0	8	16.0	35.0	11.0	4.00	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	87	0	0	1.94	0.00	0.0	0	4.66	*N/A*	2.91	18.43	0.49	0.00	0.00
Carrots & 1/4 C Raw Skip +	1 bag	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Pears, Canned, Lt. Syr - 1/2C	4oz spdl-1/2C	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average		563	23	719	7.64	3.21	555.8	5458	5.35	*36	26.94	84.22	13.52	4.38	0.00
% of Calories										*25.4%	19.2%	59.9%	21.6%	7.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/30/2021															
Elementary Lunch															
	Total														
	1 Corn Dog	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
	Carrots, Frozen, Swt 1/4 Cup+	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
	Carrots & 1/4 C Raw Skip +	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
	Salad Drsg, Ranch HM RF RS SK*	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
	Bananas	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
	Ice Cream, 3oz Cup/Orange Van%	80	5	40	0.00	0.00	60.0	0	0.0	12	1.0	16.0	1.0	1.00	0.00
	Ketchup, Skip%	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
	Mustard, skip	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	Milk, SKIP - AVG - PF SKIP+	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
	Weighted Daily Average	560	53	763	8.52	2.36	450.6	8724	10.66	*50	19.42	93.14	11.22	3.93	0.00
	% of Calories									*36.0%	13.9%	66.5%	18.0%	6.3%	0.0%
	Nutrient Guideline	550-650		1230										<10.00	

Weighted Average		584	52	881	6.25	3.43	487.5	5680	12.73	*41	25.16	84.27	16.77	4.87	*0.08
										*62.6%	17.2%	57.7%	25.8%	7.5%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	584		550 - 650	100%				
Cholesterol (mg)	52							
Sodium 1 (mg)	881		1230					
Sodium 2 (mg)	881		935					
Fiber (g)	6.25							
Iron (mg)	3.43							
Calcium (mg)	487.5							
Vitamin A (IU)	5680							
Sugars (g)	41	27.84%			Missing			
Vitamin C (mg)	12.73							
Protein (g)	25.16	17.24%						
Carbohydrate (g)	84.27	57.72%						
Total Fat (g)	16.77	25.85%						
Saturated Fat (g)	4.87	7.51%	<10.00%					
Trans Fat ¹ (g)	0.08	0.12%			Missing			

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