

Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

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Generated on: 8/23/2021 9:48:30 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/01/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Chicken Sand, Patty Brd @ | 1 Patty/1 B | 377 | 20 | 738 | 5.65 | 3.23 | 72.0 | 100 | 0.0 | *3 | 19.24 | 41.47 | 14.94 | 2.32 | 0.01 |
| Chicken Sand, Patty, Spicy@ | 1 Bun/1 Pa | 417 | 25 | 648 | 5.65 | 4.13 | 72.0 | 100 | 0.0 | *3 | 21.24 | 43.47 | 16.94 | 3.32 | 0.01 |
| Potatoes, Wedges + | #8 - 1/2 cu | 150 | 0 | 300 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 18.0 | 7.0 | 2.00 | 0.00 |
| 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 |
| Potatoes, Wedges + | #8 - 1/2 cu | 150 | 0 | 300 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 18.0 | 7.0 | 2.00 | 0.00 |
| Salad, Chef + | 1 Salad | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Hot Dog w/Bun KM/GHS-2 \$ | 2 Dog/2 Bu | 612 | 70 | 1752 | 4.58 | 2.88 | 100.0 | 0 | 0.0 | 7 | 24.4 | 52.98 | 34.2 | 12.68 | 0.06 |
| Potatoes, Wedges Skip* | #8 - 1/2 cu | 150 | 0 | 300 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 18.0 | 7.0 | 2.00 | 0.00 |
| Beans, Baked, Veg - .1/2 Cup+ | #8 - 1/2Cu | 159 | 0 | 167 | 5.33 | 2.14 | 77.0 | 28 | 0.35 | *6 | 6.41 | 31.83 | 0.01 | 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 |
| 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 tbsps | 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 |
| Mayonnaise, Lite - Skip% | 1 TBSP | 45 | 5 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 4.5 | 0.50 | 0.00 |
| 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 | | 825 | 55 | 1516 | 10.79 | 3.99 | 556.0 | 4686 | 8.15 | *42 | 33.68 | 111.04 | 27.12 | 8.31 | *0.02 |
| % of Calories | | | | | | | | | | *20.2% | 16.3% | 53.9% | 29.6% | 9.1% | *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

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Base Menu Spreadsheet

GHS 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 - 09/02/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken, Popcorn, GK KM/GH+ | 15 pieces | 377 | 75 | 714 | 3.00 | 1.50 | 13.5 | 252 | 1.5 | 0 | 25.5 | 22.5 | 20.7 | 3.00 | 0.00 |
| Potatoes, Mashed Idah'n 3/4C+ | #6 | 78 | 0 | 337 | 1.73 | 1.73 | 17.3 | 0 | 2.08 | 1 | 1.73 | 14.7 | 1.3 | 0.00 | 0.00 |
| Gravy, Chicken, 2 oz GHS Skip% | 2 oz prepa red | 35 | 0 | 240 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 1.0 | 7.0 | 1.0 | 0.50 | 0.00 |
| Mozz Stx, WG, Seapak KMS/GHS# | 6 Sticks | 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, 1 oz (2)Sk \$ | 2 - 1 oz cu | 30 | 0 | 240 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 4 | 2.0 | 6.0 | 0.0 | 0.00 | 0.00 |
| Potatoes, Baked Assorted SK + | see recipe ingr | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 0.00 |
| Salad, Chef + | 1 Salad | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| BBQ Pork Rib on Diamond Jim + | 1Pork Rib/1 Bun | 314 | 40 | 684 | 3.35 | 2.46 | 62.7 | 100 | 1.2 | 9 | 19.92 | 31.99 | 12.14 | 4.19 | 0.02 |
| Potatoes, Mashed Idah'n 3/4CSK | #6 | 78 | 0 | 337 | 1.73 | 1.73 | 17.3 | 0 | 2.08 | 1 | 1.73 | 14.7 | 1.3 | 0.00 | 0.00 |
| Gravy, Chicken, 2 oz GHS Skip% | 2 oz prepa red | 35 | 0 | 240 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 1.0 | 7.0 | 1.0 | 0.50 | 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 |
| Fruit, Fresh, Spring Mix | 1 Piece | 44 | 0 | 1 | 1.96 | 0.17 | 19.8 | 196 | 35.07 | 8 | 0.65 | 11.23 | 0.21 | 0.02 | 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 tbsps | 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 | | 758 | 68 | 1374 | 7.85 | 2.93 | 514.8 | 4021 | 33.16 | *37 | 36.14 | 97.11 | 25.67 | 4.93 | *0.00 |
| % of Calories | | | | | | | | | | *19.7% | 19.1% | 51.2% | 30.5% | 5.8% | *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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GHS Lunch

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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 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Cheeseburger, Bacon+ | 1bg/1c/1bc/1bn | 392 | 65 | 700 | 3.65 | 2.51 | 158.3 | 152 | 0.0 | 4 | 23.78 | 28.48 | 19.98 | 8.09 | 1.01 |
| Fr Fries CC McCain 3/8"3/4C + | 3.09 oz | 135 | 0 | 173 | 0.00 | 0.54 | 0.0 | 0 | 3.6 | 0 | 1.5 | 21.0 | 4.5 | 0.00 | 0.00 |
| Pizza, BD Assorted | slice | 370 | 41 | 613 | 3.00 | 2.57 | 355.0 | 275 | 0.0 | 9 | 20.5 | 35.0 | 17.25 | 7.00 | 0.00 |
| Fr Fries CC McCain 3/8"3/4C + | 3.09 oz | 135 | 0 | 173 | 0.00 | 0.54 | 0.0 | 0 | 3.6 | 0 | 1.5 | 21.0 | 4.5 | 0.00 | 0.00 |
| Salad, Loaded Veggie & Ham + | 1 Salad | 182 | 20 | 604 | 4.69 | 2.33 | 43.9 | 6732 | 53.38 | *3 | 18.3 | 14.53 | 5.13 | 1.65 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Fish Sandwich w/Chse - Square# | 1fsh/1bun/1Chs | 377 | 58 | 640 | 3.65 | 2.51 | 158.3 | 152 | 0.0 | 5 | 23.78 | 43.48 | 11.98 | 3.09 | 0.01 |
| Tartar Sauce, Skip% | 2 TBSP | 37 | 3 | 149 | 0.08 | 0.05 | 3.0 | 4 | 0.4 | *3 | 0.08 | 3.49 | 2.56 | 0.28 | 0.00 |
| Fr Fries CC McCain3/8"3/4CSK+ | 3.09 oz | 135 | 0 | 173 | 0.00 | 0.54 | 0.0 | 0 | 3.6 | 0 | 1.5 | 21.0 | 4.5 | 0.00 | 0.00 |
| Cole Slaw - #8 - 1/2 Cup+ | #8 - 1/2 Cu | 36 | 2 | 104 | 0.74 | 0.13 | 14.4 | 480 | 10.23 | *3 | 0.03 | 4.91 | 1.81 | 0.20 | *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 |
| Strawberry Cup - 4.5 oz Commod | 4.5 oz Cup | 90 | 0 | 0 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 18 | 1.0 | 22.0 | 0.17 | 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 | | 772 | 58 | 1139 | 6.87 | 3.34 | 559.4 | 3679 | 13.78 | *51 | 32.20 | 107.65 | 24.22 | 7.15 | *0.32 |
| % of Calories | | | | | | | | | | *26.2% | 16.7% | 55.8% | 28.2% | 8.3% | *0.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/07/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken, Mand Org-Ling KM/GH+ | 8 oz spoodl | 292 | 78 | 544 | 0.00 | 1.40 | 0.0 | 0 | 2.33 | 19 | 21.39 | 36.94 | 5.83 | 0.97 | 0.00 |
| Rice, Brown, Gordo - 2 Br SK+ | 1 Cup | 170 | 0 | 0 | 1.00 | 1.08 | 10.0 | 0 | 0.0 | 0 | 4.0 | 36.0 | 1.5 | 0.00 | 0.00 |
| Vegetables, Capri Blend 1/2C+ | 1/2 C | 17 | 0 | 10 | 1.33 | 0.00 | 13.3 | 0 | 0.0 | 1 | 0.67 | 3.33 | 0.0 | 0.00 | 0.00 |
| Bosco Stk, 6" WGRF, 2 KMS/GHS# | 2 Bosco St icks | 300 | 30 | 440 | 4.00 | 2.16 | 400.0 | 400 | 0.0 | 2 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| Marinara Sauce, 1 oz (2)Sk \$ | 2 - 1 oz cu | 30 | 0 | 240 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 4 | 2.0 | 6.0 | 0.0 | 0.00 | 0.00 |
| Potatoes, Hash Brown Patty + | 2.22 oz Pat | 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 | 196 | 68 | 439 | 1.74 | 0.70 | 178.4 | 5590 | 3.94 | *1 | 22.44 | 6.54 | 7.32 | 3.39 | 0.00 |
| Salad Drsg, Ceasar, Skip + | 2 TBSP | 110 | 10 | 260 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 2.0 | 12.0 | 2.00 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Omelet, Colby Chs, Michaels-2# | 2 Omelet | 260 | 380 | 520 | 0.00 | 1.44 | 120.0 | 800 | 0.0 | 0 | 14.0 | 2.0 | 22.0 | 7.00 | 0.00 |
| Sausage Links*, Jones 2 LS+ | 2 Sausage | 120 | 20 | 90 | 0.00 | 0.36 | 0.0 | 0 | 0.0 | 0 | 4.0 | 0.0 | 12.0 | 4.00 | 0.00 |
| Potatoes, Hash Brown Patty SK+ | 2.22 oz Pat | 130 | 0 | 230 | 2.00 | 0.36 | 0.0 | 0 | 4.8 | *N/A* | 1.0 | 13.99 | 7.99 | 2.00 | 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 |
| 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 | | 692 | 89 | 985 | 6.14 | 3.06 | 484.3 | 6565 | 8.14 | *51 | 32.95 | 105.40 | 16.20 | 4.70 | 0.00 |
| % of Calories | | | | | | | | | | *29.5% | 19.1% | 60.9% | 21.1% | 6.1% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/08/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Chicken Sand, Filet Brd + | 1 Filet/1 Bu | 363 | 45 | 824 | 4.65 | 2.51 | 52.0 | 200 | 0.0 | 4 | 26.24 | 42.47 | 9.94 | 1.32 | 0.01 |
| Potatoes, Tater Tot MC 3/4C | 3.77 oz | 194 | 0 | 464 | 2.99 | 0.00 | 0.0 | 0 | 5.39 | 0 | 2.99 | 23.94 | 8.98 | 1.50 | 0.00 |
| Pizza, Bosco, PPan Cheese# | Pizza | 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 | 3.77 oz | 194 | 0 | 464 | 2.99 | 0.00 | 0.0 | 0 | 5.39 | 0 | 2.99 | 23.94 | 8.98 | 1.50 | 0.00 |
| Salad, Chicken Caesar + | 1 Salad | 196 | 68 | 439 | 1.74 | 0.70 | 178.4 | 5590 | 3.94 | *1 | 22.44 | 6.54 | 7.32 | 3.39 | 0.00 |
| Salad Drsg, Ceasar, Skip + | 2 TBSP | 110 | 10 | 260 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 2.0 | 12.0 | 2.00 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Corn Puppies, Tky JTM-8^ | 8 pieces | 267 | 34 | 365 | 3.00 | 0.18 | 66.0 | 114 | 51.0 | 12 | 9.0 | 33.0 | 11.0 | 1.90 | 0.00 |
| Potatoes, Tater Tot MC 3/4CSK+ | 3.77 oz | 194 | 0 | 464 | 2.99 | 0.00 | 0.0 | 0 | 5.39 | 0 | 2.99 | 23.94 | 8.98 | 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 |
| 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, Melon, Sliced 1/2 Cup + | 1 Slice - 1/2 C | 25 | 0 | 7 | 0.51 | 0.18 | 6.3 | 1569 | 17.76 | 6 | 0.57 | 6.13 | 0.13 | 0.03 | 0.00 |
| Raisins, #16 - 1/4C | #16 - 1/4 c | 108 | 0 | 9 | 1.63 | 0.65 | 22.5 | 0 | 0.83 | 24 | 1.2 | 28.75 | 0.09 | 0.03 | 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 tbsps | 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 |
| Mayonnaise, Lite - Skip% | 1 TBSP | 45 | 5 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 4.5 | 0.50 | 0.00 |
| 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 | | 859 | 51 | 1522 | 9.83 | 5.19 | 513.2 | 5729 | 28.85 | *43 | 35.18 | 121.20 | 25.68 | 6.01 | 0.00 |
| % of Calories | | | | | | | | | | *19.9% | 16.4% | 56.4% | 26.9% | 6.3% | 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, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS 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) |
|--------------------------------|--------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/09/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Taco, Soft Shell (1)#10 KM/GH+ | 1T-1#10M -1ozCh | 457 | 104 | 768 | 4.48 | 4.36 | 629.5 | 300 | 0.0 | 2 | 31.66 | 32.95 | 23.83 | 12.19 | 0.00 |
| Fajita, Chicken - KMS/GHS+ | 1T/3ozCK /1ozCH | 410 | 110 | 670 | 4.00 | 2.52 | 600.0 | 300 | 0.0 | 2 | 27.0 | 32.0 | 20.5 | 10.50 | 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 |
| Sour Cream LF Reg'nl 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 |
| Potatoes, Smiley - 5 KMS-GHS+ | 5 pieces | 163 | 0 | 225 | 2.50 | 0.45 | 0.0 | 0 | 3.0 | 0 | 2.5 | 25.0 | 5.62 | 0.63 | 0.00 |
| Pizza, | 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 |
| Pizza, Tony's Smt Tky Sge + | 1Slice | 300 | 25 | 470 | 5.00 | 2.70 | 150.0 | 0 | 0.0 | 8 | 16.0 | 35.0 | 10.0 | 4.50 | 0.00 |
| Potatoes, Smiley - 5 KMS-GHS+ | 5 pieces | 163 | 0 | 225 | 2.50 | 0.45 | 0.0 | 0 | 3.0 | 0 | 2.5 | 25.0 | 5.62 | 0.63 | 0.00 |
| Salad, Chef + | 1 Salad | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *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 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Mac & Cheese, JTM WG KMS/GH | #6/6 oz | 314 | 50 | 800 | 2.00 | 1.08 | 3540.0 | 6500 | 24.0 | 3 | 17.0 | 28.0 | 16.0 | 9.00 | 0.00 |
| Potatoes, Smiley - 5 KMSGH SK+ | 5 pieces | 163 | 0 | 225 | 2.50 | 0.45 | 0.0 | 0 | 3.0 | 0 | 2.5 | 25.0 | 5.62 | 0.63 | 0.00 |
| Beans, Refried, Cheesy 1/2C + | #8 - 1/2 Cu | 136 | 0 | 512 | 5.83 | 1.93 | 48.6 | 0 | 2.32 | 1 | 7.79 | 22.48 | 0.0 | 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 |
| 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 |
| 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 |
| 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 | | 751 | 73 | 1232 | 11.01 | 4.53 | 1191.8 | 5755 | 16.77 | *38 | 35.22 | 105.01 | 22.11 | 8.57 | *0.00 |
| % of Calories | | | | | | | | | | *20.1% | 18.8% | 55.9% | 26.5% | 10.3% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 7

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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 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Lasagna, Roll-Up, Chs, WG-2 \$ | 2 Roll-Ups | 549 | 40 | 1005 | 6.73 | 3.99 | 623.0 | 1605 | 23.84 | *13 | 32.65 | 72.58 | 12.37 | 7.04 | *0.00 |
| Garlic Toast, WG, GFS \$ | 1 Slice | 80 | 0 | 150 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 2.0 | 11.0 | 3.5 | 1.00 | 0.00 |
| Potatoes, Spiral McCain 3/4 C+ | 3.23 oz | 150 | 0 | 240 | 1.50 | 0.00 | 0.0 | 0 | 0.0 | 0 | 1.5 | 25.54 | 4.51 | 0.00 | 0.00 |
| Pizza, BD Assorted | slice | 370 | 41 | 613 | 3.00 | 2.57 | 355.0 | 275 | 0.0 | 9 | 20.5 | 35.0 | 17.25 | 7.00 | 0.00 |
| Potatoes, Spiral McCain 3/4 C+ | 3.23 oz | 150 | 0 | 240 | 1.50 | 0.00 | 0.0 | 0 | 0.0 | 0 | 1.5 | 25.54 | 4.51 | 0.00 | 0.00 |
| Salad, Chef + | 1 Salad | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Chicken Tdrs, TY - 4 GHS | 4 Tenders | 320 | 60 | 540 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 4 | 26.0 | 16.0 | 16.0 | 3.00 | 0.00 |
| Potatoes, Spiral McCain3/4C SK | 3.23 oz | 150 | 0 | 240 | 1.50 | 0.00 | 0.0 | 0 | 0.0 | 0 | 1.5 | 25.54 | 4.51 | 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 |
| Cucumber Slices 1/2C Skip + | 1/2 C | 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 | 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 |
| 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 | | 651 | 56 | 996 | 5.21 | 2.69 | 502.6 | 4557 | 10.36 | *45 | 29.86 | 90.99 | 18.45 | 4.84 | *0.00 |
| % of Calories | | | | | | | | | | *27.7% | 18.4% | 55.9% | 25.5% | 6.7% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 8

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|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/13/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Chicken, Tangerine GD-KMS/GHS+ | #8spoodle - 4oz | 195 | 46 | 390 | 2.05 | 1.48 | 0.0 | 0 | 0.0 | 13 | 14.36 | 25.64 | 4.1 | 1.03 | 0.00 |
| Rice, Brown, Gordo - 2 Br SK+ | 1 Cup | 170 | 0 | 0 | 1.00 | 1.08 | 10.0 | 0 | 0.0 | 0 | 4.0 | 36.0 | 1.5 | 0.00 | 0.00 |
| Max Sticks - 2 \$43901 | 2 Sticks | 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, 1 oz (2)Sk \$ | 2 - 1 oz cu | 30 | 0 | 240 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 4 | 2.0 | 6.0 | 0.0 | 0.00 | 0.00 |
| Potatoes, Tri-Tater (2)1/2 + | 2 Tri-Tater | 180 | 0 | 480 | 1.80 | 1.44 | 40.0 | 0 | 7.2 | 0 | 1.7 | 22.0 | 12.0 | 2.00 | 0.00 |
| Salad, Loaded Veggie & Ham + | 1 Salad | 182 | 20 | 604 | 4.69 | 2.33 | 43.9 | 6732 | 53.38 | *3 | 18.3 | 14.53 | 5.13 | 1.65 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Fr Tst, Cinn, WG 2PC + | 2 Tst | 420 | 220 | 580 | 4.00 | 2.16 | 120.0 | 0 | 0.0 | 22 | 16.0 | 52.0 | 16.0 | 4.00 | 0.00 |
| Sausage Links*, Jones 2 LS+ | 2 Sausage | 120 | 20 | 90 | 0.00 | 0.36 | 0.0 | 0 | 0.0 | 0 | 4.0 | 0.0 | 12.0 | 4.00 | 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 - 2 SKIP + | 2 Tri-Tater | 180 | 0 | 480 | 1.80 | 1.44 | 40.0 | 0 | 7.2 | 0 | 1.7 | 22.0 | 12.0 | 2.00 | 0.00 |
| Vegetables, Calif Blen - 1/2C+ | #8 - 1/2C | 25 | 0 | 25 | 2.00 | 0.00 | 300.0 | 400 | 18.0 | 2 | 1.0 | 5.0 | 0.0 | 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, 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* |
| 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 |
| 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 | | 702 | 74 | 1057 | 7.93 | 3.33 | 593.5 | 4138 | 20.51 | *43 | 28.62 | 112.98 | 17.38 | 4.49 | *0.00 |
| % of Calories | | | | | | | | | | *24.6% | 16.3% | 64.3% | 22.3% | 5.7% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS 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 - 09/14/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | 8 Nuggets | 320 | 72 | 768 | 3.20 | 1.60 | 24.0 | 299 | 0.0 | 0 | 27.2 | 25.6 | 11.2 | 2.40 | 0.00 |
| | Potatoes, Mashed Idah'n 3/4C+ | 78 | 0 | 337 | 1.73 | 1.73 | 17.3 | 0 | 2.08 | 1 | 1.73 | 14.7 | 1.3 | 0.00 | 0.00 |
| | Gravy, Chicken, 1 oz, Skip% | 18 | 0 | 120 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.5 | 3.5 | 0.5 | 0.25 | 0.00 |
| | Pizza, Assorted | 360 | 30 | 555 | 3.75 | 2.34 | 417.5 | 575 | 2.1 | *6 | 20.0 | 40.75 | 13.25 | 6.25 | 0.00 |
| | Potatoes, Baked Assorted + | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 0.00 |
| | Salad, Loaded Veggie & Ham + | 182 | 20 | 604 | 4.69 | 2.33 | 43.9 | 6732 | 53.38 | *3 | 18.3 | 14.53 | 5.13 | 1.65 | *0.00 |
| | Salad Drsg, Asst GHS- Skip\$ | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| | Croutons - SKIP | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| | Bag of Chips SK | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| | Sloppy Joe, #12-KMS/GHS@ | 310 | 31 | 1054 | 4.64 | 3.95 | 78.3 | 450 | 5.98 | 9 | 20.14 | 36.84 | 8.94 | 0.32 | 0.01 |
| | Potatoes, Baked Assorted SK + | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 0.00 |
| | Beans. Green, Simplot-1/2cup+ | 27 | 0 | 0 | 1.78 | 0.64 | 35.6 | 178 | 8.0 | *0 | 0.89 | 5.47 | 0.0 | 0.00 | 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 |
| | Applesauce - 4.5 oz Cup, Cmdty | 51 | 0 | 2 | 1.00 | 0.30 | 5.0 | 35 | 1.2 | 12 | 0.2 | 14.0 | 0.1 | 0.01 | 0.00 |
| | Juice, Cup, Assorted \$ | 60 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | 13 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| | Cookie, Sugar, WG RF 1oz Otis# | 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% | 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+ | 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 | 723 | 69 | 1337 | 7.50 | 5.92 | 478.7 | 4260 | 13.41 | *40 | 35.27 | 104.31 | 17.26 | 4.78 | *0.00 |
| | % of Calories | | | | | | | | | *22.2% | 19.5% | 57.7% | 21.5% | 6.0% | *0.0% |
| | Nutrient Guideline | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Sep 1, 2021 thru Sep 30, 2021

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GHS Lunch

Portion Values - Detailed

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|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/15/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Sub Bar - Ham* or Tky@ | 1H or 1T S andwh | 377 | 45 | 1073 | 6.00 | 0.39 | 100.0 | 150 | 0.0 | 9 | 25.92 | 45.75 | 9.5 | 3.33 | 0.00 |
| Sweet Potato Tots, Simp+ | 3.0 oz - 8 t | 120 | 0 | 260 | 3.00 | 0.36 | 20.0 | 1000 | 6.0 | 8 | 2.0 | 17.0 | 5.0 | 1.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| 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 |
| Sweet Potato Tots, Simp+ | 3.0 oz - 8 t | 120 | 0 | 260 | 3.00 | 0.36 | 20.0 | 1000 | 6.0 | 8 | 2.0 | 17.0 | 5.0 | 1.00 | 0.00 |
| Salad, Chef + | 1 Salad | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Bratwurst in Bun\$ | 1 Brat/1 Bu | 456 | 60 | 1226 | 2.29 | 2.16 | 70.0 | 0 | 0.0 | 4 | 16.2 | 30.49 | 29.1 | 9.34 | 0.03 |
| Sweet Potato Tots, Simp, SK ^ | 3.0 oz - 8 Tots | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 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 |
| Raisins, #16 - 1/4C | #16 - 1/4 c | 108 | 0 | 9 | 1.63 | 0.65 | 22.5 | 0 | 0.83 | 24 | 1.2 | 28.75 | 0.09 | 0.03 | 0.00 |
| Sorbet, Assorted | 4 oz cup | 71 | 0 | 5 | 3.06 | 0.37 | 61.2 | 610 | 61.2 | 15 | 0.0 | 19.16 | 0.0 | 0.00 | 0.00 |
| Mayonnaise, Lite - Skip% | 1 TBSP | 45 | 5 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 4.5 | 0.50 | 0.00 |
| 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 | | 827 | 59 | 1443 | 11.90 | 2.28 | 610.2 | 9514 | 54.26 | *49 | 36.19 | 122.96 | 22.13 | 6.04 | *0.00 |
| % of Calories | | | | | | | | | | *23.7% | 17.5% | 59.4% | 24.1% | 6.6% | *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, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 11

Generated on: 8/23/2021 9:48:30 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/16/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Spaghetti Sauce w/Meat KM/GHS+ | 8 oz Spood | 234 | 43 | 407 | 3.78 | 3.90 | 45.7 | 812 | 11.95 | *3 | 15.99 | 15.75 | 12.66 | 4.65 | *0.72 |
| Chicken Alfredo - KMS/GHS+ | 6ozSce | 417 | 152 | 1086 | 0.00 | 1.37 | 504.8 | 0 | 0.0 | *0 | 48.16 | 5.05 | 22.11 | 11.36 | 0.00 |
| Pasta, Cavatappi WG 2 Br | 8 oz spoodl | 180 | 0 | 0 | 6.00 | 3.60 | 0.0 | 0 | 0.0 | 2 | 8.0 | 39.0 | 1.5 | 0.00 | 0.00 |
| Pizza, Bosco, PPan Cheese# | Pizza | 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, Baked Assorted + | See Ing Lis | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 0.00 |
| Salad, Chef + | 1 Salad | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Hot Dog w/Bun KM/GHS-2 \$ | 2 Dog/2 Bu | 612 | 70 | 1752 | 4.58 | 2.88 | 100.0 | 0 | 0.0 | 7 | 24.4 | 52.98 | 34.2 | 12.68 | 0.06 |
| Potatoes, Baked Assorted SK + | see recipe ingr | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 0.00 |
| Broccoli, Frozen 1/2 Cup+ | #8 - 1/2 cu | 27 | 0 | 10 | 2.83 | 0.58 | 31.2 | 955 | 37.89 | 1 | 2.93 | 5.22 | 0.11 | 0.02 | 0.00 |
| 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 |
| 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 |
| 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 |
| 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 | | 873 | 67 | 1354 | 11.19 | 6.34 | 608.1 | 4469 | 28.12 | *39 | 40.06 | 123.12 | 26.23 | 8.55 | *0.23 |
| % of Calories | | | | | | | | | | *17.8% | 18.4% | 56.4% | 27.0% | 8.8% | *0.2% |
| 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, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS 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) |
|------------------|---------------------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/17/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | 1 Filet/1 Bu | 363 | 45 | 824 | 4.65 | 2.51 | 52.0 | 200 | 0.0 | 4 | 26.24 | 42.47 | 9.94 | 1.32 | 0.01 |
| | Fr Fries 1/2" Strt Snd 3/4C + | 180 | 0 | 202 | 3.00 | 0.54 | 0.0 | 0 | 13.5 | 0 | 1.5 | 30.0 | 6.0 | 0.75 | 0.00 |
| | Pizza, BD Assorted slice | 370 | 41 | 613 | 3.00 | 2.57 | 355.0 | 275 | 0.0 | 9 | 20.5 | 35.0 | 17.25 | 7.00 | 0.00 |
| | Fr Fries 1/2" Strt Snd 3/4C + | 180 | 0 | 202 | 3.00 | 0.54 | 0.0 | 0 | 13.5 | 0 | 1.5 | 30.0 | 6.0 | 0.75 | 0.00 |
| | Salad, Chicken Caesar + | 196 | 68 | 439 | 1.74 | 0.70 | 178.4 | 5590 | 3.94 | *1 | 22.44 | 6.54 | 7.32 | 3.39 | 0.00 |
| | Salad Drsg, Ceasar, Skip + | 110 | 10 | 260 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 2.0 | 12.0 | 2.00 | 0.00 |
| | Croutons - SKIP | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| | Bag of Chips SK | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| | Warhawk Burger \$ | 317 | 30 | 638 | 3.65 | 2.87 | 92.0 | 200 | 9.0 | 8 | 18.24 | 34.47 | 11.94 | 5.32 | 0.01 |
| | Fr Fries 1/2" Strt Snd 3/4C SK+ | 180 | 0 | 202 | 3.00 | 0.54 | 0.0 | 0 | 13.5 | 0 | 1.5 | 30.0 | 6.0 | 0.75 | 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 |
| | Peaches, Canned, Lt. Syr-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 |
| | Cranberries, Dried % | 93 | 0 | 1 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 20 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| | Donut, Pwd Sgr Mini WG - 3 + | 135 | 0 | 145 | 1.00 | 0.54 | 10.0 | 0 | 0.0 | 9 | 2.0 | 20.5 | 5.5 | 2.25 | 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 |
| | Mayonnaise, Lite - Skip% | 45 | 5 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 4.5 | 0.50 | 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 | 850 | 52 | 1283 | 9.08 | 3.96 | 530.0 | 4682 | 16.58 | *49 | 34.06 | 121.13 | 27.01 | 7.81 | 0.00 |
| | % of Calories | | | | | | | | | *23.2% | 16.0% | 57.0% | 28.6% | 8.3% | 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, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS 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) |
|------------------|---|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/20/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | 15 pieces | 377 | 75 | 714 | 3.00 | 1.50 | 13.5 | 252 | 1.5 | 0 | 25.5 | 22.5 | 20.7 | 3.00 | 0.00 |
| | Potatoes, Wedges + #8 - 1/2 cu | 150 | 0 | 300 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 18.0 | 7.0 | 2.00 | 0.00 |
| | 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 |
| | Potatoes, Wedges + #8 - 1/2 cu | 150 | 0 | 300 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 18.0 | 7.0 | 2.00 | 0.00 |
| | Salad, Chicken Caesar + 1 Salad | 196 | 68 | 439 | 1.74 | 0.70 | 178.4 | 5590 | 3.94 | *1 | 22.44 | 6.54 | 7.32 | 3.39 | 0.00 |
| | Salad Drsg, Ceasar, Skip + 2 TBSP | 110 | 10 | 260 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 2.0 | 12.0 | 2.00 | 0.00 |
| | Croutons - SKIP 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| | Bag of Chips SK 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| | Gyro 1 Gyro | 549 | 65 | 1191 | 4.25 | 1.93 | 122.3 | 40 | 1.11 | *2 | 25.29 | 47.66 | 28.3 | 12.27 | 0.00 |
| | Gyro Sauce SKIP 2 oz Servin | 59 | 15 | 1 | 0.25 | 0.13 | 82.3 | 40 | 1.11 | *2 | 3.29 | 4.66 | 3.8 | 2.27 | 0.00 |
| | Potatoes, Wedges Skip* #8 - 1/2 cu | 150 | 0 | 300 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 18.0 | 7.0 | 2.00 | 0.00 |
| | Carrots & Cukes - 2 oz 2 oz Veg | 14 | 0 | 23 | 0.96 | 0.33 | 13.6 | 3939 | 1.53 | 2 | 0.37 | 3.37 | 0.07 | 0.02 | 0.00 |
| | Salad Drsg, Ranch HM RF RS SK* 1 TBSP | 31 | 3 | 90 | 0.00 | 0.00 | 0.1 | 0 | 0.0 | *0 | 0.0 | 0.68 | 3.05 | 0.34 | 0.00 |
| | Apple, Fresh 1 Apple | 59 | 0 | 1 | 2.71 | 0.14 | 6.8 | 61 | 5.2 | 12 | 0.29 | 15.61 | 0.19 | 0.03 | 0.00 |
| | Raisins, #16 - 1/4C #16 - 1/4 c | 108 | 0 | 9 | 1.63 | 0.65 | 22.5 | 0 | 0.83 | 24 | 1.2 | 28.75 | 0.09 | 0.03 | 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 | 747 | 71 | 1261 | 8.50 | 2.80 | 401.1 | 2792 | 8.57 | *40 | 33.73 | 89.64 | 27.73 | 7.03 | 0.00 |
| | % of Calories | | | | | | | | | *21.5% | 18.1% | 48.0% | 33.4% | 8.5% | 0.0% |
| | Nutrient Guideline | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS 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 - 09/21/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Taco Nachos(#10)w/LOL-GHS+ | 1Cp/#10M t/2Ch | 542 | 96 | 1051 | 5.48 | 3.19 | 242.2 | 147 | 8.8 | 0 | 29.8 | 46.62 | 28.67 | 9.59 | 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 |
| Sour Cream LF Reg'nl 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 |
| Peas & Corn - 1/2 Cup+ | #8 - 1/2 Cu | 82 | 0 | 157 | 3.69 | 1.01 | 15.3 | 1217 | 6.63 | 5 | 4.22 | 16.22 | 0.84 | 0.17 | 0.00 |
| Pizza, Assorted | 1 slice | 360 | 30 | 555 | 3.75 | 2.34 | 417.5 | 575 | 2.1 | *6 | 20.0 | 40.75 | 13.25 | 6.25 | 0.00 |
| Potatoes, Tater Tot MC 3/4C | 3.77 oz | 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 | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Chicken Sand, Patty Brd @ | 1 Patty/1 B | 377 | 20 | 738 | 5.65 | 3.23 | 72.0 | 100 | 0.0 | *3 | 19.24 | 41.47 | 14.94 | 2.32 | 0.01 |
| Potatoes, Tater Tot MC 3/4CSK+ | 3.77 oz | 194 | 0 | 464 | 2.99 | 0.00 | 0.0 | 0 | 5.39 | 0 | 2.99 | 23.94 | 8.98 | 1.50 | 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 |
| 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 |
| 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 |
| Mayonnaise, Lite - Skip% | 1 TBSP | 45 | 5 | 100 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1.0 | 4.5 | 0.50 | 0.00 |
| 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 | | 834 | 69 | 1411 | 10.03 | 3.91 | 593.9 | 6733 | 19.90 | *43 | 35.81 | 113.08 | 27.69 | 8.24 | *0.00 |
| % of Calories | | | | | | | | | | *20.4% | 17.2% | 54.2% | 29.9% | 8.9% | *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, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS 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) |
|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/22/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Potato Bar - KMS/GHS@ | 1Pot w/To ppings | 437 | 67 | 872 | 6.32 | 3.15 | 563.8 | 1066 | 42.23 | *4 | 24.74 | 48.55 | 16.57 | 8.66 | 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 |
| Pizza, BD Primo Buff Ckn WG \$ | 1 Slice | 390 | 45 | 750 | 3.00 | 2.70 | 300.0 | 400 | 0.0 | 8 | 20.0 | 35.0 | 19.0 | 7.00 | 0.00 |
| Potatoes, Sidewinders, KMS/GHS | 3.17 oz | 135 | 0 | 391 | 1.50 | 0.00 | 0.0 | 0 | 0.0 | 2 | 1.5 | 21.03 | 5.26 | 0.00 | 0.00 |
| Salad, Chef + | 1 Salad | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Cheeseburger, Bacon+ | 1bg/1c/1b c/1bn | 392 | 65 | 700 | 3.65 | 2.51 | 158.3 | 152 | 0.0 | 4 | 23.78 | 28.48 | 19.98 | 8.09 | 1.01 |
| Potatoes, Sidewinders, KMS/GHS | 3.17 oz | 135 | 0 | 391 | 1.50 | 0.00 | 0.0 | 0 | 0.0 | 2 | 1.5 | 21.03 | 5.26 | 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 |
| Fruit, Fresh, Spring Mix | 1 Piece | 44 | 0 | 1 | 1.96 | 0.17 | 19.8 | 196 | 35.07 | 8 | 0.65 | 11.23 | 0.21 | 0.02 | 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 | | 735 | 77 | 1372 | 7.79 | 3.59 | 642.7 | 4765 | 38.43 | *42 | 33.16 | 95.60 | 25.41 | 8.26 | *0.18 |
| % of Calories | | | | | | | | | | *22.8% | 18.0% | 52.0% | 31.1% | 10.1% | *0.2% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS 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) |
|--------------------------------|--------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/23/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken Tdrs, TY - 4 GHS | 4 Tenders | 320 | 60 | 540 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 4 | 26.0 | 16.0 | 16.0 | 3.00 | 0.00 |
| Chicken Tdrs, Spy, TY - 4 GHS+ | 4 tenders | 347 | 33 | 520 | 4.00 | 2.40 | 53.3 | 0 | 0.0 | 1 | 20.0 | 22.67 | 20.0 | 3.33 | 0.00 |
| Potatoes, Baked Assorted + | See Ing Lis | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 0.00 |
| Mozz Stx, WG, Seapak KMS/GHS# | 6 Sticks | 370 | 15 | 520 | 3.00 | 1.44 | 560.0 | 650 | 1.2 | 3 | 20.0 | 27.0 | 20.0 | 5.00 | 0.00 |
| Potatoes, Baked Assorted + | See Ing Lis | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 0.00 |
| Salad, Loaded Veggie & Ham + | 1 Salad | 182 | 20 | 604 | 4.69 | 2.33 | 43.9 | 6732 | 53.38 | *3 | 18.3 | 14.53 | 5.13 | 1.65 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Corn Dog, WG FFarm Chicken^ | 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 |
| Potatoes, Baked Assorted SK + | see recipe ingr | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 0.00 |
| Broccoli, Frozen w/Chs 1/2Cup+ | 6oz spoodl | 121 | 22 | 425 | 2.80 | 0.83 | 259.7 | 1077 | 45.7 | *0 | 7.99 | 8.6 | 7.43 | 4.42 | 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, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 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 |
| 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 | | 776 | 49 | 1302 | 7.46 | 2.87 | 574.9 | 3907 | 27.89 | *40 | 32.92 | 96.65 | 29.24 | 6.43 | *0.00 |
| % of Calories | | | | | | | | | | *20.6% | 17.0% | 49.8% | 33.9% | 7.5% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 17

Generated on: 8/23/2021 9:48:30 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/24/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Meatball Hoagie w/Mozz + | 1B/6Mtb/.7 5ozCH | 550 | 69 | 976 | 8.11 | 1.69 | 149.2 | 227 | 2.72 | 13 | 29.81 | 53.95 | 21.84 | 8.28 | 0.72 |
| Sweet Pot Fries Hvst Spl 3/4C+ | 3/4 Cup | 127 | 0 | 180 | 2.11 | 0.38 | 21.1 | 5283 | 2.54 | 7 | 1.06 | 20.08 | 4.75 | 1.06 | 0.53 |
| Pizza, BD Assorted | slice | 370 | 41 | 613 | 3.00 | 2.57 | 355.0 | 275 | 0.0 | 9 | 20.5 | 35.0 | 17.25 | 7.00 | 0.00 |
| Sweet Pot Fries Hvst Spl 3/4C+ | 3/4 Cup | 127 | 0 | 180 | 2.11 | 0.38 | 21.1 | 5283 | 2.54 | 7 | 1.06 | 20.08 | 4.75 | 1.06 | 0.53 |
| Salad, Loaded Veggie & Ham + | 1 Salad | 182 | 20 | 604 | 4.69 | 2.33 | 43.9 | 6732 | 53.38 | *3 | 18.3 | 14.53 | 5.13 | 1.65 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Fish Sandwich w/Chse - Square# | 1fsh/1bun/ 1Chs | 377 | 58 | 640 | 3.65 | 2.51 | 158.3 | 152 | 0.0 | 5 | 23.78 | 43.48 | 11.98 | 3.09 | 0.01 |
| Tartar Sauce, Skip% | 2 TBSP | 37 | 3 | 149 | 0.08 | 0.05 | 3.0 | 4 | 0.4 | *3 | 0.08 | 3.49 | 2.56 | 0.28 | 0.00 |
| Sweet Pot Fries HvsSpl 3/4CSK+ | 3/4 Cup | 127 | 0 | 180 | 2.11 | 0.38 | 21.1 | 5283 | 2.54 | 7 | 1.06 | 20.08 | 4.75 | 1.06 | 0.53 |
| Cole Slaw - #8 - 1/2 Cup+ | #8 - 1/2 Cu | 36 | 2 | 104 | 0.74 | 0.13 | 14.4 | 480 | 10.23 | *3 | 0.03 | 4.91 | 1.81 | 0.20 | *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 |
| Ice Cream, 3-4oz Cup Asst+ | 1 Cup | 83 | 5 | 50 | 0.00 | 0.12 | 90.0 | 67 | 0.0 | 11 | 2.0 | 15.33 | 1.33 | 0.67 | 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 | | 774 | 61 | 1165 | 7.76 | 3.20 | 654.6 | 6877 | 12.43 | *57 | 33.70 | 107.98 | 23.71 | 7.97 | *0.45 |
| % of Calories | | | | | | | | | | *29.6% | 17.4% | 55.8% | 27.6% | 9.3% | *0.5% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS 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) |
|------------------------|---------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/27/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | 1 Enchilad | 340 | 80 | 763 | 3.00 | 2.63 | 483.3 | 218 | 0.56 | *2 | 21.78 | 33.22 | 10.95 | 5.45 | 0.00 |
| | 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 |
| | 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 |
| | 6 pieces | 120 | 0 | 80 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 18.0 | 4.0 | 0.50 | 0.00 |
| | 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 |
| | 6 pieces | 120 | 0 | 80 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 18.0 | 4.0 | 0.50 | 0.00 |
| | 1 Salad | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *0.00 |
| | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| | 1Bgr/1Bun | 317 | 50 | 438 | 3.65 | 2.51 | 52.0 | 0 | 0.0 | 3 | 18.24 | 27.47 | 13.94 | 5.32 | 1.01 |
| | 6 pieces | 120 | 0 | 80 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 18.0 | 4.0 | 0.50 | 0.00 |
| | 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 |
| | 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 |
| | 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 |
| | #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 |
| | 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 |
| | 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 |
| | 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 |
| | 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 | | 718 | 57 | 963 | 7.88 | 2.19 | 667.0 | 4111 | 11.17 | *40 | 32.03 | 105.26 | 17.73 | 6.21 | *0.16 |
| % of Calories | | | | | | | | | | *22.4% | 17.8% | 58.6% | 22.2% | 7.8% | *0.2% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Sep 1, 2021 thru Sep 30, 2021

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GHS Lunch

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|---------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/28/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken, Gen TSO, Lin-KMS/GHS | 8oz spoodl | 378 | 89 | 802 | 0.00 | 1.60 | 0.0 | 0 | 2.67 | 29 | 24.44 | 51.11 | 6.67 | 1.11 | 0.00 |
| Rice, Brown, Gordo - 2 Br SK+ | 1 Cup | 170 | 0 | 0 | 1.00 | 1.08 | 10.0 | 0 | 0.0 | 0 | 4.0 | 36.0 | 1.5 | 0.00 | 0.00 |
| Bosco Stk, 6" WGRF, 2 KMS/GHS# | 2 Bosco St icks | 300 | 30 | 440 | 4.00 | 2.16 | 400.0 | 400 | 0.0 | 2 | 20.0 | 34.0 | 10.0 | 5.00 | 0.00 |
| Marinara Sauce, 1 oz (2)Sk \$ | 2 - 1 oz cu | 30 | 0 | 240 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 4 | 2.0 | 6.0 | 0.0 | 0.00 | 0.00 |
| Potatoes, Wedges 3/4 cup SKIP+ | 3/4 cup | 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 | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Quesadilla, Cheese WG Coyote \$ | 2 pieces | 320 | 40 | 560 | 3.00 | 2.70 | 350.0 | 300 | 0.0 | 2 | 20.0 | 32.0 | 12.0 | 6.00 | 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 |
| Sour Cream LF Reg'nl 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 |
| Vegetables, Midori Blend 1/2C+ | 1/2 C | 30 | 0 | 20 | 1.00 | 0.36 | 15.0 | 0 | 0.0 | 1 | 2.0 | 3.5 | 1.0 | 0.25 | 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 |
| Fruit, Melon, Sliced 1/2 Cup + | 1 Slice - 1/2 C | 25 | 0 | 7 | 0.51 | 0.18 | 6.3 | 1569 | 17.76 | 6 | 0.57 | 6.13 | 0.13 | 0.03 | 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 |
| Cookie, Chocolate M & M - OS | 1 Cookie | 160 | 10 | 125 | 1.00 | 0.36 | 0.0 | 0 | 0.0 | 18 | 2.0 | 23.0 | 7.0 | 3.50 | *N/A* |
| 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 | | 809 | 85 | 1164 | 7.00 | 3.80 | 502.7 | 7345 | 17.38 | *60 | 36.54 | 121.55 | 20.23 | 7.49 | *0.00 |
| % of Calories | | | | | | | | | | *29.6% | 18.1% | 60.1% | 22.5% | 8.3% | *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, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS 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) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/29/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Mac & Cheese, JTM WG KMS/GH | #6/6 oz | 314 | 50 | 800 | 2.00 | 1.08 | 3540.0 | 6500 | 24.0 | 3 | 17.0 | 28.0 | 16.0 | 9.00 | 0.00 |
| Potatoes, Baked Assorted + | See Ing Lis | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 0.00 |
| Pizza, Hangry Bear Cheese + | 1 Slice | 320 | 35 | 420 | 3.00 | 1.80 | 350.0 | 0 | 0.0 | 3 | 19.0 | 32.0 | 13.0 | 7.00 | 0.00 |
| Pizza, Hangry Bear Tky Pepp + | 1 Slice | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Potatoes, Baked Assorted + | See Ing Lis | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 0.00 |
| Salad, Chicken Caesar + | 1 Salad | 196 | 68 | 439 | 1.74 | 0.70 | 178.4 | 5590 | 3.94 | *1 | 22.44 | 6.54 | 7.32 | 3.39 | 0.00 |
| Salad Drsg, Ceasar, Skip + | 2 TBSP | 110 | 10 | 260 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 2.0 | 12.0 | 2.00 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Philly Steak Sandwich | 1 Sandwich | 493 | 55 | 949 | 6.00 | 1.08 | 160.0 | 0 | 0.0 | 10 | 29.0 | 48.0 | 17.5 | 7.40 | 0.00 |
| Potatoes, Baked Assorted SK + | see recipe ingr | 219 | 0 | 409 | 1.81 | 0.31 | 0.0 | 0 | 2.25 | 0 | 2.69 | 30.31 | 10.06 | 1.12 | 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 |
| Raisins, #16 - 1/4C | #16 - 1/4 c | 108 | 0 | 9 | 1.63 | 0.65 | 22.5 | 0 | 0.83 | 24 | 1.2 | 28.75 | 0.09 | 0.03 | 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 | 39 | 1028 | 6.49 | 1.99 | 1179.0 | 4800 | 9.95 | *27 | 21.85 | 84.59 | 22.69 | 6.96 | 0.00 |
| % of Calories | | | | | | | | | | *17.6% | 14.1% | 54.8% | 33.0% | 10.1% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Page 21

Generated on: 8/23/2021 9:48:31 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/30/2021 | | | | | | | | | | | | | | | |
| GHS Lunch | Total | | | | | | | | | | | | | | |
| Chicken Nugg, Gld Kst - 8 + | 8 Nuggets | 320 | 72 | 768 | 3.20 | 1.60 | 24.0 | 299 | 0.0 | 0 | 27.2 | 25.6 | 11.2 | 2.40 | 0.00 |
| Potatoes, Mashed Idah'n 3/4C+ | #6 | 78 | 0 | 337 | 1.73 | 1.73 | 17.3 | 0 | 2.08 | 1 | 1.73 | 14.7 | 1.3 | 0.00 | 0.00 |
| Gravy, Chicken, 2 oz GHS Skip% | 2 oz prepa red | 35 | 0 | 240 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 1.0 | 7.0 | 1.0 | 0.50 | 0.00 |
| Pizza, Bosco, PPan Cheese# | Pizza | 430 | 25 | 700 | 6.00 | 3.60 | 450.0 | 750 | 4.8 | *N/A* | 23.0 | 57.0 | 12.0 | 6.00 | 0.00 |
| Fr Fries CC McCain3/8"3/4CSK+ | 3.09 oz | 135 | 0 | 173 | 0.00 | 0.54 | 0.0 | 0 | 3.6 | 0 | 1.5 | 21.0 | 4.5 | 0.00 | 0.00 |
| Salad, Chef + | 1 Salad | 321 | 234 | 709 | 3.67 | 2.09 | 271.1 | 7024 | 47.97 | *4 | 27.48 | 13.68 | 17.27 | 8.47 | *0.00 |
| Salad Drsg, Asst GHS- Skip\$ | 1 TBSP | 51 | 2 | 122 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *1 | 0.0 | 1.81 | 4.81 | 0.60 | 0.00 |
| Croutons - SKIP | 2 Bags | 120 | 0 | 300 | 2.00 | 2.16 | 0.0 | 0 | 0.0 | 0 | 4.0 | 18.0 | 4.0 | 0.00 | 0.00 |
| Bag of Chips SK | 1 Bag | 113 | 0 | 108 | 1.33 | 0.36 | 13.3 | 167 | 0.8 | *N/A* | 2.0 | 18.67 | 3.0 | 0.33 | 0.00 |
| Cuban Sandwich ^ | 1B/2.35P/1C/1H | 271 | 55 | 657 | 3.00 | 2.17 | 20.0 | 0 | 0.0 | *2 | 18.62 | 30.52 | 6.77 | 1.50 | 0.00 |
| Potatoes, Mashed Idah'n 3/4CSK | #6 | 78 | 0 | 337 | 1.73 | 1.73 | 17.3 | 0 | 2.08 | 1 | 1.73 | 14.7 | 1.3 | 0.00 | 0.00 |
| Gravy, Chicken, 2 oz GHS Skip% | 2 oz prepa red | 35 | 0 | 240 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 1.0 | 7.0 | 1.0 | 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 |
| 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 |
| 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 |
| Ice Cream, 3oz Cup/Orange Van% | 1 Cup | 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% | 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 | | 815 | 81 | 1572 | 7.81 | 4.16 | 510.5 | 4191 | 16.51 | *52 | 38.57 | 124.15 | 17.47 | 5.24 | *0.00 |
| % of Calories | | | | | | | | | | *25.5% | 18.9% | 61.0% | 19.3% | 5.8% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |
| Weighted Average | | 767 | 65 | 1261 | 8.38 | 3.62 | 612.8 | 5123 | 19.73 | *44 | 33.70 | 107.69 | 22.92 | 6.67 | *0.07 |
| | | | | | | | | | | *51.8% | 17.6% | 56.2% | 26.9% | 7.8% | *0.1% |

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

| Nutrient | Menu AVG | 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) | Error Messages (if any) | |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|---------------------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | | | | | | | | | | | |
| Calories | 767 | | 750 - 850 | 100% | | | | | | | | | | | | | | |
| Cholesterol (mg) | 65 | | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1261 | | 1420 | | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1261 | | 1080 | | | | | | 181 | | | | | | | | | Correction Required - Sodium too High |
| Fiber (g) | 8.38 | | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.62 | | | | | | | | | | | | | | | | | |
| Calcium (mg) | 612.8 | | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 5123 | | | | | | | | | | | | | | | | | |
| Sugars (g) | 44 | 23.03% | | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 19.73 | | | | | | | | | | | | | | | | | |
| Protein (g) | 33.70 | 17.57% | | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 107.69 | 56.15% | | | | | | | | | | | | | | | | |
| Total Fat (g) | 22.92 | 26.89% | | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.67 | 7.82% | <10.00% | | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.07 | 0.08% | | | | Missing | | | | | | | | | | | | |

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