

Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

KMS 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															
KMS 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
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
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
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
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
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		605	40	1079	7.11	2.88	587.5	3342	4.20	*29	30.79	80.12	18.35	6.10	*0.01
% of Calories										*19.4%	20.3%	52.9%	27.3%	9.1%	*0.0%
Nutrient Guideline		600-700		1360										<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)
Thu - 09/02/2021															
KMS 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
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
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 Pepp 4x6+	1 Slice	329	23	581	4.00	3.53	250.0	500	0.0	8	17.89	35.42	11.94	4.31	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
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
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		605	46	973	4.95	2.46	478.0	3577	31.64	*30	28.88	75.35	20.55	3.56	0.00
% of Calories										*19.8%	19.1%	49.8%	30.6%	5.3%	0.0%
Nutrient Guideline		600-700		1360										<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

KMS 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)
Fri - 09/03/2021															
KMS Lunch	Total														
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
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
Wrap, Chicken, Warm w/Ranch@	1T3Tnd1C h1/4L	350	82	526	2.13	1.70	222.5	325	0.45	*0	29.33	22.78	16.0	8.30	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
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
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		632	64	889	6.23	2.57	567.1	3683	5.00	*37	34.04	81.05	20.01	7.91	0.34
% of Calories										*23.3%	21.5%	51.3%	28.5%	11.3%	0.5%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 09/07/2021															
KMS 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
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
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
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 & 1/2 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
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		592	62	827	6.69	3.40	533.0	9581	27.04	*39	34.22	92.02	11.48	3.67	0.00
% of Calories										*26.6%	23.1%	62.2%	17.5%	5.6%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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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 - 09/08/2021															
KMS 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
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
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 3/4C	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
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
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		725	42	1345	8.93	2.63	513.1	4234	20.52	*30	31.56	100.10	21.91	5.28	0.00
% of Calories										*16.3%	17.4%	55.2%	27.2%	6.6%	0.0%
Nutrient Guideline		600-700		1360										<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)
Thu - 09/09/2021															
KMS 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
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
Chicken Bites, Honey Sriracha+	4 Bites	190	35	250	1.00	0.18	10.0	0	0.0	2	15.0	14.0	9.0	1.50	0.00
Beans. Green, Simplot-1/2cup+	4oz spdl-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
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
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		506	58	685	6.43	2.94	560.0	3384	12.33	*30	28.90	67.25	14.90	5.61	0.00
% of Calories										*23.4%	22.9%	53.2%	26.5%	10.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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KMS 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 - 09/10/2021															
KMS Lunch															
	Total														
	Corn Dog, WG FFarm Chicken^	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
	Pizza, BD Assorted	370	41	613	3.00	2.57	355.0	275	0.0	9	20.5	35.0	17.25	7.00	0.00
	Chicken Tdrs, TY - 4 GHS	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 McCain 3/4 C+	3.23 oz	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	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	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	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
	Ketchup, Skip%	2 tbsp	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	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	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
	Weighted Daily Average	651	56	1059	5.35	2.44	456.0	3677	3.36	*37	30.38	85.16	20.61	4.89	0.00
	% of Calories									*22.7%	18.7%	52.3%	28.5%	6.8%	0.0%
	Nutrient Guideline	600-700		1360										<10.00	

Mon - 09/13/2021															
KMS Lunch															
	Total														
	Chicken, Tangerine GD-KMS/GHS+	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+	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	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 \$	30	0	240	2.00	0.00	0.0	0	0.0	4	2.0	6.0	0.0	0.00	0.00
	Fr Tst, Cinn, WG 2PC +	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+	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+	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
	Vegetables, Calif Blen - 1/2C+	#8 - 1/2C	25	0	25	2.00	0.00	300.0	400	2	1.0	5.0	0.0	0.00	0.00
	Carrots & 1/4 C Raw Skip +	1 bag	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	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	*N/A*
	Milk, SKIP - AVG - PF SKIP+	8 oz Carton	108	6	166	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
	Weighted Daily Average	577	82	784	6.08	2.67	541.2	4011	11.54	*33	27.37	92.08	12.51	3.74	*0.00
	% of Calories									*22.6%	19.0%	63.8%	19.5%	5.8%	*0.0%
	Nutrient Guideline	600-700		1360										<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															
KMS Lunch	Total														
Chicken Nugg, Gld Kst - 7 +	7 Nuggets	280	63	672	2.80	1.40	21.0	262	0.0	0	23.8	22.4	9.8	2.10	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
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 B	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Fr Fries 1/2" Strt Snd 3/4C +	3/4 C - 3.6	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 +	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
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		593	52	1065	6.75	2.83	370.4	5609	28.83	*24	28.94	79.12	17.64	4.38	0.00
% of Calories										*16.0%	19.5%	53.3%	26.8%	6.6%	0.0%
Nutrient Guideline		600-700		1360										<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															
KMS 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
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
Ravioli, Cheese, 3+	3 Ravioli	223	50	598	3.64	2.20	114.5	580	7.05	*4	14.68	33.88	3.74	1.53	*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
Vegetables, Italian Blnd 1/2C+	#8 - 1/2 Cu	27	0	20	1.33	0.24	0.0	0	0.0	1	0.67	4.0	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
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
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		518	45	993	6.68	1.35	552.4	4718	4.72	*31	29.22	72.74	12.59	4.43	*0.00
% of Calories										*24.0%	22.6%	56.2%	21.9%	7.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

KMS 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 - 09/16/2021															
KMS 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
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
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
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
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		609	50	944	9.25	5.18	570.1	4618	23.60	*27	34.01	84.48	16.93	6.72	*0.23
% of Calories										*17.4%	22.3%	55.5%	25.0%	9.9%	*0.3%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 09/17/2021															
KMS 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
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
Cheeseburger KMS/GHS+	1Bun/1Ch	357	58	580	3.65	2.51	158.3	152	0.0	4	21.78	28.48	16.98	7.09	1.01
	s/1Bgr														
Potatoes, Wedges 3/4 cup +	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
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, 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
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		752	56	1327	7.77	3.63	524.3	4124	3.42	*35	32.38	90.83	27.70	9.06	0.34
% of Calories										*18.8%	17.2%	48.3%	33.1%	10.8%	0.4%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

KMS 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															
KMS 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
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
Wrap, Club +	1T/5slmt/1 slCh	479	60	1566	2.00	4.23	173.8	152	0.4	*2	28.04	52.6	17.79	5.65	0.00
Potatoes, Emoticon KMS/GHS+	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
Carrots & 1/4C Raw +	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
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		632	62	984	6.04	2.91	391.9	4330	4.17	*31	31.78	75.85	22.49	5.24	0.00
% of Calories										*19.4%	20.1%	48.0%	32.0%	7.5%	0.0%
Nutrient Guideline		600-700		1360										<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)
Tue - 09/21/2021															
KMS 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
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
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
Peppers, Green & Red Sliced	1/2 Cup	11	0	2	0.87	0.18	3.9	805	47.86	2	0.43	2.45	0.11	0.03	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
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		646	60	1057	7.93	3.78	579.3	7307	27.06	*30	32.86	83.34	22.43	7.14	0.00
% of Calories										*18.5%	20.4%	51.6%	31.3%	10.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

KMS 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															
KMS 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,	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
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
Peas - 1/2 Cup*	4oz spdl-1 /2 C	88	0	82	5.10	1.72	27.2	2381	11.23	5	5.84	16.17	0.31	0.06	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
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	53	1022	9.23	4.52	652.9	5965	23.61	*35	33.62	83.27	18.24	7.23	0.25
% of Calories										*22.1%	21.5%	53.1%	26.2%	10.4%	0.4%
Nutrient Guideline		600-700		1360										<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)
Thu - 09/23/2021															
KMS 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
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
Pizza, Tony's FB Multi Cheese+	6" FB Pizza	290	20	440	0.00	2.52	360.0	750	6.0	4	17.0	33.0	11.0	4.00	0.00
Vegetables, Mixed - 4 oz	#8/4 oz Ser	74	0	40	4.99	0.93	28.3	4850	3.63	4	3.24	14.84	0.17	0.04	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
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		566	39	805	5.84	2.90	556.4	7533	6.70	*33	31.03	66.38	19.55	4.33	0.00
% of Calories										*23.2%	21.9%	46.9%	31.1%	6.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

KMS 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 - 09/24/2021															
KMS Lunch	Total														
Chicken Drumstick, Breaded 2+	2 Drumstic slice	380	100	900	2.00	2.16	40.0	200	0.0	0	32.0	10.0	22.0	5.00	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
BBQ Pork Prtz Roll KMS/GHS	#8 pork/1 Bun	400	44	806	3.00	1.00	40.0	378	40.0	*9	23.0	58.0	9.5	3.10	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
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
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
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		601	59	979	7.02	3.36	580.0	4118	10.87	*33	33.83	76.57	18.68	6.38	*0.00
% of Calories										*21.7%	22.5%	51.0%	28.0%	9.6%	*0.0%
Nutrient Guideline		600-700		1360										<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)
Mon - 09/27/2021															
KMS Lunch	Total														
Enchilada, Chicken - KMS/GHS+	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
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
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
Cheeseburger KMS/GHS+	1Bun/1Ch s/1Bgr	357	58	580	3.65	2.51	158.3	152	0.0	4	21.78	28.48	16.98	7.09	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
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
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		628	50	983	3.80	2.06	720.7	5768	56.03	*36	29.36	86.77	17.52	6.02	0.25
% of Calories										*22.9%	18.7%	55.2%	25.1%	8.6%	0.4%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

KMS 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															
KMS 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
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
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 & 1/2 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
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		591	65	951	6.42	3.63	548.2	9796	38.72	*36	35.20	88.13	11.90	4.06	0.00
% of Calories										*24.6%	23.8%	59.6%	18.1%	6.2%	0.0%
Nutrient Guideline		600-700		1360										<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															
KMS 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
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
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
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
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		482	33	683	5.69	2.08	1013.0	5566	10.19	*28	24.42	69.74	13.11	4.78	0.00
% of Calories										*23.4%	20.3%	57.8%	24.5%	8.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Germantown School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

KMS 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															
KMS Lunch															
	Total														
	7 Nuggets	280	63	672	2.80	1.40	21.0	262	0.0	0	23.8	22.4	9.8	2.10	0.00
	Pizza, Bosco, PPan Cheese#	430	25	700	6.00	3.60	450.0	750	4.8	*N/A*	23.0	57.0	12.0	6.00	0.00
	Corn Puppies, Tky JTM-6^	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
	Potatoes, Waffle McCain3/4C+	320	0	640	2.00	0.72	0.0	0	0.0	0	4.0	38.0	20.0	3.00	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
	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
	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	743	51	1355	6.68	2.52	461.3	4771	17.79	*35	30.57	100.18	26.08	5.70	0.00
	% of Calories									*18.8%	16.4%	53.9%	31.6%	6.9%	0.0%
	Nutrient Guideline	600-700		1360										<10.00	

Weighted Average		614	53	990	6.71	2.99	559.8	5224	17.68	*32 *47.3%	31.11 20.3%	82.41 53.7%	18.34 26.9%	5.53 8.1%	*0.07 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	614		600 - 700	100%				
Cholesterol (mg)	53							
Sodium 1 (mg)	990		1360					
Sodium 2 (mg)	990		1035					
Fiber (g)	6.71							
Iron (mg)	2.99							
Calcium (mg)	559.8							
Vitamin A (IU)	5224							
Sugars (g)	32	21.03%			Missing			
Vitamin C (mg)	17.68							
Protein (g)	31.11	20.28%						
Carbohydrate (g)	82.41	53.73%						
Total Fat (g)	18.34	26.91%						
Saturated Fat (g)	5.53	8.12%	<10.00%					
Trans Fat ¹ (g)	0.07	0.10%			Missing			

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