

Germantown School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/01/2021																
Elementary Lunch	Total	250														
Max Sticks - 2 \$43901	2 Sticks	250	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 (1)Sk \$	1 - 1 oz cu	190	15	0	120	1.00	0.00	0.0	0	0.0	2	1.0	3.0	0.0	0.00	0.00
Vegetables, Calif Blen - 1/4C+	1/4 C	170	12	0	12	1.00	0.00	150.0	200	9.0	1	0.5	2.5	0.0	0.00	0.00
Carrots & 1/2 C Raw Skip +	2 bags	150	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	150	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 cup	170	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	0.00
Juice Cup, Apple-Suncup +	4 oz Serv	210	60	0	5	0.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	245	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average			586	38	997	5.75	2.31	723.4	8072	7.86	*50	26.95	92.72	14.19	6.40	0.00
% of Calories											*34.2%	18.4%	63.3%	21.8%	9.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/04/2021																
Elementary Lunch	Total	250														
Waffles, Blueberry Mini Pills+	Package	250	200	0	170	3.00	1.08	40.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	200	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Sausage Links*, Jones 2 LS+	2 Sausage	200	120	20	90	0.00	0.36	0.0	0	0.0	0	4.0	0.0	12.0	4.00	0.00
Potatoes, Tri-Tater (2)1/2 +	2 Tri-Tater	215	180	0	480	1.80	1.44	40.0	0	7.2	0	1.7	22.0	12.0	2.00	0.00
Carrots & 1/4 C Raw Skip +	1 bag	150	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	150	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	170	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	100	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	243	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			737	24	953	6.15	3.10	374.4	4562	10.17	*55	17.39	115.02	28.07	6.30	0.00
% of Calories											*29.9%	9.4%	62.5%	34.3%	7.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/05/2021																
Elementary Lunch	Total	250														
Mac & Cheese, LOL, RS RF 6 oz	6 oz scoop	250	280	25	670	2.00	1.08	400.0	750	0.0	6	17.0	29.0	11.0	5.00	0.00
Beans, Green, Simplot-1/4 cup+	2oz spd-1/4C	175	14	0	0	0.89	0.32	17.8	89	4.0	*0	0.44	2.73	0.0	0.00	0.00
Carrots & 1/2 C Raw Skip +	2 bags	150	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	150	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	190	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
Cookie, Choc Chip, WG Otis1oz^	1 Cookie	240	110	5	85	1.00	2.70	0.0	0	0.0	8	1.0	18.0	3.5	1.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	248	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average			586	38	1002	6.24	4.33	722.2	8754	3.99	*40	27.41	84.04	16.49	6.34	*0.00
% of Calories											*27.5%	18.7%	57.4%	25.3%	9.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/06/2021																
Elementary Lunch	Total	250														
Chicken, Popcorn, TY Elem+	12 pcs/6oz spd	250	251	22	382	3.27	1.96	21.8	0	0.0	1	15.28	15.28	14.18	2.73	0.00
Potatoes, Mashed 1/2 cup +	#8	225	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prepared	200	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Corn, Frozen - 1/2C	4oz spd-1/2C	195	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	150	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	150	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	180	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	120	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	245	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			587	30	1043	7.55	3.84	342.5	4334	8.55	*31	27.97	79.64	18.24	3.32	0.00
% of Calories											*21.1%	19.1%	54.3%	28.0%	5.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Portion Values - Detailed

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Thu - 10/07/2021																
Elementary Lunch	Total	250														
Sub Sandwich - Elem, Turkey+	1B-3T-1C	250	250	30	430	3.00	1.08	110.0	150	0.0	4	18.0	29.0	7.25	2.25	0.00
Tomato, Sliced, Skip	Slice	75	4	0	1	0.24	0.05	2.0	167	2.74	1	0.18	0.78	0.04	0.01	0.00
Lettuce, Shredded - SKIP	1/2 cup	125	6	0	0	0.28	0.10	5.5	276	0.66	*N/A*	0.55	0.83	0.0	0.00	0.00
Carrots,Frozen,Swt 1/4 Cup+	#16 - 1/4 cup	160	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
Carrots & 1/2 C Raw Skip +	2 bags	150	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	150	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Sherbet, Cup - Assorted	4 oz Serv	210	131	4	36	0.37	0.31	30.3	13	45.65	*12	0.31	27.87	1.69	1.08	*0.00
Mayonnaise, Lite - Skip%	1 TBSP	75	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	246	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			531	43	755	5.68	1.99	456.3	13201	41.35	*33 *24.8%	27.83 21.0%	79.25 59.7%	12.36 20.9%	3.72 6.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/08/2021																
Elementary Lunch	Total	250														
Pizza, Tony's 5" Round Chees*	1 pizza	250	330	25	680	2.00	3.60	250.0	300	0.0	10	14.0	46.0	16.0	8.00	0.00
Vegetable, Assorted Cold 1/2C+	1/2 Cup	150	15	0	26	1.13	0.30	17.2	2736	10.73	*1	0.95	3.46	0.11	0.03	*0.00
Carrots & 1/4C Raw +	1 bag	172	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	200	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Graham Snacks, Scooby Doo W G %	Bag	200	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	245	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			575	34	1040	4.17	4.61	641.3	7101	7.62	*34 *23.6%	24.70 17.2%	86.39 60.0%	21.60 33.8%	9.27 14.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/11/2021																
Elementary Lunch	Total	250														
Chicken Tdrs, TY - 3 ELEM	3 Tenders	250	260	25	390	3.00	1.98	40.0	0	0.0	1	15.0	16.0	15.0	2.50	0.00
Beans, Baked, Veg - 1/4 Cup+	#16 - 1/4 Cup	120	80	0	83	2.67	1.07	38.5	14	0.17	*3	3.2	15.92	0.0	0.00	*0.00
Carrots & 1/2 C Raw Skip +	2 bags	150	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	150	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	165	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Cookie, Sugar, WG RF 1oz Otis#	1 Cookie	210	110	10	85	1.00	2.70	0.0	750	0.0	*N/A*	1.0	18.0	3.0	1.00	0.00
Ketchup, Skip%	2 tbsp	130	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	244	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			600	41	804	7.64	5.42	367.5	8675	3.08	*34 *22.9%	26.54 17.7%	78.84 52.5%	19.67 29.5%	3.72 5.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 10/12/2021																
Elementary Lunch	Total	250														
Sloppy Joe, #16-ELEM@	#16 Mt/1 Bun	250	245	19	732	3.85	2.94	59.8	270	3.59	7	14.58	32.69	6.14	0.32	0.01
Potatoes, Emoticon Elem	4 pieces	225	120	0	80	2.00	0.72	0.0	0	0.0	0	2.0	18.0	4.0	0.50	0.00
Carrots & 1/4 C Raw Skip +	1 bag	165	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	165	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
GRAPES,Fresh 1/2 cup	#8 - 1/2 cu	170	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Ice Cream Sandwich, Mini CF\$	1 Sandwich	240	90	10	50	0.00	0.00	20.0	0	0.0	8	1.0	15.0	3.0	2.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	245	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			596	37	1091	6.59	3.92	384.0	4887	6.01	*36 *24.5%	26.03 17.5%	89.96 60.4%	15.04 22.7%	3.13 4.7%	0.01 0.0%
Nutrient Guideline			550-650		1230											<10.00

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Wed - 10/13/2021																
Elementary Lunch	Total	250														
Pizza, Tony's FB Multi Cheese+	6" FB Pizza	250	290	20	440	0.00	2.52	360.0	750	6.0	4	17.0	33.0	11.0	4.00	0.00
Marinara Sauce, 1 oz (1)Sk \$	1 - 1 oz cu	150	15	0	120	1.00	0.00	0.0	0	0.0	2	1.0	3.0	0.0	0.00	0.00
Corn, Frozen - 1/2C	4oz spdl-1/2C	200	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	160	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	160	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Applesauce, Strawberry 4.5 oz	4.5 oz cup	220	50	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	248	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			549	28	751	3.67	2.75	664.1	5217	10.92	*32	28.50	83.30	13.64	4.40	0.00
% of Calories											*23.1%	20.8%	60.7%	22.4%	7.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/14/2021																
Elementary Lunch	Total	250														
Grilled Cheese Sand-2 mt @	2 brd/4 sl c chs	250	278	30	717	2.40	1.44	440.0	600	0.0	7	19.24	28.9	9.9	5.28	0.00
Soup, Tomato, Cond. - ELEM	4 oz servin	180	90	0	480	1.00	0.72	0.0	400	6.0	*N/A*	2.0	20.0	0.0	0.00	0.00
Vegetable, Assorted Cold 1/2C+	1/2 Cup	170	15	0	26	1.13	0.30	17.2	2736	10.73	*1	0.95	3.46	0.11	0.03	*0.00
Carrots & 1/4 C Raw Skip +	1 bag	170	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	170	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	175	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	246	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average			563	38	1323	6.72	2.62	757.9	7513	19.98	*35	30.78	85.99	12.62	5.80	*0.00
% of Calories											*24.7%	21.9%	61.0%	20.2%	9.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Fri - 10/15/2021																
Elementary Lunch	Total	250														
Chicken Sand, Patty Brd @	1 Patty/1 Bun	250	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 1/2C+	2.52 oz	230	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Carrots & 1/4 C Raw Skip +	1 bag	165	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	165	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	170	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	195	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	75	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	245	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			734	30	1304	9.15	3.75	375.0	4958	7.27	*40 *21.9%	29.93 16.3%	99.93 54.4%	24.14 29.6%	3.79 4.6%	0.01 0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/18/2021																
Elementary Lunch	Total	250														
Pancakes, Maple, Mini DWM^	1 Pkg	250	220	5	340	3.00	6.00	60.0	0	0.0	15	5.0	36.0	7.0	1.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	210	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Eggs, Scrambled 2 oz +	#16	220	90	190	260	0.00	0.00	40.0	0	0.0	0	6.0	2.0	6.0	2.00	0.00
Vegetable, Assorted Cold 1/2C+	1/2 Cup	165	15	0	26	1.13	0.30	17.2	2736	10.73	*1	0.95	3.46	0.11	0.03	*0.00
Carrots & 1/4 C Raw Skip +	1 bag	165	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	165	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	175	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	242	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			580	180	849	5.10	6.65	407.2	6410	9.08	*57 *39.1%	19.45 13.4%	96.97 66.9%	14.73 22.8%	3.19 4.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Germantown School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/19/2021																
Elementary Lunch	Total	250														
Bosco Stk, 4" WG RF, Elem - 2@	2 Sticks	250	220	10	280	2.00	1.44	200.0	200	0.0	2	12.0	28.0	6.0	3.00	0.00
Marinara Sauce, 1 oz (1)Sk \$	1 - 1 oz cu	220	15	0	120	1.00	0.00	0.0	0	0.0	2	1.0	3.0	0.0	0.00	0.00
Potatoes, Spiral McCain 1/2 C+	2.15 oz	240	100	0	160	1.00	0.00	0.0	0	0.0	0	1.0	17.0	3.0	0.00	0.00
Carrots & 1/4 C Raw Skip +	1 bag	175	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	175	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	1	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Rice Krispie Trt# - .78oz/ala	1 Treat	230	90	0	105	0.00	0.36	0.0	200	0.0	*N/A*	0.0	17.0	2.5	1.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	248	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average			551	19	881	4.55	2.02	504.7	5224	1.20	*21	22.48	84.38	13.62	4.34	0.00
% of Calories											*15.1%	16.3%	61.2%	22.2%	7.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/20/2021																
Elementary Lunch	Total	250														
Corn Puppies, Tky JTM-6^	6 pieces	250	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Tortilla Chips - Shearer 1oz	1oz Bag	210	130	0	110	2.00	1.08	0.0	0	0.0	0	2.0	20.0	6.0	0.50	0.00
Salsa, Corn & Black Bean 1/4C	#16 - 2 oz serv	150	28	0	44	0.71	0.24	5.0	276	11.8	*1	0.88	3.02	0.41	0.07	*0.00
Carrots & 1/2 C Raw Skip +	2 bags	165	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	165	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	190	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 tbsps	140	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	40	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	246	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			580	42	827	6.82	1.84	382.2	10266	74.10	*39	20.83	84.77	18.70	2.78	*0.00
% of Calories											*27.0%	14.4%	58.4%	29.0%	4.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Germantown School District

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/21/2021																
Elementary Lunch	Total	250														
Taco, Soft Shell (1) Elem+	1T-1-#16	250	256	61	438	2.92	2.91	138.5	150	0.0	1	18.42	17.34	13.46	6.81	0.00
	M-1/2Ch															
Salsa, Red Gold - Skip#	2 oz Serv	125	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	60	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 - 4 ELEM+	4 pieces	230	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.0	4.5	0.50	0.00
Carrots & 1/4 C Raw Skip +	1 bag	175	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	175	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	190	28	0	1	1.31	0.07	3.3	29	2.51	6	0.14	7.53	0.09	0.02	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	243	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			552	72	916	6.46	4.26	451.6	5002	5.28	*23 *16.6%	29.32 21.2%	65.29 47.3%	20.70 33.7%	8.05 13.1%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/22/2021																
Elementary Lunch	Total	250														
Pizza, Tony's Smt Chs WG 4x6+	1 Slice	250	310	15	480	4.00	2.70	250.0	500	0.0	8	16.0	35.0	11.0	4.00	0.00
Carrots, Frozen, Swt 1/4 Cup+	#16 - 1/4 cup	150	18	0	27	1.50	0.24	15.9	7678	1.04	2	0.26	3.75	0.31	0.05	0.00
Carrots & 1/2 C Raw Skip +	2 bags	165	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	165	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Strawberries - 1/2C@	#8 - 1/2 Cu	185	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
Graham Goldfish Cinn-Lg, PF+	1 package	200	120	0	140	1.00	1.80	80.0	0	0.0	7	1.0	19.0	4.0	1.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	246	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			609	23	866	8.44	4.76	632.1	13790	1.81	*41 *27.0%	26.15 17.2%	88.34 58.0%	16.70 24.7%	5.23 7.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Germantown School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/25/2021																
Elementary Lunch	Total	250														
Fr Tst, Cinn, WG 1PC +	1 Tst	250	210	110	290	2.00	1.08	60.0	0	0.0	11	8.0	26.0	8.0	2.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	200	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Sausage Links*, Jones 2 LS+	2 Sausage	210	120	20	90	0.00	0.36	0.0	0	0.0	0	4.0	0.0	12.0	4.00	0.00
Potatoes, Tri-Tater (1)1/4C+	1 Tri-Tater	220	90	0	240	0.90	0.72	20.0	0	3.6	0	0.85	11.0	6.0	1.00	0.00
Carrots & 1/2 C Raw Skip +	2 bags	170	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	170	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	140	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	115	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	245	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			703	135	905	5.27	2.51	385.3	9021	5.45	*59	21.31	102.28	25.73	6.65	0.00
% of Calories											*33.7%	12.1%	58.2%	32.9%	8.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/26/2021																
Elementary Lunch	Total	250														
Chicken Nuggets, Tyson WG - 5+	5 Nuggets	250	240	25	440	3.00	2.00	0.0	0	0.0	1	14.0	16.0	14.0	2.50	0.00
Potatoes, Mashed 1/2 cup +	#8	240	72	0	315	1.60	1.60	18.8	0	1.92	1	1.6	13.6	1.2	0.00	0.00
Gravy, Chicken, 1 oz, Skip%	1 oz prep ared	200	18	0	120	0.00	0.00	0.0	0	0.0	0	0.5	3.5	0.5	0.25	0.00
Carrots & 1/4 C Raw Skip +	1 bag	170	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	170	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Pretzel, Mini Baked	1 Pretzel	200	70	0	65	1.00	0.72	0.0	0	0.0	0	2.0	14.0	0.5	0.00	0.00
Apples, Cinnamon - Warm +	4oz spdl-1/2C	200	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
Ketchup, Skip%	2 tbsp	140	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	244	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average			658	33	1188	9.39	4.65	329.4	4878	4.64	*36	26.43	99.94	18.85	3.19	*0.00
% of Calories											*21.9%	16.1%	60.7%	25.8%	4.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Elementary Lunch

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Wed - 10/27/2021																
Elementary Lunch	Total	250														
Hot Dog, Tky w/Bun Elem Briar	1 Dog/1 Bu	250	266	35	886	2.29	1.80	90.0	0	2.4	6	12.2	30.49	11.1	3.34	0.03
Beans, Baked, Veg - 1/4 Cup+	#16 - 1/4 Cup	125	80	0	83	2.67	1.07	38.5	14	0.17	*3	3.2	15.92	0.0	0.00	*0.00
Carrots & 1/2 C Raw +	2 bags	175	30	0	50	2.00	0.72	20.0	12410	0.0	4	2.0	8.0	0.0	0.00	0.00
Cucumber Slices 1/4 C	1/4 C	1	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	175	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	225	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	200	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	35	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	245	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			567	43	1318	5.02	2.84	489.3	10244	59.59	*48	23.04	88.94	13.53	3.75	*0.03
											*33.8%	16.3%	62.8%	21.5%	6.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 10/28/2021																
Elementary Lunch	Total	250														
Spaghetti Sauce w/Meat Elem+	6 oz Spoo dle	250	175	32	305	2.83	2.92	34.3	609	8.97	*3	12.0	11.81	9.5	3.49	*0.54
Pasta, Cavatappii WG 1.5 Br	#6 Pasta	250	135	0	0	4.50	2.70	0.0	0	0.0	1	6.0	29.25	1.13	0.00	0.00
Breadstick NY Garlic - 1+	1 Breadstic	160	110	0	200	0.50	0.90	20.0	0	0.0	1	2.5	15.0	4.0	1.00	0.00
Broccoli, Frozen 1/4 Cup+	#16 - 1/4 cup	160	14	0	5	1.42	0.29	15.6	478	18.95	1	1.46	2.61	0.06	0.01	0.00
Carrots & 1/2 C Raw Skip +	2 bags	170	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	170	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	190	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	246	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			591	41	700	11.45	7.14	370.7	9846	22.94	*35	29.95	90.99	15.62	4.54	*0.54
											*23.6%	20.3%	61.6%	23.8%	6.9%	*0.8%
Nutrient Guideline			550-650		1230											<10.00

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/29/2021																
Elementary Lunch	Total	250														
Mozz Stx, WG, Seapak, ELEM#	4 Sticks	250	248	10	348	2.01	0.96	375.1	435	0.8	2	13.4	18.09	13.4	3.35	0.00
Marinara Sauce, 1 oz (1)Sk \$	1 - 1 oz cu	200	15	0	120	1.00	0.00	0.0	0	0.0	2	1.0	3.0	0.0	0.00	0.00
Fr Fries CC McCain 3/8"1/2C +	2.06 oz - 1/2 C	225	90	0	115	0.00	0.36	0.0	0	2.4	0	1.0	14.0	3.0	0.00	0.00
Carrots & 1/4 C Raw Skip +	1 bag	180	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	180	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 spd-1/2C	185	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Donut, Pwd Sgr Mini WG - 1 \$	1 Mini Don	230	45	0	48	0.33	0.18	3.3	0	0.0	3	0.67	6.83	1.83	0.75	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	244	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Weighted Daily Average % of Calories			566	19	842	4.93	2.02	680.8	5688	6.15	*34 *24.4%	24.62 17.4%	73.09 51.7%	20.30 32.3%	4.46 7.1%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			600	47	969	6.51	3.68	497.2	7507	15.10	*39 *58.1%	25.60 17.1%	88.10 58.7%	17.83 26.7%	4.87 7.3%	*0.03 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	600		550 - 650	100%				
Cholesterol (mg)	47							
Sodium 1 (mg)	969		1230					
Sodium 2 (mg)	969		935				34	Correction Required - Sodium too High
Fiber (g)	6.51							
Iron (mg)	3.68							
Calcium (mg)	497.2							
Vitamin A (IU)	7507							
Sugars (g)	39	25.84%			Missing			
Vitamin C (mg)	15.10							
Protein (g)	25.60	17.06%						
Carbohydrate (g)	88.10	58.72%						
Total Fat (g)	17.83	26.75%						
Saturated Fat (g)	4.87	7.31%	<10.00%					
Trans Fat ¹ (g)	0.03	0.04%			Missing			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.