

**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/01/2021																
GHS Lunch	Total	450														
Ravioli, Cheese, 3+	3 Ravioli	110	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	90	80	0	150	1.00	0.72	0.0	0	0.0	1	2.0	11.0	3.5	1.00	0.00
Max Sticks - 2 \$43901	2 Sticks	200	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	180	15	0	120	1.00	0.00	0.0	0	0.0	2	1.0	3.0	0.0	0.00	0.00
Potatoes, Baked Assorted +	See Ing Lis	1	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	40	321	234	709	3.67	2.09	271.1	7024	47.97	*4	27.48	13.68	17.27	8.47	*0.00
Croutons - SKIP	2 Bags	40	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	40	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	40	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	100	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 recip e ingr	1	219	0	409	1.81	0.31	0.0	0	2.25	0	2.69	30.31	10.06	1.12	0.00
Vegetables, Calif Blen - 1/2C+	#8 - 1/2C	230	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	200	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
Cranberries, Dried %	1/4 Cup	250	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	340	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	440	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			636	70	1244	6.60	2.53	660.0	4232	17.35	*44	28.69	90.61	18.83	7.23	*0.01
% of Calories											*27.6%	18.0%	57.0%	26.6%	10.2%	*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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/04/2021																
GHS Lunch	Total	450														
Corn Puppies, Tky JTM-8^	8 pieces	125	267	34	365	3.00	0.18	66.0	114	51.0	12	9.0	33.0	11.0	1.90	0.00
Potatoes, Tri-Tater (2)1/2 +	2 Tri-Tater	120	180	0	480	1.80	1.44	40.0	0	7.2	0	1.7	22.0	12.0	2.00	0.00
Beans, Baked, Veg - .1/2 Cup+	#8 - 1/2Cu	60	159	0	167	5.33	2.14	77.0	28	0.35	*6	6.41	31.83	0.01	0.00	*0.00
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	200	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	180	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	185	180	0	480	1.80	1.44	40.0	0	7.2	0	1.7	22.0	12.0	2.00	0.00
Salad, Chicken Caesar +	1 Salad	35	196	68	439	1.74	0.70	178.4	5590	3.94	*1	22.44	6.54	7.32	3.39	0.00
Croutons - SKIP	2 Bags	35	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	35	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Bag of Chips SK	1 Bag	35	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Waffle, Dutch 5" WG J & J Snac	Waffle	90	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
Syrup, Gordon Choice Cup Skip+	1 Cup	90	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Omelet, Colby Chs - Michaels#	1 Omelet	90	130	190	260	0.00	0.72	60.0	400	0.0	0	7.0	1.0	11.0	3.50	0.00
Potatoes, Tri-Tater - 2 SKIP +	2 Tri-Tater	90	180	0	480	1.80	1.44	40.0	0	7.2	0	1.7	22.0	12.0	2.00	0.00
Carrots & 1/2 C Raw Skip +	2 bags	225	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	200	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	280	61	0	6	1.47	0.41	3.4	401	2.72	15	0.51	16.5	0.03	0.00	0.00
Raisins, #16 - 1/4C	#16 - 1/4 cup	200	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	90	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	25	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	440	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			779	78	1315	9.33	4.22	591.9	7725	24.62	*52	28.62	115.87	26.59	6.59	*0.00
Nutrient Guideline			750-850		1420						*26.6%	14.7%	59.5%	30.7%	7.6%	*0.0%

\*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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/05/2021																
GHS Lunch	Total	450														
Taco Nachos(#10)w/LOL-GHS+	1Cp/#10 Mt/2Ch	150	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	110	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	45	35	10	0	0.00	0.00	50.0	0	0.0	1	2.0	2.0	2.5	1.50	0.00
Potatoes, Baked Assorted +	See Ing Lis	140	219	0	409	1.81	0.31	0.0	0	2.25	0	2.69	30.31	10.06	1.12	0.00
Pizza, Tony's 5" Round Chees*	1 pizza	175	330	25	680	2.00	3.60	250.0	300	0.0	10	14.0	46.0	16.0	8.00	0.00
Potatoes, Baked Assorted +	See Ing Lis	160	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	50	196	68	439	1.74	0.70	178.4	5590	3.94	*1	22.44	6.54	7.32	3.39	0.00
Croutons - SKIP	2 Bags	50	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	50	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Bag of Chips SK	1 Bag	50	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/GHS+	#6/6 oz	75	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 SK +	see recip e ingr	70	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	230	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	215	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	180	136	0	512	5.83	1.93	48.6	0	2.32	1	7.79	22.48	0.0	0.00	0.00
Fruit, Fresh, Winter Mix	1 Piece	290	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	300	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Cookie, Choc Chip, WG Otis1oz^	1 Cookie	375	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	441	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			969	71	1744	10.42	6.95	1128.0	5645	29.51	*39	36.56	134.77	34.69	10.72	0.00
% of Calories											*16.3%	15.1%	55.6%	32.2%	10.0%	0.0%
Nutrient Guideline			750-850		1420										<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 <sup>1</sup> (g)
Wed - 10/06/2021																
GHS Lunch	Total	450														
Sub Bar - Tky or Salami*	1T or 1S Sandw	225	447	50	1078	6.00	0.48	100.0	150	4.5	*8	24.17	45.0	18.5	6.58	0.00
Sub Bar Vegetables+	3/4 C	225	41	0	127	1.92	0.85	30.1	598	18.14	*1	1.39	5.4	1.94	0.26	*0.00
Bag of Chips	1 Bag	200	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Pizza, Tony's Smt Chs WG 4x6+	1 Slice	50	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	75	300	25	470	5.00	2.70	150.0	0	0.0	8	16.0	35.0	10.0	4.50	0.00
Bag of Chips	1 Bag	110	124	0	129	1.80	0.36	8.0	100	0.48	*1	2.0	18.6	4.2	0.50	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	25	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Croutons - SKIP	2 Bags	25	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	25	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Hamburger - KMS/GHS+	1Bgr/1Bun	25	317	50	438	3.65	2.51	52.0	0	0.0	3	18.24	27.47	13.94	5.32	1.01
Cheeseburger, Mushroom Swiss+	1B/1Chs/1Bgr+Ms	50	410	72	621	3.86	2.68	202.6	0	0.39	*4	24.95	29.49	21.24	9.33	1.01
Bag of Chips SK	1 Bag	60	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Carrots & 1/2 C Raw Skip +	2 bags	275	30	0	50	2.00	0.72	20.0	12410	0.0	4	2.0	8.0	0.0	0.00	0.00
Carrots & 1/4 C Raw Skip +	1 bag	1	15	0	25	1.00	0.36	10.0	6205	0.0	2	1.0	4.0	0.0	0.00	0.00
Cranberries, Dried %	1/4 Cup	275	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Sherbet, Cup - Assorted	4 oz Serv	400	131	4	36	0.37	0.31	30.3	13	45.65	*12	0.31	27.87	1.69	1.08	*0.00
Ketchup, Skip%	2 tbsp	70	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	30	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	200	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	440	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	60	1318	10.77	3.28	505.3	9057	55.31	*50	34.19	123.18	24.90	8.21	*0.17
% of Calories											*23.5%	16.1%	57.9%	26.4%	8.7%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Thu - 10/07/2021																
GHS Lunch	Total	450														
Chicken, Popcorn, GK KM/GH+	15 pieces	225	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	200	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 prep ared	200	35	0	240	0.00	0.00	0.0	0	0.0	0	1.0	7.0	1.0	0.50	0.00
Pizza, Assorted	1 slice	150	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	1	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	25	321	234	709	3.67	2.09	271.1	7024	47.97	*4	27.48	13.68	17.27	8.47	*0.00
Croutons - SKIP	2 Bags	25	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	25	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	25	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Beef Rib Sandwich, BBQ	Sandwich	50	277	35	628	3.65	2.87	52.0	100	1.2	7	18.24	32.47	8.94	3.32	0.01
Potatoes, Mashed Idah'n 3/4CSK	#6	50	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 prep ared	50	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	350	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	275	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	275	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	280	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	270	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	160	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	445	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			720	73	1280	7.25	3.47	483.1	5108	12.59	*38	35.74	98.98	21.27	5.15	*0.00
% of Calories											*21.3%	19.8%	55.0%	26.6%	6.4%	*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**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/08/2021																
GHS Lunch	Total	450														
Chicken Sand, Cordon Bleu+	1 Ck/1CH /1H/1B	75	556	80	1166	3.00	1.26	170.0	200	0.0	*2	36.5	61.5	19.5	6.50	0.00
Fr Fries CC McCain 3/8"3/4C +	3.09 oz	70	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	275	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	250	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	50	321	234	709	3.67	2.09	271.1	7024	47.97	*4	27.48	13.68	17.27	8.47	*0.00
Croutons - SKIP	2 Bags	50	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	50	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	50	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	50	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	40	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	50	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	230	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	220	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Cole Slaw - #8 - 1/2 Cup+	#8 - 1/2 Cu	270	36	2	104	0.74	0.13	14.4	480	10.23	*3	0.03	4.91	1.81	0.20	*0.00
Fruit, Mixed - 1/2 Cup	4oz spdl- 1/2C	295	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	200	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	40	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	200	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	440	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			798	81	1273	6.48	3.49	607.1	5293	18.19	*37	34.92	109.10	25.62	7.29	*0.00
% of Calories											*18.8%	17.5%	54.7%	28.9%	8.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/11/2021																
GHS Lunch	Total	450														
Chicken Tdrs, TY - 4 GHS	4 Tenders	175	320	60	540	2.00	2.16	0.0	0	0.0	4	26.0	16.0	16.0	3.00	0.00
Wrap, Chicken Tdrs, GHS @	1T3Tnd1 Ch1/4L	50	520	75	745	4.50	3.06	600.0	300	0.0	5	30.5	42.0	25.5	10.75	0.00
Sweet Pot Fries Hvst Spl 3/4C+	3/4 Cup	140	127	0	180	2.11	0.38	21.1	5283	2.54	7	1.06	20.08	4.75	1.06	0.53
Pizza, Tony's Smt Chs WG 4x6+	1 Slice	75	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	75	300	25	470	5.00	2.70	150.0	0	0.0	8	16.0	35.0	10.0	4.50	0.00
Sweet Pot Fries Hvst Spl 3/4C+	3/4 Cup	100	127	0	180	2.11	0.38	21.1	5283	2.54	7	1.06	20.08	4.75	1.06	0.53
Salad, Chicken Caesar +	1 Salad	25	196	68	439	1.74	0.70	178.4	5590	3.94	*1	22.44	6.54	7.32	3.39	0.00
Croutons - SKIP	2 Bags	25	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	25	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Bag of Chips SK	1 Bag	25	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Ham* Sliders, Hot - 2+	2 Sandwi ches	50	341	45	1223	2.00	2.52	292.6	304	0.0	6	22.09	41.03	10.08	4.54	0.00
Sweet Pot Fries HvsSpl 3/4CSK+	3/4 Cup	30	127	0	180	2.11	0.38	21.1	5283	2.54	7	1.06	20.08	4.75	1.06	0.53
Carrots,Frozen,Swt 1/2 Cup+	#8 - 1/2 cu	200	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
Carrots & 1/4 C Raw Skip +	1 bag	220	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	220	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	290	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Cherries, Tart, Dried USDA+	1/4 Cup	175	133	0	5	1.00	0.00	0.0	0	0.0	27	1.0	32.0	0.0	0.00	0.00
Cookie, Sugar, WG RF 1oz Otis#	1 Cookie	400	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 tbsps	150	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	440	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			780	64	1114	8.94	5.78	505.6	14721	5.25	*51	33.48	108.85	22.74	6.52	0.32
% of Calories											*26.1%	17.2%	55.8%	26.2%	7.5%	0.4%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/12/2021																
GHS Lunch	Total	450														
Chicken, Gen TSO, Lin-KMS/GH S%	8oz spoodl	200	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	200	170	0	0	1.00	1.08	10.0	0	0.0	0	4.0	36.0	1.5	0.00	0.00
Pizza, Bosco, SC WG +	1/8 Pizza	170	310	25	540	3.00	0.36	420.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Potatoes, Waffle McCain3/4C+	6 oz	165	320	0	640	2.00	0.72	0.0	0	0.0	0	4.0	38.0	20.0	3.00	0.00
Salad, Chef +	1 Salad	30	321	234	709	3.67	2.09	271.1	7024	47.97	*4	27.48	13.68	17.27	8.47	*0.00
Croutons - SKIP	2 Bags	30	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	30	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	30	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Egg Salad Sandwich Crsst+	1 Crsst/#10ES	10	415	353	520	2.14	3.62	61.8	0	0.59	6	17.09	32.35	25.21	6.80	0.00
Sloppy Joe, #12-KMS/GHS@	#12 Mt/1 Bun	40	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Potatoes, Waffle McCain3/4CSK+	6 oz	40	320	0	640	2.00	0.72	0.0	0	0.0	0	4.0	38.0	20.0	3.00	0.00
Vegetables, Midori Blend 1/2C+	1/2 C	185	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	215	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	215	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	305	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	290	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	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	440	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			800	83	1311	5.06	2.98	503.9	7305	10.18	*49	35.84	116.61	22.46	5.03	*0.00
% of Calories											*24.4%	17.9%	58.3%	25.3%	5.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/13/2021																
GHS Lunch	Total	450														
Chicken Sand, Filet Brd +	1 Filet/1 Bu	170	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 +	3/4 C - 3. 6 oz	162	180	0	202	3.00	0.54	0.0	0	13.5	0	1.5	30.0	6.0	0.75	0.00
Pizza, Tony's FB Multi Cheese+ Marinara Sauce, 1 oz (2)Sk \$	6" FB Pizza 2 - 1 oz cu	170	290	20	440	0.00	2.52	360.0	750	6.0	4	17.0	33.0	11.0	4.00	0.00
Fr Fries 1/2"Strt Snd 3/4C +	3/4 C - 3. 6 oz	160	180	0	202	3.00	0.54	0.0	0	13.5	0	1.5	30.0	6.0	0.75	0.00
Salad, Chef +	1 Salad	40	321	234	709	3.67	2.09	271.1	7024	47.97	*4	27.48	13.68	17.27	8.47	*0.00
Croutons - SKIP	2 Bags	40	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	40	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	40	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Hamburger - KMS/GHS+	1Bgr/1Bun	70	317	50	438	3.65	2.51	52.0	0	0.0	3	18.24	27.47	13.94	5.32	1.01
Fr Fries 1/2"Strt Snd 3/4C SK+	3/4 C - 3. 6 oz	68	180	0	202	3.00	0.54	0.0	0	13.5	0	1.5	30.0	6.0	0.75	0.00
Broccoli, Raw Skip	1/4 cup	315	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
Broccoli, Raw Skip	1/4 cup	315	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
Cucumber Slices 1/4 C	1/4 C	315	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	300	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	305	50	0	0	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Cranberries, Dried %	1/4 Cup	185	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	260	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	25	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	100	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	447	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			760	63	1223	8.49	3.44	504.5	1821	48.86	*42	32.94	111.32	21.33	4.88	*0.16
Nutrient Guideline			750-850		1420						*22.1%	17.3%	58.6%	25.3%	5.8%	*0.2%

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/14/2021																
GHS Lunch	Total	450														
Spaghetti Sauce w/Meat KM/GHS+	8 oz Spoodle	140	234	43	407	3.78	3.90	45.7	812	11.95	*3	15.99	15.75	12.66	4.65	*0.72
Spaghetti w/NO MEAT Sce - GH S@	#8Spdl/6ozSce	60	81	0	264	3.20	2.15	26.9	943	13.88	*4	3.11	17.09	0.43	0.04	*0.00
Pasta, Cavatappi WG 2 Br	8 oz spoodl	200	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	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
Pizza, Bosco, PPan Cheese#	Pizza	165	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	140	194	0	464	2.99	0.00	0.0	0	5.39	0	2.99	23.94	8.98	1.50	0.00
Salad, Mediterranean Chicken + Croutons - SKIP	1 Salad	35	344	91	948	3.93	2.52	231.9	1931	15.2	*4	23.33	17.7	19.25	5.84	*0.00
Salad Drsg, Greek, Skip +	2 Bags	35	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 TBSP	35	100	0	280	0.00	0.00	0.0	0	0.0	1	0.0	1.0	11.0	1.50	0.00
Grilled Cheese Sand-2 mt @	1 Bag	35	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Soup, Tomato, Cond, - KMS/GHS	2 brd/4 sl c chs	50	278	30	717	2.40	1.44	440.0	600	0.0	7	19.24	28.9	9.9	5.28	0.00
Potatoes, Tater Tot MC 3/4CSK+	8 oz	50	180	0	960	2.00	1.44	0.0	800	12.0	*N/A*	4.0	40.0	0.0	0.00	0.00
Beans. Green, Simplot-1/2cup+	3.77 oz	50	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 +	4oz spdl-1/2C	200	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
Salad Drsg, Ranch HM RF RS SK*	2 bags	235	30	0	50	2.00	0.72	20.0	12410	0.0	4	2.0	8.0	0.0	0.00	0.00
Bananas	1 TBSP	235	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 Banana	280	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Ketchup, Skip%	1 - 4 oz Cu	295	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	2 tbsp	175	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average % of Calories	8 oz Carton	440	108	6	166	0.00	0.00	300.0	500	1.2	*16	8.0	18.59	0.3	0.18	0.00
Nutrient Guideline			815	41	1281	12.71	6.30	581.2	8146	25.02	*42	34.46	127.01	20.40	6.26	*0.22
			750-850		1420						*20.5%	16.9%	62.3%	22.5%	6.9%	*0.2%
																<10.00

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/15/2021																
GHS Lunch	Total	450														
Chicken Sand, Patty Brd @	1 Patty/1 Bun	110	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 Patty	50	417	25	648	5.65	4.13	72.0	100	0.0	*3	21.24	43.47	16.94	3.32	0.01
Fr Fries CC McCain 3/8"3/4C +	3.09 oz	145	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	190	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	180	135	0	173	0.00	0.54	0.0	0	3.6	0	1.5	21.0	4.5	0.00	0.00
Salad, Mediterranean Chicken +	1 Salad	40	344	91	948	3.93	2.52	231.9	1931	15.2	*4	23.33	17.7	19.25	5.84	*0.00
Croutons - SKIP	2 Bags	40	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Greek, Skip +	2 TBSP	40	100	0	280	0.00	0.00	0.0	0	0.0	1	0.0	1.0	11.0	1.50	0.00
Bag of Chips SK	1 Bag	40	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, Pot Crst Filet, Pollak-2	2 Filets	60	380	70	660	2.00	1.44	0.0	0	0.0	0	20.0	26.0	22.0	3.00	0.00
Fr Fries CC McCain3/8"3/4CSK+	3.09 oz	60	135	0	173	0.00	0.54	0.0	0	3.6	0	1.5	21.0	4.5	0.00	0.00
Tartar Sauce, Skip%	2 TBSP	40	37	3	149	0.08	0.05	3.0	4	0.4	*3	0.08	3.49	2.56	0.28	0.00
Cole Slaw - #8 - 1/2 Cup+	#8 - 1/2 Cu	290	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	220	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	220	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	310	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 %	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 tbsps	160	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	100	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	441	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			771	53	1254	6.80	3.98	508.1	4519	15.03	*43	30.98	102.29	27.11	5.58	*0.00
% of Calories											*22.3%	16.1%	53.1%	31.6%	6.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/18/2021																
GHS Lunch	Total	450														
Meatballs w/Gravy - 6@	6MB& Gvy	60	221	64	877	1.20	1.20	27.6	0	0.0	*1	16.4	8.4	13.0	4.80	0.72
Turkey & Gravy KMS/GHS\$	6 oz spoodl	40	180	75	690	0.00	1.08	0.0	0	0.0	0	24.0	3.0	9.0	3.00	0.00
Roll, WG 2oz Rich's \$	1 roll	1	170	0	135	3.00	1.44	0.0	0	0.0	3	7.0	28.0	3.0	0.50	0.00
Potatoes, Mashed Idah'n 3/4C+	#6	80	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 prep ared	65	35	0	240	0.00	0.00	0.0	0	0.0	0	1.0	7.0	1.0	0.50	0.00
Cheese Bites, Wild Mikes 5 +	5 Bites	200	350	50	575	0.00	0.00	400.0	0	0.0	5	25.0	35.0	12.5	7.50	0.00
Marinara Sauce, 1 oz (2)Sk \$	2 - 1 oz cu	175	30	0	240	2.00	0.00	0.0	0	0.0	4	2.0	6.0	0.0	0.00	0.00
Bag of Chips SK	1 Bag	140	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Salad, Mediterranean Chicken +	1 Salad	50	344	91	948	3.93	2.52	231.9	1931	15.2	*4	23.33	17.7	19.25	5.84	*0.00
Croutons - SKIP	2 Bags	50	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Greek, Skip +	2 TBSP	50	100	0	280	0.00	0.00	0.0	0	0.0	1	0.0	1.0	11.0	1.50	0.00
Bag of Chips SK	1 Bag	40	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	100	392	65	700	3.65	2.51	158.3	152	0.0	4	23.78	28.48	19.98	8.09	1.01
Bag of Chips SK	1 Bag	100	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, Frozen - 1/2C	4oz spdl-1/2C	290	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 & 1/2 C Raw Skip +	2 bags	305	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	305	31	3	90	0.00	0.00	0.1	0	0.0	*0	0.0	0.68	3.05	0.34	0.00
Apples, Cinnamon - Warm +	4oz spdl-1/2C	325	151	0	2	4.22	0.37	14.6	73	0.35	*16	0.51	38.85	0.66	0.10	*0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	300	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	445	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			805	70	1282	9.21	2.62	574.6	9310	7.79	*44	37.75	118.52	21.74	7.61	*0.32
Nutrient Guideline			750-850		1420						*21.8%	18.8%	58.9%	24.3%	8.5%	*0.4%

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/19/2021																
GHS Lunch	Total	450														
Chicken, Mand Org-Ling KM/GH+	8 oz spoodl	225	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	225	170	0	0	1.00	1.08	10.0	0	0.0	0	4.0	36.0	1.5	0.00	0.00
Pizza, Tony's Smt Chs WG 4x6+	1 Slice	75	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	75	329	23	581	4.00	3.53	250.0	500	0.0	8	17.89	35.42	11.94	4.31	0.00
Potatoes, Hash Brown Patty +	2.22 oz P atty	150	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	25	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	25	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	25	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	25	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	50	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	50	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 P atty	50	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 & Celery - 3 oz	3 oz Veg	265	23	0	63	1.87	0.21	31.0	7295	3.83	3	0.69	5.34	0.17	0.03	0.00
Carrots & Celery - 3 oz	3 oz Veg	265	23	0	63	1.87	0.21	31.0	7295	3.83	3	0.69	5.34	0.17	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	265	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	305	65	0	7	1.70	0.33	7.9	363	2.13	*N/A*	0.54	16.79	0.11	0.01	*N/A*
Juice, Cup, Assorted \$	1 - 4 oz Cu	335	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	125	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	448	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			720	102	1013	6.36	3.29	453.0	9967	12.27	*43	31.51	106.38	18.66	4.72	*0.00
% of Calories											*23.8%	17.5%	59.1%	23.3%	5.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/20/2021																
GHS Lunch	Total	450														
Chicken Sand, Filet Brd +	1 Filet/1 Bu	125	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	175	430	25	700	6.00	3.60	450.0	750	4.8	*N/A*	23.0	57.0	12.0	6.00	0.00
Salad, Chicken Caesar +	1 Salad	50	196	68	439	1.74	0.70	178.4	5590	3.94	*1	22.44	6.54	7.32	3.39	0.00
Croutons - SKIP	2 Bags	50	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Ceasar, Skip +	2 TBSP	50	110	10	260	0.00	0.00	0.0	0	0.0	1	0.0	2.0	12.0	2.00	0.00
Corn Puppies, Tky JTM-8^	8 pieces	100	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 - WG 1.5oz Bag%	1.5 oz Bag	360	200	0	170	3.00	0.90	0.0	0	0.0	0	3.0	30.0	8.0	1.00	0.00
Salsa, Corn & Black Bean 1/2C	#8 - 4 oz serv	310	56	0	89	1.43	0.48	10.1	552	23.67	*2	1.76	6.05	0.82	0.14	*0.00
Carrots & 1/2 C Raw Skip +	2 bags	325	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	320	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	315	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	275	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	85	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 tbsps	80	40	0	100	0.00	0.00	0.0	200	2.4	8	0.0	8.0	0.0	0.00	0.00
Mustard, skip	2 tsp	20	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	446	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			813	48	1205	11.11	4.15	547.1	11966	43.99	*41	34.55	118.28	22.84	5.15	*0.00
% of Calories											*20.2%	17.0%	58.2%	25.3%	5.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/21/2021																
GHS Lunch	Total	450														
Taco, Soft Shell (1)#10 KM/GH+	1T-1#10	105	457	104	768	4.48	4.36	629.5	300	0.0	2	31.66	32.95	23.83	12.19	0.00
	M-1ozCh															
Fajita, Chicken - KMS/GHS+	1T/3ozCK /1ozCH	70	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	140	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	65	35	10	0	0.00	0.00	50.0	0	0.0	1	2.0	2.0	2.5	1.50	0.00
Bosco Stk, 6" WGRF, 2 KMS/GHS#	2 Bosco Sticks	175	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	170	30	0	240	2.00	0.00	0.0	0	0.0	4	2.0	6.0	0.0	0.00	0.00
Salad, Chef +	1 Salad	50	321	234	709	3.67	2.09	271.1	7024	47.97	*4	27.48	13.68	17.27	8.47	*0.00
Croutons - SKIP	2 Bags	50	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	50	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	50	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Soup, HM Chicken Dump - 12oz	12 oz Ser ving	50	216	94	935	2.42	1.84	45.4	10875	8.21	*3	28.04	17.26	4.81	0.36	0.00
Bosco Stk, 6" WG RF, 1#	1 Bosco Stick	50	150	15	220	2.00	1.08	200.0	200	0.0	1	10.0	17.0	5.0	2.50	0.00
Beans, Refried, Cheesy 1/2C +	#8 - 1/2 Cu	200	136	0	512	5.83	1.93	48.6	0	2.32	1	7.79	22.48	0.0	0.00	0.00
Carrots & 1/2 C Raw Skip +	2 bags	310	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	310	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 sli ces	320	28	0	1	1.31	0.07	3.3	29	2.51	6	0.14	7.53	0.09	0.02	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	305	60	0	10	0.00	0.00	0.0	0	1.2	13	0.0	14.0	0.0	0.00	0.00
Graham Snacks, Elf, Choc WG+	1 Pouch	325	120	0	125	2.00	1.26	100.0	500	0.0	7	2.0	21.0	4.0	1.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	445	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	101	1441	11.59	5.85	868.6	11727	11.15	*41	42.65	103.65	22.68	9.15	*0.00
% of Calories											*21.3%	22.0%	53.6%	26.4%	10.6%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/22/2021																
GHS Lunch	Total	450														
Lasagna, Roll-Up, Chs, WG-2 \$	2 Roll-Ups	100	549	40	1005	6.73	3.99	623.0	1605	23.84	*13	32.65	72.58	12.37	7.04	*0.00
Breadstick NY Garlic - 1+	1 Breadstic	80	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 Assorted	slice	150	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	140	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	50	321	234	709	3.67	2.09	271.1	7024	47.97	*4	27.48	13.68	17.27	8.47	*0.00
Croutons - SKIP	2 Bags	50	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	50	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	50	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, BD Assorted	slice	150	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 McCain3/4C SK	3.23 oz	142	150	0	240	1.50	0.00	0.0	0	0.0	0	1.5	25.54	4.51	0.00	0.00
Carrots,Frozen,Swt 1/2 Cup+	#8 - 1/2 cu	280	36	0	54	2.99	0.48	31.8	15357	2.09	4	0.53	7.49	0.62	0.11	0.00
Carrots & 1/4 C Raw Skip +	1 bag	315	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	315	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	300	62	0	2	1.92	0.00	0.1	0	0.0	11	0.0	16.05	0.0	0.00	*0.00
Cherries, Tart, Dried USDA+	1/4 Cup	200	133	0	5	1.00	0.00	0.0	0	0.0	27	1.0	32.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	442	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			811	71	1236	9.59	3.82	731.8	15729	13.19	*48	35.36	115.05	23.83	7.94	*0.00
% of Calories											*23.8%	17.4%	56.8%	26.5%	8.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 10/25/2021</b>																
GHS Lunch	Total	450														
Chicken, Tangerine GD-KMS/GHS+	#8spoodl e - 4oz	225	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	225	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	100	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	100	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 (1)1/4C+	1 Tri-Tater	100	90	0	240	0.90	0.72	20.0	0	3.6	0	0.85	11.0	6.0	1.00	0.00
Salad, Loaded Veggie & Ham +	1 Salad	50	182	20	604	4.69	2.33	43.9	6732	53.38	*3	18.3	14.53	5.13	1.65	*0.00
Croutons - SKIP	2 Bags	50	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	50	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	50	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	75	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	75	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	75	120	0	30	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Potatoes, Tri-Tater (1)1/4CSK+	1 Tri-Tater	75	90	0	240	0.90	0.72	20.0	0	3.6	0	0.85	11.0	6.0	1.00	0.00
Vegetables, Calif Blen - 1/2C+	#8 - 1/2C	290	25	0	25	2.00	0.00	300.0	400	18.0	2	1.0	5.0	0.0	0.00	0.00
Carrots & 1/2 C Raw Skip +	2 bags	325	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	325	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	305	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	250	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	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, - 1%	8 oz Carton	348	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			698	86	973	9.32	3.58	551.1	10682	22.14	*42	28.19	109.47	18.57	5.27	*0.00
% of Calories											*24.1%	16.2%	62.8%	24.0%	6.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS 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 <sup>1</sup> (g)
Tue - 10/26/2021																
GHS Lunch	Total	450														
Chicken Nugg, Gld Kst - 8 +	8 Nuggets	225	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	225	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 prep ared	225	35	0	240	0.00	0.00	0.0	0	0.0	0	1.0	7.0	1.0	0.50	0.00
Pizza, Assorted	1 slice	150	360	30	555	3.75	2.34	417.5	575	2.1	*6	20.0	40.75	13.25	6.25	0.00
Salad, Loaded Veggie & Ham +	1 Salad	30	182	20	604	4.69	2.33	43.9	6732	53.38	*3	18.3	14.53	5.13	1.65	*0.00
Croutons - SKIP	2 Bags	30	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	30	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	30	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@	#12 Mt/1 Bun	45	310	31	1054	4.64	3.95	78.3	450	5.98	9	20.14	36.84	8.94	0.32	0.01
Beans. Green, Simplot-1/2cup+	4oz spdl-1/2C	300	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
Carrots & 1/2 C Raw Skip +	2 bags	305	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	305	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	315	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	340	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#	1 Cookie	355	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	175	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	448	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			749	67	1414	8.74	6.42	511.0	10568	15.16	*43 *23.0%	36.11 19.3%	110.17 58.9%	17.99 21.6%	4.94 5.9%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/27/2021																
GHS Lunch	Total	450														
Sub Bar - Ham* or Tky@	1H or 1T Sandwh	250	377	45	1073	6.00	0.39	100.0	150	0.0	9	25.92	45.75	9.5	3.33	0.00
Sub Bar Vegetables+	3/4 C	250	41	0	127	1.92	0.85	30.1	598	18.14	*1	1.39	5.4	1.94	0.26	*0.00
Pizza, Bosco, SC WG +	1/8 Pizza	100	310	25	540	3.00	0.36	420.0	750	3.6	4	19.0	34.0	11.0	5.00	0.00
Salad Bar, KMS/GHS. Skip@	2C Let w/ Topngs	50	465	120	1214	10.66	5.37	400.9	7334	24.91	*5	35.81	40.26	19.37	8.66	*0.00
Croutons - SKIP	2 Bags	50	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	50	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bratwurst in Bun\$	1 Brat/1 Bu	50	456	60	1226	2.29	2.16	70.0	0	0.0	4	16.2	30.49	29.1	9.34	0.03
Bag of Chips SK	1 Bag	400	113	0	108	1.33	0.36	13.3	167	0.8	*N/A*	2.0	18.67	3.0	0.33	0.00
Carrots & 1/2 C Raw Skip +	2 bags	300	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	300	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	250	108	0	9	1.63	0.65	22.5	0	0.83	24	1.2	28.75	0.09	0.03	0.00
Sidekick, Blue Rasp Lemon +	4.4 oz cup	400	90	0	30	0.00	0.00	80.0	1000	60.0	18	0.0	22.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	200	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	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	5	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	440	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			832	61	1544	10.15	3.01	620.2	11214	69.54	*55	37.21	123.27	22.21	6.12	*0.00
% of Calories											*26.6%	17.9%	59.2%	24.0%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/28/2021																
GHS Lunch	Total	450														
Spaghetti Sauce w/Meat KM/GHS+	8 oz Spoodle	125	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	75	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	200	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.5	0.00	0.00
Breadstick 6" NY WG 1oz1@	1 Breadstic	160	90	0	190	2.00	1.08	0.0	0	0.0	*N/A*	3.0	17.0	1.0	0.00	0.00
Pizza, Bosco, PPan Cheese#	Pizza	150	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	150	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	50	321	234	709	3.67	2.09	271.1	7024	47.97	*4	27.48	13.68	17.27	8.47	*0.00
Croutons - SKIP	2 Bags	50	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	50	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	50	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	50	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 recip	50	219	0	409	1.81	0.31	0.0	0	2.25	0	2.69	30.31	10.06	1.12	0.00
	e ingr															
Beans. Green, Simplot-1/2cup+	4oz spdl-1/2C	250	27	0	0	1.78	0.64	35.6	178	8.0	*0	0.89	5.47	0.0	0.00	0.00
Carrots & 1/2 C Raw Skip +	2 bags	305	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	305	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	315	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	300	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	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	10	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	446	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			888	88	1414	12.27	6.56	624.7	10342	19.13	*43	42.33	125.24	26.12	8.55	*0.21
% of Calories											*19.4%	19.1%	56.4%	26.5%	8.7%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/29/2021																
GHS Lunch	Total	450														
Chicken Sand, Filet Brd +	1 Filet/1 Bu	160	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 CC McCain 3/8"3/4C +	3.09 oz	160	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	180	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	180	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	50	321	234	709	3.67	2.09	271.1	7024	47.97	*4	27.48	13.68	17.27	8.47	*0.00
Croutons - SKIP	2 Bags	50	120	0	300	2.00	2.16	0.0	0	0.0	0	4.0	18.0	4.0	0.00	0.00
Salad Drsg, Asst GHS- Skip\$	1 TBSP	50	51	2	122	0.00	0.00	0.2	0	0.0	*1	0.0	1.81	4.81	0.60	0.00
Bag of Chips SK	1 Bag	50	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 \$	1 MTLF/1 Bun	60	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 CC McCain3/8"3/4CSK+	3.09 oz	60	135	0	173	0.00	0.54	0.0	0	3.6	0	1.5	21.0	4.5	0.00	0.00
Carrots & Cukes - 2 oz	2 oz Veg	295	14	0	23	0.96	0.33	13.6	3939	1.53	2	0.37	3.37	0.07	0.02	0.00
Broccoli, Raw Skip	1/4 cup	305	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
Broccoli, Raw Skip	1/4 cup	305	7	0	7	0.57	0.16	10.3	137	19.62	0	0.62	1.46	0.08	0.03	0.00
Salad Drsg, Ranch HM RF RS SK*	1 TBSP	305	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	315	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 %	1/4 Cup	275	93	0	1	2.00	0.00	0.0	0	0.0	20	0.0	25.0	0.0	0.00	0.00
Mayonnaise, Lite - Skip%	1 TBSP	130	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	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	10	0	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF SKIP+	8 oz Carton	446	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			784	73	1246	7.78	4.01	527.1	4640	41.59	*50	34.38	111.90	23.10	5.62	*0.00
% of Calories											*25.7%	17.5%	57.1%	26.5%	6.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			788	72	1292	9.00	4.27	599.4	8558	24.66	*45	34.59	113.36	23.03	6.60	*0.07
											*51.0%	17.6%	57.5%	26.3%	7.5%	*0.1%

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**Germantown School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

GHS Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	788		750 - 850	100%														
Cholesterol (mg)	72																	
Sodium 1 (mg)	1292		1420															
Sodium 2 (mg)	1292		1080						212	Correction Required - Sodium too High								
Fiber (g)	9.00																	
Iron (mg)	4.27																	
Calcium (mg)	599.4																	
Vitamin A (IU)	8558																	
Sugars (g)	45	22.68%				Missing												
Vitamin C (mg)	24.66																	
Protein (g)	34.59	17.55%																
Carbohydrate (g)	113.36	57.53%																
Total Fat (g)	23.03	26.30%																
Saturated Fat (g)	6.60	7.53%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.07	0.08%				Missing												

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