

**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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)
Fri - 09/01/2017																
6-8 BREAKFAST	Total	238														
ROLL: CINNAMON SUPER BAKERY	ROLL	125	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	84	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
cereal: cherrios	1 CUP	35	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: CINNAMON TOAST CRUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	15	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	13	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	21	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	160	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			478	14	625	6.97	*4.47	*395.9	936	*25.61	*43	12.25	95.21	6.22	1.42	*0.00
% of Calories											*36.1%	10.2%	79.6%	11.7%	2.7%	*0.0%
Nutrient Guideline			450-600		640										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/04/2017																
6-8 BREAKFAST	Total	242														
BREAKFAST ON A STICK K-12	1 EACH	84	202	25	313	3.03	1.82	20.2	20	0.0	4	7.07	17.17	10.1	2.53	0.00
POTATO:TATER TOTS 10 EA 0 0215	10 EACH	1	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
SYRUP, PANCAKE	2 OZ	84	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	35	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: CHEERIOS	1 cup	10	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: COOKIE CRISP	1 CUP	35	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	181	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	1	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			470	15	580	6.53	*4.15	*382.0	886	*25.13	*36 *30.9%	12.51 10.6%	92.29 78.5%	5.85 11.2%	1.21 2.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<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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Base Menu Spreadsheet

6-8 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Tue - 09/05/2017																
6-8 BREAKFAST																
FRENCH TOAST: STICKS, WW 43586	4 EACH	100	301	0	402	2.01	1.45	60.3	75	0.0	15	6.03	43.18	13.05	3.01	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	30	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	25	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	10	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
cereal: cherrios	1 CUP	10	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	25	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	182	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			472	6	616	6.60	*4.63	*465.0	863	*24.09	*41	12.72	91.19	7.63	1.58	*0.00
% of Calories											*35.1%	10.8%	77.2%	14.5%	3.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/06/2017																
6-8 BREAKFAST	Total	263														
PIZZA:BRKFST SAUSAGE	1 EACH	148	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	55	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: CHEERIOS	1 cup	20	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: RAISIN BRAN	1 cup	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	35	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	90	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	50	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	50	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	179	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			461	14	696	7.11	*4.82	*407.0	942	*27.07	*40 *34.4%	14.49 12.6%	87.24 75.8%	6.30 12.3%	1.52 3.0%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<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)
Thu - 09/07/2017																
6-8 BREAKFAST	Total	268														
SAND BKFST:HAM,EGG,CH/BU N 6-12	1 EACH	120	135	197	436	0.00	0.72	95.9	505	0.0	1	10.7	2.57	8.62	5.07	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COOKIE CRISP	1 CUP	35	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
cereal: cherrios	1 CUP	35	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: CHEERIOS	1 cup	25	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	40	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	50	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	35	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	183	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			398	94	623	5.59	*3.95	*389.4	1082	*23.69	*34 *34.7%	14.25 14.3%	72.88 73.3%	5.95 13.5%	2.59 5.9%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

Portion Values - Detailed

Page 6

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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)
Fri - 09/08/2017																
6-8 BREAKFAST	Total	238														
ROLL: CINNAMON SUPER BAKERY	ROLL	130	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	84	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	25	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	25	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	21	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	160	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			479	14	611	7.10	*5.03	*439.2	921	*25.11	*44	12.20	95.32	6.39	1.46	*0.00
% of Calories											*36.4%	10.2%	79.7%	12.0%	2.8%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Mon - 09/11/2017																
6-8 BREAKFAST	Total	242														
YOGURT: W/ GRANOLA	1 EACH	100	163	2	85	1.00	0.48	306.4	0	1.2	*N/A*	3.17	33.31	1.5	0.17	0.00
POTATO:TATER TOTS 10 EA 0 0215	10 EACH	50	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
TOAST, WHOLE WHEAT	1 EACH	50	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	35	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: CHEERIOS	1 cup	10	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: RAISIN BRAN	1 CUP	35	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
cereal: cherrios	1 CUP	10	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	90	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	50	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	50	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	40	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	181	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			481	7	584	7.43	*4.99	*594.9	904	*30.09	*40 *33.1%	12.18 10.1%	98.66 82.1%	4.76 8.9%	0.75 1.4%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/12/2017																
6-8 BREAKFAST	Total	242														
SAND BKFST:SAU,EGG,CH/BU N 6-12	1 EACH	100	258	242	604	0.00	2.72	117.9	578	0.0	2	24.04	3.51	15.56	6.74	0.00
TOAST, WHOLE WHEAT	1 EACH	50	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	35	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	35	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	10	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	90	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	50	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	50	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	40	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	181	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			480	106	711	6.51	*5.94	*519.6	1145	*28.68	*41 *34.0%	20.25 16.9%	81.82 68.1%	8.71 16.3%	3.09 5.8%	*0.00 *0.0%
Nutrient Guideline			450-600		640										<10.00	

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/13/2017																
6-8 BREAKFAST	Total	263														
PIZZA:BRKFST SAUSAGE	1 EACH	150	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	55	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: CHEERIOS	1 cup	18	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: COOKIE CRISP	1 CUP	10	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	35	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	90	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	90	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	60	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	50	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	179	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			467	14	700	7.20	*5.56	*484.4	936	*24.63	*41 *35.5%	14.55 12.5%	88.80 76.1%	6.34 12.2%	1.53 3.0%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/14/2017																
6-8 BREAKFAST	Total	268														
BURRITO BRKFST w/POTATO	1 EACH	105	157	94	357	1.26	0.36	121.9	647	2.26	*0	6.74	11.06	8.76	2.62	*0.00
SYRUP, PANCAKE	2 OZ	1	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	25	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	52	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
cereal: cherrios	1 CUP	50	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: CHEERIOS	1 cup	28	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	8	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	183	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			398	42	536	6.23	*5.38	*464.4	1190	*25.06	*34 *34.3%	11.96 12.0%	75.87 76.2%	5.67 12.8%	1.35 3.1%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Fri - 09/15/2017																
6-8 BREAKFAST	Total	238														
ROLL: CINNAMON SUPER BAKERY	ROLL	145	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	84	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	25	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
CEREAL: CINNAMON TOAST CRUNCH	1 cup	20	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	100	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	75	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	75	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	21	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	160	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			509	15	607	7.82	*4.05	*381.7	901	*30.05	*49	12.41	102.29	6.52	1.56	*0.00
% of Calories											*38.7%	9.8%	80.4%	11.5%	2.8%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/18/2017																
6-8 BREAKFAST	Total	242														
BREAKFAST ON A STICK K-12	1 EACH	84	202	25	313	3.03	1.82	20.2	20	0.0	4	7.07	17.17	10.1	2.53	0.00
POTATO:TATER TOTS 10 EA 0 0215	10 EACH	1	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
SYRUP, PANCAKE	2 OZ	84	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	35	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: CHEERIOS	1 cup	10	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: COOKIE CRISP	1 CUP	35	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	181	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	1	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			470	15	580	6.53	*4.15	*382.0	886	*25.13	*36 *30.9%	12.51 10.6%	92.29 78.5%	5.85 11.2%	1.21 2.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Tue - 09/19/2017																
6-8 BREAKFAST																
FRENCH TOAST: STICKS, WW 43586	4 EACH	100	301	0	402	2.01	1.45	60.3	75	0.0	15	6.03	43.18	13.05	3.01	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	30	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	25	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	10	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
cereal: cherrios	1 CUP	10	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	25	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	182	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			472	6	616	6.60	*4.63	*465.0	863	*24.09	*41	12.72	91.19	7.63	1.58	*0.00
% of Calories											*35.1%	10.8%	77.2%	14.5%	3.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/20/2017																
6-8 BREAKFAST	Total	263														
PIZZA:BRKFST SAUSAGE	1 EACH	148	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	55	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: CHEERIOS	1 cup	20	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: RAISIN BRAN	1 cup	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	35	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	90	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	50	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	50	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	179	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			461	14	696	7.11	*4.82	*407.0	942	*27.07	*40 *34.4%	14.49 12.6%	87.24 75.8%	6.30 12.3%	1.52 3.0%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/21/2017																
6-8 BREAKFAST	Total	268														
SAND BKFST:HAM,EGG,CH/BU N 6-12	1 EACH	120	135	197	436	0.00	0.72	95.9	505	0.0	1	10.7	2.57	8.62	5.07	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COOKIE CRISP	1 CUP	35	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
cereal: cherrios	1 CUP	35	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: CHEERIOS	1 cup	25	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	40	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	50	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	35	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	183	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			398	94	623	5.59	*3.95	*389.4	1082	*23.69	*34 *34.7%	14.25 14.3%	72.88 73.3%	5.95 13.5%	2.59 5.9%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/22/2017																
6-8 BREAKFAST	Total	238														
ROLL: CINNAMON SUPER BAKERY	ROLL	130	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	84	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	25	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	25	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	21	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	160	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			479	14	611	7.10	*5.03	*439.2	921	*25.11	*44	12.20	95.32	6.39	1.46	*0.00
% of Calories											*36.4%	10.2%	79.7%	12.0%	2.8%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/25/2017																
6-8 BREAKFAST	Total	242														
BREAKFAST ON A STICK K-12	1 EACH	84	202	25	313	3.03	1.82	20.2	20	0.0	4	7.07	17.17	10.1	2.53	0.00
POTATO:TATER TOTS 10 EA 0 0215	10 EACH	1	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
SYRUP, PANCAKE	2 OZ	84	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	35	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: CHEERIOS	1 cup	10	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: COOKIE CRISP	1 CUP	35	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	181	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	1	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			470	15	580	6.53	*4.15	*382.0	886	*25.13	*36 *30.9%	12.51 10.6%	92.29 78.5%	5.85 11.2%	1.21 2.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Tue - 09/26/2017																
6-8 BREAKFAST																
FRENCH TOAST: STICKS, WW 43586	4 EACH	100	301	0	402	2.01	1.45	60.3	75	0.0	15	6.03	43.18	13.05	3.01	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	30	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	25	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	10	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
cereal: cherrios	1 CUP	10	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	25	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	182	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			472	6	616	6.60	*4.63	*465.0	863	*24.09	*41	12.72	91.19	7.63	1.58	*0.00
% of Calories											*35.1%	10.8%	77.2%	14.5%	3.0%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	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 <sup>1</sup> (g)
Wed - 09/27/2017																
6-8 BREAKFAST	Total	263														
PIZZA:BRKFST SAUSAGE	1 EACH	148	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	55	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: CHEERIOS	1 cup	20	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: RAISIN BRAN	1 cup	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	35	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	90	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	50	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	50	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	179	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			461	14	696	7.11	*4.82	*407.0	942	*27.07	*40 *34.4%	14.49 12.6%	87.24 75.8%	6.30 12.3%	1.52 3.0%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/28/2017																
6-8 BREAKFAST	Total	268														
SAND HOT:EGG/CHEESE 6-12 BFAST	1 EACH	120	276	188	537	3.00	2.52	295.9	472	0.0	5	14.53	33.01	9.56	4.03	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COOKIE CRISP	1 CUP	35	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
cereal: cherrios	1 CUP	35	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: CHEERIOS	1 cup	25	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	40	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	50	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	35	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	183	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			461	90	669	6.93	*4.76	*479.0	1067	*23.69	*36 *31.5%	15.96 13.9%	86.51 75.1%	6.36 12.4%	2.12 4.2%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

6-8 BREAKFAST

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 - 09/29/2017																
6-8 BREAKFAST	Total	238														
ROLL: CINNAMON SUPER BAKERY	ROLL	130	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	84	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	25	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	25	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	21	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMMOO	1 HALF PINT	160	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			479	14	611	7.10	*5.03	*439.2	921	*25.11	*44	12.20	95.32	6.39	1.46	*0.00
% of Calories											*36.4%	10.2%	79.7%	12.0%	2.8%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			463	30	628	6.78	*4.71	*437.1	956	*25.69	*40	13.51	89.19	6.43	1.64	*0.00
											*77.5%	11.7%	77.1%	12.5%	3.2%	*0.0%

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# Granite School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

6-8 BREAKFAST

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)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	463		450 - 600	100%				
Cholesterol (mg)	30							
Sodium (mg)	628		640					
Fiber (g)	6.78							
Iron (mg)	4.71				Missing			
Calcium (mg)	437.1				Missing			
Vitamin A (IU)	956							
Sugars (g)	40	34.43%			Missing			
Vitamin C (mg)	25.69				Missing			
Protein (g)	13.51	11.69%						
Carbohydrate (g)	89.19	77.12%						
Total Fat (g)	6.43	12.51%						
Saturated Fat (g)	1.64	3.18%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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