
Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**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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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017																
9-12 LUNCH	Total	100														
CHICKEN,ASIAN ORNG:w/RICE K-12	servings	15	400	34	344	3.35	2.03	25.4	175	3.89	*10	15.75	47.45	16.66	2.84	*0.00
EGG ROLL, VEG 3 oz 6-12	1 EACH	15	140	5	270	2.00	1.44	40.0	500	9.0	*N/A*	4.0	22.0	4.5	1.00	0.00
CHICKEN: WG NUGGETS K-12	5 EACH	1	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	1	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	14	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	4	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	24	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	7	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	6	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:MEAT LOVERS:SCRATCH 6-12	1 SLICE	7	407	42	842	3.83	1.44	425.8	365	3.38	3	24.42	36.87	17.8	9.54	0.00
SAND COLD:TKY/CH SANDWI CH 6-8	1 EACH	5	311	52	1018	4.00	2.01	155.9	230	0.0	6	28.54	32.1	8.94	3.83	0.00
SAND COLD:HAM/CH/ WG SAND 6-8	1 EACH	5	276	42	858	4.00	1.44	155.9	231	0.0	6	19.23	33.79	9.83	4.68	0.00
SAND COLD:COMBO:HAM TK CH 6-8	1 EACH	1	293	47	1147	4.00	1.44	155.9	227	0.0	*5	24.14	33.32	8.96	4.04	0.00
SAND COLD:BEEF ROAST 6-8	1 EACH	1	254	28	819	4.00	1.99	155.9	222	0.0	4	17.87	32.02	7.7	3.42	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT:CHICKEN FIESTA 6-12	1 EACH	5	174	38	580	3.47	2.45	101.8	924	6.52	*1	15.22	15.12	5.9	3.09	0.00
CHIP, CORN WG TOSTITO 2 oz	20 chips	5	243	0	283	4.05	0.73	40.5	0	0.0	0	4.05	44.55	6.07	1.01	0.00
POTATO:TATER TOTS 10 EA 0215	10 EACH	40	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
BROCCOLI, FRESH	1/2 CUP	60	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.01	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	60	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	60	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017																
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
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	10	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			727	51	1375	*9.00	*3.11	*591.0	*1447	*65.82	*45 *24.7%	31.93 17.6%	102.58 56.4%	21.56 26.7%	7.39 9.2%	*0.14 *0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/02/2017																
9-12 LUNCH	Total	100														
ZITI: BAKED-sec	1.3 CUP	10	409	48	863	4.53	3.77	139.8	352	9.1	*7	25.69	49.86	13.29	5.82	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	14	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	1	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	14	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	10	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:HAWAIIAN:SCRATCH 6-12	1 SLICE	5	371	34	740	3.64	1.30	418.2	364	3.38	3	22.57	36.29	14.93	8.49	0.00
SAND COLD:TKY & CH WG SU B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	1	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	5	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	3	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	3	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK PARMESA N 6-12	1 EACH	3	143	50	581	1.25	0.65	115.3	842	10.9	*2	18.78	4.82	4.91	2.05	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	3	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO:TATER TOTS 10 EA 0215	10 EACH	20	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	25	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
PEAR, FRESH K-12	1 EACH	60	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	*N/A*
RAISINS, SEEDLESS K-12 4 T BSP	1/4 CUP	60	108	0	4	1.34	0.68	18.1	0	0.83	21	1.11	28.7	0.17	0.02	*N/A*
PEARS DICED CND, OREGON	1/2 CUP	70	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/02/2017																
TRAIL																
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	15	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	1 OZ	15	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			714	49	1186	*11.69	*3.36	*536.5	*3962	*14.43	*56 *31.1%	29.80 16.7%	112.98 63.3%	17.78 22.4%	6.48 8.2%	*0.07 *0.1%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/03/2017																
9-12 LUNCH	Total	100														
SAND HOT: GRILLED CHEESE K-12	1 EACH	10	270	25	700	4.00	1.44	230.0	320	0.0	5	13.0	32.0	11.0	5.00	0.00
CHILI w/BEEF & BEANS 6-12	1/2 CUP	10	226	39	484	7.00	3.77	57.1	459	6.07	*0	20.84	18.56	9.05	3.58	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	14	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	1	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	24	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:VEGGIE:SCRATCH 6-12	1 SLICE	5	379	30	817	4.50	1.74	428.6	448	14.68	3	22.01	37.79	15.49	8.42	0.00
SAND COLD:TKY & CH WG SU B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	1	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	5	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: VEGETARIAN: 6-12	1 EACH	5	157	15	201	5.18	1.73	249.0	774	8.89	*1	12.0	12.91	6.26	4.08	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO:TATER TOTS 10 EA 0 0215	10 EACH	40	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
POTATO: SWEET, FRIES	1/2 CUP	30	173	0	147	4.00	0.48	26.7	4667	8.0	9	1.33	29.33	6.0	0.00	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CABBAGE: COLESLAW	1/2 cup	60	10	*0	9	*0.88	*0.16	*14.0	*36	*12.81	*1	0.45	2.39	0.04	0.01	0.00
FRUIT MIX,CND/EXLT SYR DEL MON	1/2 CUP	60	60	0	5	1.00	0.36	0.0	100	3.6	12	0.0	15.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/03/2017																
GRAPES, FRESH	1/2 CUP	70	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
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
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			732	*50	1405	*10.06	*3.45	*570.4	*2578	*21.63	*44	31.64	101.66	22.42	7.33	*0.12
Nutrient Guideline			750-850		1420						*24.1%	17.3%	55.5%	27.5%	9.0%	<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/06/2017																
9-12 LUNCH																
	Total	100														
SALISBURY STEAK/GRAVY 6-12	1 EACH	15	256	55	2004	0.00	1.44	25.5	100	1.2	*0	18.32	23.26	10.0	4.00	*0.50
BREADSTICK, SCRATCH 2 oz	2 OZ	1	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
K-12																
POTATO:MASHED, instant	1/2 CUP	1	64	0	91	0.80	0.29	18.8	4	24.0	1	1.6	13.6	0.8	0.00	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	5	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	5	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	10	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	10	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:SAUSAGE Bold 6-8, 9-12	1 SLICE	5	453	47	567	4.06	2.48	324.8	376	0.0	8	20.94	43.08	20.66	9.07	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	5	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK MANDARIN 6-12	1 EACH	5	187	43	118	1.64	1.13	28.9	662	23.9	*18	15.42	21.92	3.97	1.18	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CUCUMBER, WITH PEEL, RAW SLICE	1/2 CUP	60	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.67	0.08	0.02	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/06/2017																
PEARS DICED CND, OREGON TRAIL	1/2 CUP	60	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
ORANGE MANDARIN CND-Granite	1/2 CUP	60	80	0	20	1.00	0.36	20.0	300	21.0	18	1.0	20.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	60	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	50	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM COMM A237	1/8 CUP	10	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
	1 OZ	10	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average			734	52	1511	*10.09	*2.91	*511.4	*1281	*28.66	*56	29.46	110.92	19.20	6.46	*0.15
% of Calories											*30.4%	16.0%	60.4%	23.5%	7.9%	*0.2%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2017																
9-12 LUNCH	Total	100														
CHICKEN,TERIYAKI: w/RICE 6-12	1/2 CUP	15	207	47	285	0.80	1.30	83.0	133	0.8	*0	19.08	25.6	2.8	0.67	*0.00
EGG ROLL, VEG 3 oz 6-12	1 EACH	15	140	5	270	2.00	1.44	40.0	500	9.0	*N/A*	4.0	22.0	4.5	1.00	0.00
CHICKEN: WG NUGGETS K-12	5 EACH	5	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	5	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	10	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	10	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:HAWAIIAN:SCRATCH 6-12	1 SLICE	5	371	34	740	3.64	1.30	418.2	364	3.38	3	22.57	36.29	14.93	8.49	0.00
SAND COLD:TKY & CH WG SU B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	1	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	5	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK PARMESA N 6-12	1 EACH	5	143	50	581	1.25	0.65	115.3	842	10.9	*2	18.78	4.82	4.91	2.05	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
Beans, Great Northern	1/2 CUP	10	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00
CARROTS, BABY FRESH	1/2 CUP	60	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
PEACHES SLCD CND IN EXLT	1/2 CUP	60	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
SYR																

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2017																
BANANAS:100-120ct- half	1/2 EACH	100	53	0	1	1.53	0.15	3.0	38	5.13	7	0.64	13.48	0.19	0.06	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	1 OZ	15	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			709	51	1370	*8.94	*3.24	*529.4	*8294	*15.42	*39	31.56	103.04	18.57	6.19	*0.07
Nutrient Guideline			750-850		1420						*21.9%	17.8%	58.2%	23.6%	7.9%	*0.1%

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017																
9-12 LUNCH																
	Total	100														
SAND HOT: SLOPPY JOE 6-12	1 EACH	20	408	51	588	4.87	*3.35	*30.2	1073	*7.87	*7	26.91	46.14	14.84	5.21	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	1	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	1	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	14	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	20	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:MEAT LOVERS:SCRATCH 6-12	1 SLICE	5	407	42	842	3.83	1.44	425.8	365	3.38	3	24.42	36.87	17.8	9.54	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	5	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT:CHICKEN FIESTA 6-12	1 EACH	5	174	38	580	3.47	2.45	101.8	924	6.52	*1	15.22	15.12	5.9	3.09	0.00
CHIP, CORN WG TOSTITO 2 oz	20 chips	5	243	0	283	4.05	0.73	40.5	0	0.0	0	4.05	44.55	6.07	1.01	0.00
POTATO:TATER TOTS 10 EA 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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
POTATO: SWEET, FRIES	1/2 CUP	1	173	0	147	4.00	0.48	26.7	4667	8.0	9	1.33	29.33	6.0	0.00	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
BROCCOLI, FRESH	1/2 CUP	60	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.01	0.00
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 JUICE	1/2 CUP	60	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017																
ORANGE FRESH, 6-12	1 EACH	70	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	50	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING: LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	10	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average			730	52	1362	*9.44	*3.00	*551.8	*1603	*71.26	*48	32.58	104.83	20.85	7.28	*0.12
% of Calories											*26.4%	17.8%	57.4%	25.7%	9.0%	*0.2%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017																
9-12 LUNCH	Total	100														
CHEESE CRUNCHER:PIZZA K-12 EHH	4 EACH	10	418	30	787	3.98	2.14	424.5	478	1.86	2	19.93	41.85	19.93	8.97	0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	20	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:SAUSAGE:SCRATCH 6-12	1 SLICE	5	417	40	822	3.96	1.53	430.9	364	3.38	3	23.76	36.51	18.95	9.87	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	5	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK MANDARI N 6-12	1 EACH	5	187	43	118	1.64	1.13	28.9	662	23.9	*18	15.42	21.92	3.97	1.18	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	391	2.61	1.46	34.4	107	0.19	4	5.01	29.52	4.5	0.72	*0.00
POTATO:TATER TOTS 10 EA 0 0215	10 EACH	40	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
BEANS, GREEN CND COMM A061	1/2 CUP	30	0	0	9	0.05	0.02	0.5	7	0.06	*N/A*	0.02	0.1	0.0	0.00	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	60	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
PEAR, FRESH K-12	1 EACH	60	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	*N/A*
CRAISINS, DRIED	1/4 CUP	60	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017																
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	60	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING: LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average			787	49	1325	*11.88	*3.22	*574.4	*8229	*13.58	*43	30.61	120.53	20.78	7.26	*0.12
% of Calories											*21.8%	15.5%	61.2%	23.8%	8.3%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017																
9-12 LUNCH	Total	100														
SAND HOT: BBQ RIBLET:beef 9-12	1 EACH	15	507	40	1197	7.10	4.55	85.1	507	1.44	*16	23.33	68.25	16.67	4.96	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	1	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	1	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	14	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	4	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	24	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	7	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	6	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:MEAT LOVERS:SCRATC H 6-12	1 SLICE	7	407	42	842	3.83	1.44	425.8	365	3.38	3	24.42	36.87	17.8	9.54	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	5	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT:CHICKEN FIESTA 6-12	1 EACH	5	174	38	580	3.47	2.45	101.8	924	6.52	*1	15.22	15.12	5.9	3.09	0.00
CHIP, CORN WG TOSTITO 2 oz	20 chips	5	243	0	283	4.05	0.73	40.5	0	0.0	0	4.05	44.55	6.07	1.01	0.00
POTATO:TATER TOTS 10 EA 0215	10 EACH	40	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
BEANS: BBQ BAKED K-12	1/2 CUP	1	149	0	422	5.03	*1.82	*60.4	447	*0.1	*6	6.02	29.97	0.0	0.00	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CELERY STICKS, 4"	6 EACH	60	10	0	50	1.00	0.36	20.0	100	3.6	*N/A*	0.0	2.0	0.0	0.00	*N/A*
GRAPES, FRESH	1/2 CUP	60	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
FRUIT MIX CND IN LT SYR 25448	1/2 CUP	60	80	0	5	1.00	0.00	0.0	200	1.2	*N/A*	1.0	18.03	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017																
APRICOTS, DICE CND PLD LT SYR	1/2 CUP	50	62	0	3	2.00	0.38	13.0	1601	5.0	0	0.76	15.76	0.14	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	10	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING: LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average			734	51	1466	*8.58	*3.46	*573.3	*2070	*12.76	*32	32.16	103.69	21.03	7.58	*0.14
% of Calories											*17.3%	17.5%	56.5%	25.8%	9.3%	*0.2%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/13/2017																
9-12 LUNCH																
	Total	100														
COUNTRY FRIED STEAK 6-12	1 EACH	10	300	50	450	2.00	1.80	20.0	0	0.0	*N/A*	15.0	16.0	20.0	6.00	1.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
POTATO:MASHED, instant	1/2 CUP	10	64	0	91	0.80	0.29	18.8	4	24.0	1	1.6	13.6	0.8	0.00	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	10	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	5	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	10	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:SAUSAGE:SCRATCH 6-12	1 SLICE	5	417	40	822	3.96	1.53	430.9	364	3.38	3	23.76	36.51	18.95	9.87	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	5	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK MANDARIN 6-12	1 EACH	5	187	43	118	1.64	1.13	28.9	662	23.9	*18	15.42	21.92	3.97	1.18	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO:TATER TOTS 10 EA 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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
PEAS GREEN	1/2 CUP	60	62	0	58	4.40	1.22	19.2	1680	7.92	4	4.12	11.41	0.22	0.04	*N/A*
PEARS DICED CND, OREGON TRAIL	1/2 CUP	60	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/13/2017																
ORANGE MANDARIN CND-Granite	1/2 CUP	60	80	0	20	1.00	0.36	20.0	300	21.0	18	1.0	20.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	60	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING: LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average			766	49	1284	*12.94	*3.65	*518.7	*2201	*34.13	*55	31.65	114.75	20.21	6.52	*0.17
% of Calories											*28.8%	16.5%	59.9%	23.7%	7.7%	*0.2%
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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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/14/2017																
9-12 LUNCH	Total	100														
SAND HOT:CHICKEN PESTO	1 EACH	10	449	65	788	4.07	2.00	169.9	659	4.54	4	27.76	32.3	22.37	5.49	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	20	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:HAWAIIAN:SCRATCH 6-12	1 SLICE	5	371	34	740	3.64	1.30	418.2	364	3.38	3	22.57	36.29	14.93	8.49	0.00
SAND COLD:TKY/CH SANDWI CH 6-8	1 EACH	5	311	52	1018	4.00	2.01	155.9	230	0.0	6	28.54	32.1	8.94	3.83	0.00
SAND COLD:HAM/CH/ WG SAND 6-8	1 EACH	1	276	42	858	4.00	1.44	155.9	231	0.0	6	19.23	33.79	9.83	4.68	0.00
SAND COLD:COMBO:HAM TK CH 6-8	1 EACH	5	293	47	1147	4.00	1.44	155.9	227	0.0	*5	24.14	33.32	8.96	4.04	0.00
SAND COLD:BEEF ROAST 6-8	1 EACH	1	254	28	819	4.00	1.99	155.9	222	0.0	4	17.87	32.02	7.7	3.42	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK PARMESAN 6-12	1 EACH	5	143	50	581	1.25	0.65	115.3	842	10.9	*2	18.78	4.82	4.91	2.05	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO:TATER TOTS 10 EA 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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	60	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
BEANS, BLACK CND DRND:veg	1/2 CUP	20	100	0	140	6.00	2.70	40.0	10	0.0	2	7.0	18.0	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	60	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
BANANAS:100-120ct- half	1/2 EACH	60	53	0	1	1.53	0.15	3.0	38	5.13	7	0.64	13.48	0.19	0.06	0.00
MILK CHOCOLATE FAT FREE	1 HALF P	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/14/2017																
TRUMOO	INT															
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	50	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	10	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	10	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM COMM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			713	53	1375	*9.15	*3.68	*560.4	*8237	*12.24	*37	33.59	96.87	21.20	6.99	*0.12
Nutrient Guideline			750-850		1420						*21.0%	18.8%	54.3%	26.8%	8.8%	*0.2%

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017																
9-12 LUNCH	Total	100														
SAND HOT:HOT DOG K-8	1 EACH	20	100	0	160	3.00	1.08	150.0	0	0.0	*0	6.0	17.0	1.0	0.00	0.00
MAC & CHEESE:scratch 9-12 half	1/2 CUP	20	202	5	488	0.74	0.01	238.9	105	0.61	*0	8.54	24.26	7.6	4.14	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	1	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	1	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	14	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	1	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	24	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:MEAT LOVERS:SCRATCH 6-12	1 SLICE	5	407	42	842	3.83	1.44	425.8	365	3.38	3	24.42	36.87	17.8	9.54	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	5	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SUB 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT:CHICKEN FIESTA 6-12	1 EACH	5	174	38	580	3.47	2.45	101.8	924	6.52	*1	15.22	15.12	5.9	3.09	0.00
CHIP, CORN WG TOSTITO 2 oz	20 chips	5	243	0	283	4.05	0.73	40.5	0	0.0	0	4.05	44.55	6.07	1.01	0.00
POTATO:TATER TOTS 10 EA 0215	10 EACH	40	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
BEANS, LIMA FRZ CKD	1/2 CUP	40	88	0	246	4.93	1.55	25.5	162	10.88	*N/A*	5.16	16.42	0.29	0.07	*N/A*
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
BROCCOLI, FRESH	1/2 CUP	70	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.01	0.00
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	1/2 CUP	60	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017																
UICE																
ORANGE FRESH, 6-12	1 EACH	60	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	60	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING: LIGHT RANCH HEINZ	2 TBSP	25	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	5	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average			728	44	1399	*10.75	*3.18	*636.4	*1406	*72.44	*47	32.11	107.94	19.30	7.21	*0.12
% of Calories											*25.7%	17.6%	59.3%	23.9%	8.9%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/16/2017																
9-12 LUNCH	Total	100														
SAND HOT: ULTIMATE GRILLE D CH.	1 EACH	5	363	47	1111	4.48	1.55	234.0	653	5.48	*6	21.95	33.56	15.38	5.01	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	15	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	15	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	10	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	10	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:SUPREME :SCRATCH 6-12	1 SLICE	5	437	40	947	4.99	1.99	443.6	450	15.42	*3	24.34	39.36	19.93	10.00	*0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	5	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6 -12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHEF: 6-12	1 EACH	5	160	41	509	1.12	0.58	216.9	766	7.92	*2	17.91	4.67	8.31	4.94	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	40	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	40	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
PEAR, FRESH K-12	1 EACH	40	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	*N/A*
RAISINS, SEEDLESS K-12 4 T BSP	1/4 CUP	40	108	0	4	1.34	0.68	18.1	0	0.83	21	1.11	28.7	0.17	0.02	*N/A*
PEARS DICED CND, OREGON	1/2 CUP	40	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/16/2017																
TRAIL																
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	50	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	1 OZ	15	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	5	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			716	49	1347	*10.54	*3.12	*531.6	*5691	*12.98	*47 *26.0%	29.95 16.7%	104.51 58.4%	20.64 25.9%	6.76 8.5%	*0.07 *0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017																
9-12 LUNCH	Total	100														
SAND HOT:MONTE CRISTO M	1 sandwich	10	607	274	1217	5.21	2.97	223.5	711	0.32	*34	30.65	68.73	24.65	8.40	0.00
ELT WOF																
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	20	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:VEGGIE:SCRATCH 6-12	1 SLICE	5	379	30	817	4.50	1.74	428.6	448	14.68	3	22.01	37.79	15.49	8.42	0.00
SAND COLD:TKY & CH WG SU B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	1	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	5	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: VEGETARIAN: 6-12	1 EACH	5	157	15	201	5.18	1.73	249.0	774	8.89	*1	12.0	12.91	6.26	4.08	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO: SWEET, FRIES	1/2 CUP	40	173	0	147	4.00	0.48	26.7	4667	8.0	9	1.33	29.33	6.0	0.00	0.00
POTATO:TATER TOTS 10 EA 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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
POTATO: SWEET, FRIES CRIS S CUT	5 fries	1	140	0	160	2.00	0.36	20.0	2999	4.8	*N/A*	1.0	21.0	6.0	1.00	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
SALAD SIDE: CUCUMBER Granite	1/2 CUP	60	21	0	94	0.99	0.30	13.6	577	9.97	*2	0.85	4.44	0.34	0.03	*0.00
FRUIT MIX,CND/EXLT SYR DEL	1/2 CUP	60	60	0	5	1.00	0.36	0.0	100	3.6	12	0.0	15.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017																
MON																
CLEMENTINE	1 each	60	35	0	1	1.00	0.18	20.0	0	36.0	*N/A*	1.0	9.0	0.0	0.00	0.00
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
MILK CHOCOLATE FAT FREE	1 HALF P	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
TRUMOO	INT															
MILK WHITE 1% LF, MEADOW	1 HALF P	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
GOLD	INT															
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM	1/2 OZ	10	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
ODITY																
MUSTARD, YELLOW PREP VE	1/2 OZ	10	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
NTURA																
SALSA,CND LOW SODIUM CO	1/8 CUP	10	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
MM A237																
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
H FF																
DRESSING SALAD:FF ITAL KE	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
N 807																
DRESSING SALAD 1000 ISLAND	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average			791	72	1432	*10.20	*3.43	*569.7	*3319	*41.17	*46	32.83	111.86	24.17	7.38	*0.12
% of Calories											*23.4%	16.6%	56.6%	27.5%	8.4%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/20/2017																
9-12 LUNCH	Total	100														
WRAP: BUFFALO CHICKEN	1 wrap	10	261	*48	592	2.49	*1.02	*230.1	*5820	*3.8	*0	14.49	12.95	17.21	6.50	0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	20	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:SAUSAGE:SCRATCH 6-12	1 SLICE	5	417	40	822	3.96	1.53	430.9	364	3.38	3	23.76	36.51	18.95	9.87	0.00
SAND COLD:TKY & CH WG SU B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	5	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK MANDARI N 6-12	1 EACH	5	187	43	118	1.64	1.13	28.9	662	23.9	*18	15.42	21.92	3.97	1.18	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO:TATER TOTS 10 EA 0 0215	10 EACH	40	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
EDAMAME,FRZ, THAWED	1/2 CUP	40	119	0	10	3.96	2.99	165.7	151	24.39	*N/A*	11.87	9.89	5.93	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	50	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
ORANGE MANDARIN CND-Granite	1/2 CUP	50	80	0	20	1.00	0.36	20.0	300	21.0	18	1.0	20.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	50	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/20/2017																
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
	1 OZ	15	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
Weighted Daily Average			739	*51	1246	*10.64	*4.01	*614.7	*1802	*33.41	*49	34.60	102.70	22.40	6.95	*0.12
% of Calories											*26.5%	18.7%	55.6%	27.3%	8.5%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2017																
9-12 LUNCH	Total	100														
SAND HOT:SOUTHWESTERN CHK	1 EACH	20	244	62	794	0.97	*1.03	*97.2	312	*1.13	*3	18.52	13.03	13.32	5.01	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	1	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	1	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	20	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	1	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	24	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:HAWAIIAN:SCRATCH 6-12	1 SLICE	5	371	34	740	3.64	1.30	418.2	364	3.38	3	22.57	36.29	14.93	8.49	0.00
SAND COLD:TKY/CH SANDWI CH 6-8	1 EACH	5	311	52	1018	4.00	2.01	155.9	230	0.0	6	28.54	32.1	8.94	3.83	0.00
SAND COLD:HAM/CH/ WG SAND 6-8	1 EACH	1	276	42	858	4.00	1.44	155.9	231	0.0	6	19.23	33.79	9.83	4.68	0.00
SAND COLD:COMBO:HAM TK CH 6-8	1 EACH	5	293	47	1147	4.00	1.44	155.9	227	0.0	*5	24.14	33.32	8.96	4.04	0.00
SAND COLD:BEEF ROAST 6-8	1 EACH	1	254	28	819	4.00	1.99	155.9	222	0.0	4	17.87	32.02	7.7	3.42	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK PARMESAN 6-12	1 EACH	5	143	50	581	1.25	0.65	115.3	842	10.9	*2	18.78	4.82	4.91	2.05	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO:TATER TOTS 10 EA 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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
CORN, YELLOW WHOLE CKD FRZ	1/2 CUP	1	66	0	1	2.00	0.39	2.0	163	2.9	0	2.09	15.83	0.55	0.08	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	60	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
CAULIFLOWER FRESH	1/2 CUP	50	13	0	15	1.00	0.21	11.0	0	24.1	1	0.96	2.49	0.14	0.07	*N/A*
PEACHES SLCD CND IN EXLT	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

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2017																
SYR																
BANANAS:100-120ct- half	1/2 EACH	80	53	0	1	1.53	0.15	3.0	38	5.13	7	0.64	13.48	0.19	0.06	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	30	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING: LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	10	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average			677	55	1417	*8.35	*3.06	*570.7	*8208	*24.78	*36	31.88	92.23	20.31	7.28	*0.12
% of Calories											*21.3%	18.8%	54.5%	27.0%	9.7%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017																
9-12 LUNCH	Total	100														
PITA: GREEK CHICKEN	1 pita	10	293	45	404	*3.53	*1.74	*207.5	*203	*7.47	*1	20.6	30.31	9.45	2.97	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	14	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	1	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	24	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:MEAT LOVERS:SCRATCH 6-12	1 SLICE	5	407	42	842	3.83	1.44	425.8	365	3.38	3	24.42	36.87	17.8	9.54	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	5	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT:CHICKEN FIESTA 6-12	1 EACH	5	174	38	580	3.47	2.45	101.8	924	6.52	*1	15.22	15.12	5.9	3.09	0.00
CHIP, CORN WG TOSTITO 2 oz	20 chips	5	243	0	283	4.05	0.73	40.5	0	0.0	0	4.05	44.55	6.07	1.01	0.00
POTATO:TATER TOTS 10 EA 0215	10 EACH	40	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
POTATO: SWEET, FRIES CRIS S CUT	5 fries	30	140	0	160	2.00	0.36	20.0	2999	4.8	*N/A*	1.0	21.0	6.0	1.00	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
BROCCOLI, FRESH	1/2 CUP	60	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.01	0.00
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	1/2 CUP	60	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017																
UICE																
ORANGE FRESH, 6-12	1 EACH	60	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
PEAS GREEN	1/2 CUP	1	62	0	58	4.40	1.22	19.2	1680	7.92	4	4.12	11.41	0.22	0.04	*N/A*
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	15	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	5	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			724	50	1303	*9.27	*2.95	*577.2	*2255	*66.20	*44 *24.6%	31.17 17.2%	102.47 56.6%	21.63 26.9%	7.21 9.0%	*0.12 *0.2%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017																
9-12 LUNCH																
	Total	100														
TACOS: SRIRACHA SHRIMP	1 each	5	536	90	1843	7.46	1.84	265.8	*422	*0.95	*23	19.17	53.67	30.04	6.56	*0.00
SAUCE: SRIRACHA RANCH	1 Tsp	1	193	0	1170	4.26	0.00	0.0	107	0.0	23	0.0	30.06	8.52	0.00	0.00
CHICKEN: WG NUGGETS K-12	5 EACH	15	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	15	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	10	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	10	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:SUPREME Bold 6-8, 9-12	1 SLICE	5	473	47	691	5.09	2.94	337.5	462	12.05	*8	21.52	45.93	21.63	9.21	*0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	1	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD: RST BEEF/CH 6-8	1 EACH	5	266	33	956	4.00	2.17	155.0	170	0.0	4	19.61	33.02	8.02	3.01	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHEF: 6-12	1 EACH	5	160	41	509	1.12	0.58	216.9	766	7.92	*2	17.91	4.67	8.31	4.94	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO:TATER TOTS 10 EA 0215	10 EACH	40	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
Beans, Great Northern	1/2 CUP	20	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00
CARROTS, BABY FRESH	1/2 CUP	60	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
CRAISINS, DRIED	1/4 CUP	60	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
PEAR, FRESH K-12	1 EACH	60	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	*N/A*
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017																
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	30	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			763	50	1407	*13.42	*3.60	*546.2	*8020	*12.56	*36 *18.6%	31.26 16.4%	115.12 60.3%	20.39 24.0%	6.51 7.7%	*0.07 *0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017																
9-12 LUNCH	Total	100														
SAND: CHICKEN PULLED BBQ 7-12	1 sandwich	10	99	44	124	0.07	*0.55	*0.1	31	*0.13	*0	14.79	1.66	3.68	1.10	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	14	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	1	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	24	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:VEGGIE:SCRATCH 6-12	1 SLICE	5	379	30	817	4.50	1.74	428.6	448	14.68	3	22.01	37.79	15.49	8.42	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	1	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6 -12	1 EACH	5	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: VEGETARIAN: 6-12	1 EACH	5	157	15	201	5.18	1.73	249.0	774	8.89	*1	12.0	12.91	6.26	4.08	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CELERY STICKS, 4"	6 EACH	60	10	0	50	1.00	0.36	20.0	100	3.6	*N/A*	0.0	2.0	0.0	0.00	*N/A*
APRICOTS, DICE CND PLD LT SYR	1/2 CUP	60	62	0	3	2.00	0.38	13.0	1601	5.0	0	0.76	15.76	0.14	0.00	0.00
CLEMENTINE	1 each	60	35	0	1	1.00	0.18	20.0	0	36.0	*N/A*	1.0	9.0	0.0	0.00	0.00
FRUIT MIX,CND/EXLT SYR DEL	1/2 CUP	60	60	0	5	1.00	0.36	0.0	100	3.6	12	0.0	15.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017																
MON																
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	60	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	10	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	5	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			684	48	1266	*8.34	*3.23	*553.5	*2055	*36.21	*34 *20.1%	30.23 17.7%	97.08 56.8%	19.70 25.9%	6.79 8.9%	*0.12 *0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/27/2017																
9-12 LUNCH	Total	100														
CHEESE CRUNCHER:PIZZA K-12 EHH	4 EACH	10	418	30	787	3.98	2.14	424.5	478	1.86	2	19.93	41.85	19.93	8.97	0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	20	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:SAUSAGE:SCRATCH 6-12	1 SLICE	5	417	40	822	3.96	1.53	430.9	364	3.38	3	23.76	36.51	18.95	9.87	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	5	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	1	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK MANDARI N 6-12	1 EACH	5	187	43	118	1.64	1.13	28.9	662	23.9	*18	15.42	21.92	3.97	1.18	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	391	2.61	1.46	34.4	107	0.19	4	5.01	29.52	4.5	0.72	*0.00
POTATO:TATER TOTS 10 EA 0 0215	10 EACH	40	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
BEANS, GREEN CND COMM A061	1/2 CUP	30	0	0	9	0.05	0.02	0.5	7	0.06	*N/A*	0.02	0.1	0.0	0.00	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CUCUMBER, WITH PEEL, RAW SLICE	1/2 CUP	60	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.67	0.08	0.02	0.00
APPLE WHOLE:125-138ct	1 EACH	60	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/27/2017																
PEARS DICED CND, OREGON TRAIL	1/2 CUP	60	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
ORANGE MANDARIN CND-Granite	1/2 CUP	60	80	0	20	1.00	0.36	20.0	300	21.0	18	1.0	20.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM COMM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average			739	49	1292	*10.32	*3.12	*579.7	*1300	*27.95	*54	30.79	108.91	20.62	7.24	*0.12
% of Calories											*29.4%	16.7%	58.9%	25.1%	8.8%	*0.2%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017																
9-12 LUNCH	Total	100														
SAND HOT: JALAPENO BURG ER 9-12	1 EACH	10	380	55	1753	5.93	3.24	358.6	606	4.63	*4	22.0	35.93	18.0	7.50	0.50
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	14	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	1	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	24	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:VEGGIE:SCRATCH 6-12	1 SLICE	5	379	30	817	4.50	1.74	428.6	448	14.68	3	22.01	37.79	15.49	8.42	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	1	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	5	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: VEGETARIAN: 6-12	1 EACH	5	157	15	201	5.18	1.73	249.0	774	8.89	*1	12.0	12.91	6.26	4.08	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE Beans, Great Northern	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	60	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00
BANANAS:100-120ct- half	1/2 CUP	60	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
PEACHES DICED CND IN JC, C LING	1 EACH	60	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
	1/2 CUP	60	50	0	5	1.01	0.00	0.0	302	1.21	*N/A*	1.01	12.1	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017																
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	60	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	20	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	20	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	10	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SOUR CREAM: MEADOW GOLD	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
	2 TBSP	5	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			812	49	1659	*13.68	*4.61	*618.7	*8295	*17.00	*36 *17.8%	37.39 18.4%	119.56 58.9%	21.65 24.0%	7.61 8.4%	*0.18 *0.2%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2017																
9-12 LUNCH	Total	100														
COUNTRY FRIED STEAK 6-12	1 EACH	10	300	50	450	2.00	1.80	20.0	0	0.0	*N/A*	15.0	16.0	20.0	6.00	1.00
POTATO:MASHED, instant	1/2 CUP	1	64	0	91	0.80	0.29	18.8	4	24.0	1	1.6	13.6	0.8	0.00	*0.00
GRAVY:BROWN MIX - Granite	1/2 CUP	1	136	0	1912	0.00	0.00	7.1	0	0.0	*0	6.8	27.22	0.0	0.00	*0.00
ROLL: SCRATCH K-12 2 OZ	2 OZ	1	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	20	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:HAWAIIAN:SCRATCH 6-12	1 SLICE	5	371	34	740	3.64	1.30	418.2	364	3.38	3	22.57	36.29	14.93	8.49	0.00
SAND COLD:TKY/CH SANDWI CH 6-8	1 EACH	5	311	52	1018	4.00	2.01	155.9	230	0.0	6	28.54	32.1	8.94	3.83	0.00
SAND COLD:HAM/CH/ WG SAND 6-8	1 EACH	1	276	42	858	4.00	1.44	155.9	231	0.0	6	19.23	33.79	9.83	4.68	0.00
SAND COLD:COMBO:HAM TK CH 6-8	1 EACH	5	293	47	1147	4.00	1.44	155.9	227	0.0	*5	24.14	33.32	8.96	4.04	0.00
SAND COLD:BEEF ROAST 6-8	1 EACH	1	254	28	819	4.00	1.99	155.9	222	0.0	4	17.87	32.02	7.7	3.42	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK PARMESAN 6-12	1 EACH	5	143	50	581	1.25	0.65	115.3	842	10.9	*2	18.78	4.82	4.91	2.05	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO:TATER TOTS 10 EA 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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
CORN, YELLOW WHOLE CKD FRZ	1/2 CUP	1	66	0	1	2.00	0.39	2.0	163	2.9	0	2.09	15.83	0.55	0.08	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	60	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2017																
BROCCOLI, FRESH	1/2 CUP	20	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.01	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	60	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
APPLESAUCE CND UNSWT COM 01350	1/2 CUP	60	60	0	10	2.00	1.44	0.0	0	2.4	*N/A*	0.0	15.03	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	50	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	10	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VENTURA	1/2 OZ	10	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM COMM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING: LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENCH FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SOUR CREAM: MEADOW GOLD	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			690	51	1306	*8.21	*3.58	*547.2	*1152	*49.28	*38	31.16	95.71	20.94	7.01	*0.22
Nutrient Guideline			750-850		1420						*22.1%	18.1%	55.5%	27.3%	9.1%	*0.3%

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2017																
9-12 LUNCH	Total	100														
SAND HOT: GRILLED CHEESE K-12	1 EACH	10	270	25	700	4.00	1.44	230.0	320	0.0	5	13.0	32.0	11.0	5.00	0.00
CHILI w/BEEF & BEANS 6-12	1/2 CUP	10	226	39	484	7.00	3.77	57.1	459	6.07	*0	20.84	18.56	9.05	3.58	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	10	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	10	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	1	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	14	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	1	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	24	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	1	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:VEGGIE:SCRATCH 6-12	1 SLICE	5	379	30	817	4.50	1.74	428.6	448	14.68	3	22.01	37.79	15.49	8.42	0.00
SAND COLD:TKY & CH WG SU B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	1	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6 -12	1 EACH	5	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: VEGETARIAN: 6-12	1 EACH	5	157	15	201	5.18	1.73	249.0	774	8.89	*1	12.0	12.91	6.26	4.08	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO:TATER TOTS 10 EA 0 0215	10 EACH	40	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
POTATO: SWEET, FRIES	1/2 CUP	30	173	0	147	4.00	0.48	26.7	4667	8.0	9	1.33	29.33	6.0	0.00	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	60	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
PEAR, FRESH K-12	1 EACH	60	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	*N/A*
CRAISINS, DRIED	1/4 CUP	70	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2017																
PEACHES DICED CND IN JC, C LING	1/2 CUP	60	50	0	5	1.01	0.00	0.0	302	1.21	*N/A*	1.01	12.1	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND SAUCE, SWEET & SOUR:scr K-12	1 OZ	5	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average % of Calories			833	50	1434	*14.94	*3.69	*583.3	*9672	*15.72	*34 *16.3%	32.48 15.6%	127.49 61.2%	22.50 24.3%	7.32 7.9%	*0.12 *0.1%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/31/2017																
9-12 LUNCH																
	Total	100														
SAND HOT:HOT DOG K-8	1 EACH	15	100	0	160	3.00	1.08	150.0	0	0.0	*0	6.0	17.0	1.0	0.00	0.00
MAC & CHEESE:scratch 9-12 half	1/3 CUP	15	134	3	326	0.49	0.01	159.3	70	0.41	*0	5.69	16.18	5.07	2.76	*0.00
CHICKEN: WG NUGGETS K-12	5 EACH	5	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	5	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT:CHICKEN PATTY K-8	1 EACH	5	252	51	486	2.00	2.17	150.0	0	0.0	*0	20.27	24.04	8.62	2.04	0.00
SAND HOT: WG BRD CHK PAT TY K-8	1 each	10	120	0	150	2.00	1.44	150.0	0	0.0	*0	5.0	22.0	1.5	0.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	5	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND HOT: CHEESBURGER K-8	1 EACH	10	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
CORN DOG: CHICKEN - Granite	1 EACH	10	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
PIZZA:PEPPERONI:SCRATCH 6-12	1 SLICE	5	425	44	932	3.64	1.46	427.1	362	3.38	2	24.21	35.88	19.84	10.50	0.00
PIZZA:CHEESE:SCRATCH 6-12	1 SLICE	5	363	30	692	3.64	1.30	418.2	362	3.38	2	21.55	35.88	14.52	8.29	0.00
PIZZA:HAWAIIAN:SCRATCH 6-12	1 SLICE	5	371	34	740	3.64	1.30	418.2	364	3.38	3	22.57	36.29	14.93	8.49	0.00
SAND COLD:TKY & CH WG SUB B 6-12	1 EACH	5	316	54	909	3.00	1.43	87.6	175	0.0	5	26.86	30.66	10.05	3.86	0.00
SAND COLD:HAM/CH/ WG SUB 6-12	1 EACH	1	275	41	713	3.00	0.83	87.6	175	0.0	5	16.52	32.19	10.75	4.63	0.00
SAND COLD:COMBO HAM TK 6-12	1 EACH	5	295	49	816	3.00	1.07	87.6	176	0.0	5	21.19	31.79	10.69	4.43	0.00
SAND COLD:BEEF ROAST SU B 6-12	1 EACH	1	276	37	882	3.00	1.69	87.6	167	0.0	4	19.33	31.4	9.35	3.63	0.00
NACHOS:BEEF & CHEESE 9-12	EACH	5	396	52	807	2.79	2.07	207.0	646	0.07	*0	21.58	36.08	20.46	9.25	*0.00
TACO, BEEF:SOFT 6-12	1 EACH	5	349	51	818	1.96	2.85	224.8	633	0.0	*0	22.1	26.47	19.23	9.75	*0.00
TACO, CHICKEN:SOFT 6-12	1 EACH	1	327	45	602	*2.31	*2.06	*131.5	*153	*3.53	*1	19.72	25.29	16.21	5.34	*0.00
SALAD ENT:TACO, BEEF 6-12	1 EACH	1	299	27	655	4.45	2.55	214.5	1549	13.61	*2	11.52	34.32	13.52	7.36	*0.00
SALAD ENT: CHICK PARMESA N 6-12	1 EACH	5	143	50	581	1.25	0.65	115.3	842	10.9	*2	18.78	4.82	4.91	2.05	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*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
RICE, CILANTRO LIME 6-12	1/4 cup	5	55	1	273	0.67	0.22	4.6	13	0.67	*0	1.3	9.49	1.46	0.08	*0.00
BEANS REFRIED:veg K-12	1/2 CUP	5	112	0	136	5.22	1.91	42.7	165	2.42	1	7.12	20.49	0.08	0.01	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	60	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CELERY STICKS, 4"	6 EACH	10	10	0	50	1.00	0.36	20.0	100	3.6	*N/A*	0.0	2.0	0.0	0.00	*N/A*
CLEMENTINE	1 each	60	35	0	1	1.00	0.18	20.0	0	36.0	*N/A*	1.0	9.0	0.0	0.00	0.00
APRICOTS, DICE CND PLD LT	1/2 CUP	60	62	0	3	2.00	0.38	13.0	1601	5.0	0	0.76	15.76	0.14	0.00	0.00
SYR																

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/31/2017																
FRUIT MIX CND IN LT SYR 25448	1/2 CUP	100	80	0	5	1.00	0.00	0.0	200	1.2	*N/A*	1.0	18.03	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING SALAD: (MAYO TYPE)	1 TBSP	10	60	10	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	5.0	1.00	0.00
DRESSING: LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	10	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
DRESSING SALAD 1000 ISLAND	2 TBSP	10	61	8	104	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	6.0	1.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	15	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SOUR CREAM: MEADOW GOLD	2 TBSP	1	60	15	50	0.00	0.00	20.2	101	0.0	1	1.01	2.02	5.04	3.02	0.00
Weighted Daily Average			710	44	1288	*8.30	*2.55	*553.1	*2126	*32.80	*25	29.98	105.18	18.16	6.27	*0.07
% of Calories											*14.1%	16.9%	59.3%	23.0%	7.9%	*0.1%
Nutrient Guideline			750-850		1420											<10.00
Weighted Average			737	*51	1368	*10.38	*3.36	*565.2	*4139	*31.84	*43	31.77	107.07	20.70	7.00	*0.13
											*52.1%	17.2%	58.1%	25.3%	8.5%	*0.2%

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	737		750 - 850	98%				13		Correction Required - Calories are Low							
Cholesterol (mg)	51				Missing												
Sodium (mg)	1368		1420														
Fiber (g)	10.38				Missing												
Iron (mg)	3.36				Missing												
Calcium (mg)	565.2				Missing												
Vitamin A (IU)	4139				Missing												
Sugars (g)	43	23.15%			Missing												
Vitamin C (mg)	31.84				Missing												
Protein (g)	31.77	17.24%															
Carbohydrate (g)	107.07	58.10%															
Total Fat (g)	20.70	25.27%															
Saturated Fat (g)	7.00	8.55%	<10.00%														
Trans Fat ¹ (g)	0.13	0.15%			Missing												

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