

Granite School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

Page 1

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Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Granite School District

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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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/01/2017																
9-12 LUNCH	Total	100														
SAND HOT:SOUTHWESTERN CHK	1 EACH	15	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	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 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: 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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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 - 09/01/2017																
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
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	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			695	55	1405	*7.66	*2.93	*575.1	*2041	*12.71	*30	31.44	95.40	20.52	7.59	*0.14
% of Calories											*17.2%	18.1%	54.9%	26.6%	9.8%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Mon - 09/04/2017																
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 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: 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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Mon - 09/04/2017																
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	

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Tue - 09/05/2017																
9-12 LUNCH	Total	100														
SAND HOT:HOT DOG CHILI & HEESE	1 EACH	10	341	59	1293	6.50	3.42	332.0	384	3.04	*3	27.37	29.83	13.23	5.40	*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 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 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

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Granite School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/05/2017																
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	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	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			702	52	1425	*9.39	*3.82	*576.6	*8210	*12.09	*37	33.55	96.63	20.28	6.98	*0.12
Nutrient Guideline			750-850		1420						*21.3%	19.1%	55.0%	26.0%	8.9%	*0.2%

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/06/2017																
9-12 LUNCH	Total	100														
SAND HOT: ULTIMATE GRILLE D CH.	1 EACH	20	363	47	1111	4.48	1.55	234.0	653	5.48	*6	21.95	33.56	15.38	5.01	*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:SCRATC H 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 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

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/06/2017																
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*
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 COMMODITY	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 VENTURA	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	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 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	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			781	53	1589	*11.04	*3.27	*653.2	*1537	*73.53	*48 *24.6%	35.30 18.1%	111.25 57.0%	22.17 25.6%	8.22 9.5%	*0.12 *0.1%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/07/2017																
9-12 LUNCH	Total servings	100														
CHICKEN, TSO'S w/BRN RICE 6-12	5	503	34	1319	3.14	2.27	106.5	257	0.0	*13	16.91	61.51	20.46	3.18	*0.00	
EGG ROLL, VEG 3 oz 6-12	1 EACH	1	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	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*

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/07/2017																
PEARS DICED CND, OREGON TRAIL	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
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	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	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	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			725	48	1360	*10.49	*3.17	*525.6	*5676	*12.79	*47	29.74	106.13	20.94	6.68	*0.07
% of Calories											*25.9%	16.4%	58.6%	26.0%	8.3%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/08/2017																
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	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 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: 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 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
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

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/08/2017																
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 GOLD	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
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			740	49	1322	*9.68	*3.19	*547.4	*3251	*41.15	*43	31.24	105.15	22.08	6.65	*0.12
% of Calories											*23.2%	16.9%	56.9%	26.9%	8.1%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/11/2017																
9-12 LUNCH	Total	100														
CHICKEN, FAJITA 9-12	1 EACH	10	250	51	740	4.22	1.68	14.5	138	25.99	*4	22.04	27.77	5.63	0.53	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	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

Sep 1, 2017 thru Sep 29, 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 - 09/11/2017																
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 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	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 % of Calories			738	51	1261	*10.81	*4.08	*593.1	*1233	*35.63	*49	35.36	104.18	21.24	6.35	*0.12
											*26.8%	19.2%	56.4%	25.9%	7.7%	*0.2%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/12/2017																
9-12 LUNCH	Total	100														
SAND HOT: BBQ RIBLET:beef 9-12	1 EACH	20	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	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

Sep 1, 2017 thru Sep 29, 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 - 09/12/2017																
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 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	10	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	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			729	51	1497	*9.58	*3.77	*568.3	*8247	*24.84	*39	32.84	103.27	20.98	7.27	*0.12
% of Calories											*21.1%	18.0%	56.6%	25.9%	9.0%	*0.2%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/13/2017																
9-12 LUNCH	Total	100														
PITA: TURKEY, BACON & RANCH	1 pita	10	294	33	967	4.01	1.54	163.7	310	3.69	*3	19.63	32.94	8.9	2.50	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	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

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/13/2017																
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			724	49	1359	*9.32	*2.93	*572.8	*2266	*65.82	*45	31.08	102.73	21.57	7.16	*0.12
% of Calories											*24.7%	17.2%	56.8%	26.8%	8.9%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/14/2017																
9-12 LUNCH	Total	100														
SAND HOT : ITALIAN SUB	1 SUB	5	392	50	732	5.22	4.44	210.8	328	2.34	*5	19.48	35.46	17.99	7.51	0.00
EGG ROLL, VEG 3 oz 6-12	1 EACH	1	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	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

Sep 1, 2017 thru Sep 29, 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 - 09/14/2017																
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	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			719	49	1331	*10.60	*3.27	*530.8	*5680	*12.91	*46 *25.8%	29.87 16.6%	104.83 58.3%	20.82 26.0%	6.89 8.6%	*0.07 *0.1%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/15/2017																
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 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
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

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/15/2017																
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 GOLD	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
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	

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

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

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 - 09/18/2017																
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 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	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

Sep 1, 2017 thru Sep 29, 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 - 09/18/2017																
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

Sep 1, 2017 thru Sep 29, 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 - 09/19/2017																
9-12 LUNCH	Total	100														
SAND HOT MEATBALL SUB	1 sandwich	10	322	36	429	3.81	2.33	147.7	172	1.01	*4	20.85	31.56	13.29	5.09	*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
Beans, Great Northern	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
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
BANANAS:100-120ct- half	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
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	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

Sep 1, 2017 thru Sep 29, 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 - 09/19/2017																
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	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
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			806	47	1527	*13.47	*4.52	*597.6	*8252	*16.64	*36 *17.9%	37.27 18.5%	119.12 59.1%	21.18 23.6%	7.37 8.2%	*0.12 *0.1%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/20/2017																
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

Sep 1, 2017 thru Sep 29, 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 - 09/20/2017																
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 COMMODITY	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 *22.1%	31.16 18.1%	95.71 55.5%	20.94 27.3%	7.01 9.1%	*0.22 *0.3%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/21/2017																
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 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	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

Sep 1, 2017 thru Sep 29, 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 - 09/21/2017																
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 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
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	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	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

Sep 1, 2017 thru Sep 29, 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 - 09/22/2017																
9-12 LUNCH	Total	100														
PASTA: CHK BROCCOLI ALFR EDO	1 each	15	392	40	970	5.75	1.69	115.3	278	40.5	*1	21.47	45.96	13.96	1.35	*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

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/22/2017																
SYR																
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 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	15	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	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			753	50	1410	*8.71	*2.64	*547.9	*2168	*38.87	*25	32.30	109.52	20.11	6.47	*0.07
% of Calories											*13.4%	17.1%	58.1%	24.0%	7.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/25/2017																
9-12 LUNCH	Total	100														
ENCHILADA: BEEF & CHEESE	1 EACH	10	361	51	1007	1.96	2.85	224.8	1224	8.5	*1	22.57	27.89	19.94	9.75	*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: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 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:BEEF ROAST SU B 6-12	1 EACH	5	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 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
BEANS REFRIED CND:veg - NEB	1/2 CUP	1	120	0	540	6.00	1.80	20.0	0	0.0	*N/A*	6.0	18.0	2.5	1.00	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, GREEN CND COMM A061	1/2 CUP	5	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
CAULIFLOWER FRESH	1/2 CUP	60	13	0	15	1.00	0.21	11.0	0	24.1	1	0.96	2.49	0.14	0.07	*N/A*
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
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
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

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/25/2017																
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	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 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	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			715	51	1321	*9.93	*3.15	*566.8	*1314	*41.03	*51	31.32	102.52	20.66	7.50	*0.12
% of Calories											*28.3%	17.5%	57.3%	26.0%	9.4%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/26/2017																
9-12 LUNCH	Total	100														
CHICKEN, POP & MASHED PO T BOWL	bowls	19	479	53	830	3.84	2.21	123.0	341	24.9	*1	22.66	44.28	24.42	6.39	*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
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: CHK ALFREDO 6-12	1 SLICE	5	345	41	760	3.72	1.49	225.9	1004	5.8	*3	24.11	39.32	9.83	4.06	*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	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	10	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	1	0	0	9	0.05	0.02	0.5	7	0.06	*N/A*	0.02	0.1	0.0	0.00	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
BEANS, BLACK CND DRND:veg	1/2 CUP	60	100	0	140	6.00	2.70	40.0	10	0.0	2	7.0	18.0	0.0	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	55	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00

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Granite School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/26/2017																
BANANAS:100-120ct	1 EACH	70	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
PEACHES DICED CND IN JC, C LING	1/2 CUP	50	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 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	25	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	25	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	3	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00
SAUCE: MARINARA K-12	1 OZ	1	14	0	69	0.17	0.25	5.2	97	1.22	*0	0.45	2.78	0.22	0.04	*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			810	51	1484	*13.61	*4.89	*572.9	*7715	*20.53	*37	36.57	117.33	22.34	7.40	*0.12
											*18.4%	18.1%	57.9%	24.8%	8.2%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

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Granite School District

Sep 1, 2017 thru Sep 29, 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 - 09/27/2017																
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

Sep 1, 2017 thru Sep 29, 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 - 09/27/2017																
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	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	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

Sep 1, 2017 thru Sep 29, 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 - 09/28/2017																
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 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	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 0 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

Sep 1, 2017 thru Sep 29, 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 - 09/28/2017																
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

Sep 1, 2017 thru Sep 29, 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 - 09/29/2017																
9-12 LUNCH																
	Total	100														
SAND HOT:HOT DOG K-8	1 EACH	10	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	1	202	5	488	0.74	0.01	238.9	105	0.61	*0	8.54	24.26	7.6	4.14	*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 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	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

Sep 1, 2017 thru Sep 29, 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 - 09/29/2017																
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 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 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			717	*47	1356	*9.97	*3.42	*564.7	*2547	*21.63	*44 *24.3%	31.02 17.3%	100.40 56.0%	21.50 27.0%	6.87 8.6%	*0.12 *0.2%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			744	*51	1379	*10.55	*3.48	*567.6	*3961	*32.32	*43 *52.2%	32.36 17.4%	107.27 57.7%	21.15 25.6%	7.08 8.6%	*0.12 *0.1%
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Granite School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	744		750 - 850	99%				6		Correction Required - Calories are Low							
Cholesterol (mg)	51				Missing												
Sodium (mg)	1379		1420														
Fiber (g)	10.55				Missing												
Iron (mg)	3.48				Missing												
Calcium (mg)	567.6				Missing												
Vitamin A (IU)	3961				Missing												
Sugars (g)	43	23.19%			Missing												
Vitamin C (mg)	32.32				Missing												
Protein (g)	32.36	17.41%															
Carbohydrate (g)	107.27	57.70%															
Total Fat (g)	21.15	25.60%															
Saturated Fat (g)	7.08	8.57%	<10.00%														
Trans Fat ¹ (g)	0.12	0.15%			Missing												

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