

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Wed - 03/01/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 100 | | | | | | | | | | | | | | |
| SAND HOT:BEEF, FRENCH DIP 6-12 | 1 EACH | 100 | 253 | 35 | 1413 | 3.00 | 2.10 | 175.9 | 15 | 0.0 | *3 | 22.41 | 32.0 | 5.66 | 1.39 | *0.00 |
| PEARS DICED CND, OREGON TRAIL | 1/2 CUP | 100 | 50 | 0 | 0 | 3.00 | 0.00 | 0.0 | 45 | 3.6 | 9 | 0.0 | 14.0 | 0.0 | 0.00 | 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 |
| 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 |
| Weighted Daily Average % of Calories | | | 420 | 42 | 1575 | 6.00 | 2.10 | 478.9 | 565 | 5.29 | *28 *26.4% | 30.50 29.0% | 63.40 60.3% | 6.66 14.2% | 1.99 4.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|--------------|-----|-----|----|------|------|------|-------|-------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Thu - 03/02/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 100 | | | | | | | | | | | | | | |
| 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 |
| CHICKEN: WG NUGGETS K-12 | 5 EACH | 100 | 263 | 25 | 401 | 2.50 | 2.25 | 25.0 | 125 | 0.0 | 1 | 16.28 | 16.28 | 15.03 | 2.50 | 0.00 |
| APPLE WHOLE:125-138ct | 1 EACH | 100 | 100 | 0 | 0 | 4.00 | 0.36 | 20.0 | 100 | 8.4 | 19 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| CARROTS, BABY FRESH | 1/2 CUP | 100 | 30 | 0 | 66 | 2.46 | 0.77 | 27.0 | 11727 | 2.25 | 0 | 0.54 | 6.93 | 0.1 | 0.02 | 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 |
| 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 |
| Weighted Daily Average % of Calories | | | 512 | 32 | 633 | 8.97 | 3.38 | 377.5 | 12458 | 12.35 | *36 *28.1% | 24.98 19.5% | 65.86 51.4% | 16.20 28.5% | 3.16 5.6% | *0.00 *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Granite School District

Base Menu Spreadsheet

Portion Values - Detailed

Mar 1, 2017 thru Mar 31, 2017

Afterschool Supper Program

Generated on: 2/23/2017 2:25:09 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/03/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| TURKEY & GRAVY- K-5 | 2 oz (cooked) | 1 | 160 | 48 | 844 | 0.03 | 0.00 | 2.3 | 0 | 0.11 | *0 | 18.31 | 8.25 | 6.25 | 2.08 | *0.00 |
| 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 |
| ROLL, WW DINNER 1 oz - scratch | 1 OZ | 1 | 90 | 0 | 110 | *1.32 | *0.81 | *6.4 | *0 | *0.69 | *2 | 2.47 | 16.38 | 2.04 | 0.27 | *0.00 |
| BROCCOLI, FRESH | 1/2 CUP | 1 | 15 | 0 | 15 | 1.14 | 0.32 | 20.7 | 274 | 39.25 | 1 | 1.24 | 2.92 | 0.16 | 0.01 | 0.00 |
| JUICE APPLE 100% W/ VIT C | 1 EACH | 1 | 60 | *N/A* | 0 | *N/A* | 0.18 | 10.0 | *N/A* | 60.0 | *N/A* | 0.0 | 13.0 | 0.0 | *N/A* | *N/A* |
| MILK WHITE 1% LF, MEADOW GOLD | 1 HALF PINT | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF PINT | 1 | 122 | 5 | 183 | 0.00 | 0.00 | 305.1 | 508 | 1.22 | 18 | 8.14 | 20.34 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 621 | *63 | 1372 | *3.29 | *1.60 | *663.3 | *1287 | *127.66 | *34 | 39.76 | 87.49 | 11.76 | *3.87 | *0.00 |
| % of Calories | | | | | | | | | | | *22.0% | 25.6% | 56.4% | 17.0% | *5.6% | *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-------------|-----|-----|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|------|--------|
| Mon - 03/06/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 100 | | | | | | | | | | | | | | |
| CHICKEN PARMESAN K-5 | 1 EACH | 100 | 331 | 33 | 550 | 3.21 | 2.08 | 147.0 | 249 | 1.22 | *1 | 20.21 | 19.0 | 18.46 | 4.60 | *0.00 |
| PASTA: SPAGHETTI WW Dinner | 1/2 CUP | 100 | 76 | 0 | 4 | 2.29 | 0.55 | 4.3 | 0 | 0.0 | *0 | 2.67 | 15.65 | 0.57 | 0.00 | *0.00 |
| ORANGE FRESH, 6-12 | 1 EACH | 100 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | *N/A* |
| CARROTS, BABY FRESH | 1/2 CUP | 100 | 30 | 0 | 66 | 2.46 | 0.77 | 27.0 | 11727 | 2.25 | 0 | 0.54 | 6.93 | 0.1 | 0.02 | 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 |
| Weighted Daily Average | | | 600 | 40 | 782 | 10.27 | 3.49 | 519.8 | 12698 | 56.24 | *26 | 32.41 | 70.27 | 20.25 | 5.23 | *0.00 |
| % of Calories | | | | | | | | | | | *17.4% | 21.6% | 46.9% | 30.4% | 7.8% | *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Tue - 03/07/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| SALISBURY STEAK/GRAVY 6-12 | 1 EACH | 1 | 256 | 55 | 2004 | 0.00 | 1.44 | 25.5 | 100 | 1.2 | *0 | 18.32 | 23.26 | 10.0 | 4.00 | *0.50 |
| 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 |
| ROLL, WW DINNER 1 oz - scratch | 1 OZ | 1 | 90 | 0 | 110 | *1.32 | *0.81 | *6.4 | *0 | *0.69 | *2 | 2.47 | 16.38 | 2.04 | 0.27 | *0.00 |
| 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* |
| PEARS DICED CND, OREGON TRAIL | 1/2 CUP | 1 | 50 | 0 | 0 | 3.00 | 0.00 | 0.0 | 45 | 3.6 | 9 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| SALAD SIDE:GREENS - GRANITE | 1 CUP | 1 | 2 | 0 | 1 | 0.21 | 0.07 | 3.0 | 121 | 0.97 | *N/A* | 0.15 | 0.38 | 0.03 | 0.00 | 0.00 |
| MILK WHITE 1% LF, MEADOW GOLD | 1 HALF PINT | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF PINT | 1 | 122 | 5 | 183 | 0.00 | 0.00 | 305.1 | 508 | 1.22 | 18 | 8.14 | 20.34 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 757 | 70 | 2576 | *9.73 | *3.82 | *678.0 | *2958 | *41.99 | *46 *24.3% | 42.79 22.6% | 112.37 59.4% | 15.58 18.5% | 5.82 6.9% | *0.50 *0.6% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|-------------|-----|-----|----|------|-------|------|-------|-----|-------|---------------|----------------|----------------|---------------|--------------|----------------|
| Wed - 03/08/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 100 | | | | | | | | | | | | | | |
| TACO BEEF SOFT:scratch Sec | 1 EACH | 100 | 154 | 17 | 328 | 2.00 | 0.83 | 182.9 | 168 | 0.0 | *0 | 7.41 | 15.82 | 7.04 | 3.69 | *0.00 |
| BEANS REFRIED CND:m/ma - K-12 | 1/2 CUP | 100 | 110 | 0 | 120 | 5.00 | 1.80 | 40.0 | 5 | 2.4 | 1 | 7.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| BANANAS:100-120ct | 1 EACH | 100 | 105 | 0 | 1 | 3.07 | 0.31 | 5.9 | 76 | 10.27 | 14 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| CUCUMBER, WITH PEEL, RAW SLICE | 1/4 CUP | 1 | 6 | 0 | 1 | 0.18 | 0.10 | 5.9 | 39 | 1.03 | 1 | 0.24 | 1.33 | 0.04 | 0.01 | 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 |
| Weighted Daily Average % of Calories | | | 486 | 24 | 611 | 10.07 | 2.94 | 531.9 | 754 | 14.37 | *31 *25.7% | 23.78 19.6% | 80.19 66.0% | 8.43 15.6% | 4.42 8.2% | *0.00 *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Thu - 03/09/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 100 | | | | | | | | | | | | | | |
| SAND HOT: CTRY FRIED STEAK | 1 EACH | 100 | 420 | 50 | 600 | 4.00 | 3.24 | 170.0 | 0 | 0.0 | *N/A* | 20.0 | 38.0 | 21.5 | 6.00 | 1.00 |
| POTATO FRENCH FRIES | 1/2 cup | 100 | 80 | 0 | 20 | 1.00 | 0.00 | 0.0 | 0 | 3.59 | *N/A* | 2.0 | 13.97 | 2.5 | 0.00 | 0.00 |
| PINEAPPLE TIDBITS CND IN J UICE | 1/2 CUP | 80 | 45 | 0 | 11 | 0.00 | 0.00 | 0.0 | 57 | 4.07 | 11 | 0.0 | 12.43 | 0.0 | 0.00 | 0.00 |
| BROCCOLI, FRESH | 1/2 CUP | 1 | 15 | 0 | 15 | 1.14 | 0.32 | 20.7 | 274 | 39.25 | 1 | 1.24 | 2.92 | 0.16 | 0.01 | 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 |
| 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 |
| Weighted Daily Average % of Calories | | | 653 | 57 | 791 | 5.01 | 3.24 | 473.3 | 553 | 8.93 | *25 *15.2% | 30.09 18.4% | 79.35 48.6% | 25.00 34.4% | 6.60 9.1% | 1.00 1.4% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|--------------|---|-----|----|------|-------|------|-------|------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Fri - 03/10/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| SPAGHETTI & MEAT SAUCE 9-12 | 1 CUP | 1 | 390 | 51 | 482 | 8.11 | 3.66 | 30.2 | 332 | 7.39 | *10 | 26.36 | 47.72 | 12.86 | 4.69 | *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 |
| APPLE WHOLE:125-138ct | 1 EACH | 1 | 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 | 1 | 80 | 0 | 20 | 1.00 | 0.36 | 20.0 | 300 | 21.0 | 18 | 1.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK WHITE 1% LF, MEADOW GOLD | 1 HALF P INT | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 1 | 122 | 5 | 183 | 0.00 | 0.00 | 305.1 | 508 | 1.22 | 18 | 8.14 | 20.34 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 868 | 66 | 817 | 15.11 | 4.78 | 677.3 | 1903 | 43.31 | *77 *35.6% | 45.58 21.0% | 141.89 65.4% | 15.91 16.5% | 6.27 6.5% | *0.00 *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/13/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| SAND HOT: HAMBURGER 9-12 | 1 EACH | 1 | 300 | 40 | 490 | 4.00 | 3.24 | 220.0 | 20 | 0.0 | 4 | 19.0 | 33.0 | 12.0 | 4.00 | 0.50 |
| POTATO TATER TOTS OIF002 | 2.5 OZ | 1 | 133 | 0 | 309 | 1.67 | 0.30 | 0.0 | 0 | 3.0 | *N/A* | 1.67 | 16.68 | 5.84 | 0.83 | 0.00 |
| 15 3oz | | | | | | | | | | | | | | | | |
| ORANGE MANDARIN CND-Granite | 1/2 CUP | 1 | 80 | 0 | 20 | 1.00 | 0.36 | 20.0 | 300 | 21.0 | 18 | 1.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| JUICE APPLE 100% W/ VIT C | 1 EACH | 1 | 60 | *N/A* | 0 | *N/A* | 0.18 | 10.0 | *N/A* | 60.0 | *N/A* | 0.0 | 13.0 | 0.0 | *N/A* | *N/A* |
| MILK CHOCOLATE FAT FREE | 1 HALF P | 1 | 122 | 5 | 183 | 0.00 | 0.00 | 305.1 | 508 | 1.22 | 18 | 8.14 | 20.34 | 0.0 | 0.00 | 0.00 |
| TRUMOO | INT | | | | | | | | | | | | | | | |
| MILK WHITE 1% LF, MEADOW | 1 HALF P | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| GOLD | INT | | | | | | | | | | | | | | | |
| Weighted Daily Average | | | 805 | *55 | 1132 | *6.67 | 4.08 | 855.1 | *1328 | 87.62 | *52 | 37.80 | 116.02 | 20.34 | *6.33 | *0.50 |
| % of Calories | | | | | | | | | | | *26.0% | 18.8% | 57.6% | 22.7% | *7.1% | *0.6% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-----------------------------|----------|---|-----|----|------|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Tue - 03/14/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN,ASIAN ORNG:w/RICE | servings | 1 | 400 | 34 | 344 | 3.35 | 2.03 | 25.4 | 175 | 3.89 | *10 | 15.75 | 47.45 | 16.66 | 2.84 | *0.00 |
| K-12 | | | | | | | | | | | | | | | | |
| SALAD SIDE:GREENS - GRANITE | 1 CUP | 1 | 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 | 1 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | *N/A* |
| BROCCOLI, FRESH | 1/2 CUP | 1 | 15 | 0 | 15 | 1.14 | 0.32 | 20.7 | 274 | 39.25 | 1 | 1.24 | 2.92 | 0.16 | 0.01 | 0.00 |
| MILK WHITE 1% LF, MEADOW | 1 HALF P | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| GOLD | INT | | | | | | | | | | | | | | | |
| MILK CHOCOLATE FAT FREE | 1 HALF P | 1 | 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 | | | | | | | | | | | | | | | |
| Weighted Daily Average | | | 695 | 49 | 673 | 7.01 | 2.52 | 692.5 | 1794 | 98.80 | *50 | 34.18 | 95.37 | 19.46 | 4.37 | *0.00 |
| % of Calories | | | | | | | | | | | *28.9% | 19.7% | 54.9% | 25.2% | 5.7% | *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|---------------|-------------------------|
| Wed - 03/15/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 100 | | | | | | | | | | | | | | |
| MEATLOAF W/ CHEESE DINNER | 1 PIECE | 100 | 190 | 40 | 390 | 1.00 | 1.44 | 60.0 | 200 | 9.0 | 5 | 11.0 | 8.0 | 12.0 | 6.00 | 0.50 |
| POTATO:MASHED, instant | 1/2 CUP | 100 | 64 | 0 | 91 | 0.80 | 0.29 | 18.8 | 4 | 24.0 | 1 | 1.6 | 13.6 | 0.8 | 0.00 | *0.00 |
| ROLL, WW DINNER 1 oz - scratch | 1 OZ | 1 | 90 | 0 | 110 | *1.32 | *0.81 | *6.4 | *0 | *0.69 | *2 | 2.47 | 16.38 | 2.04 | 0.27 | *0.00 |
| PEACHES DICED CND IN JC, C LING | 1/2 CUP | 100 | 50 | 0 | 5 | 1.01 | 0.00 | 0.0 | 302 | 1.21 | *N/A* | 1.01 | 12.1 | 0.0 | 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* |
| 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 |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 1 | 122 | 5 | 183 | 0.00 | 0.00 | 305.1 | 508 | 1.22 | 18 | 8.14 | 20.34 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 358 | 44 | 550 | *3.42 | *1.86 | *208.6 | *712 | *49.65 | *11 *12.7% | 17.49 19.5% | 40.76 45.5% | 13.90 35.0% | 6.64 16.7% | *0.50 *1.3% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|--------------|---|-----|----|------|-------|------|-------|------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Thu - 03/16/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| CHILI w/BEEF & BEANS 6-12 | 1/2 CUP | 1 | 226 | 39 | 484 | 7.00 | 3.77 | 57.1 | 459 | 6.07 | *0 | 20.84 | 18.56 | 9.05 | 3.58 | *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 |
| SALAD SIDE:GREENS - GRANITE | 1 CUP | 1 | 2 | 0 | 1 | 0.21 | 0.07 | 3.0 | 121 | 0.97 | *N/A* | 0.15 | 0.38 | 0.03 | 0.00 | 0.00 |
| APPLE WHOLE:125-138ct | 1 EACH | 1 | 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 P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 734 | 54 | 1136 | 14.21 | 5.79 | 711.2 | 1794 | 19.22 | *53 *28.8% | 42.47 23.1% | 108.78 59.3% | 15.31 18.8% | 5.62 6.9% | *0.00 *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/17/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| SALAD ENT TACO w/BEEF:G912 | 1 salad | 1 | 311 | 41 | 663 | 4.53 | 3.28 | 287.9 | 962 | 5.43 | *0 | 18.19 | 33.69 | 11.43 | 4.86 | 0.00 |
| CHIP, CORN WG TOSTITO 2 oz | 22 chips | 1 | 243 | 0 | 283 | 4.05 | 0.73 | 40.5 | 0 | 0.0 | 0 | 4.05 | 44.55 | 6.07 | 1.01 | 0.00 |
| FRUIT MIX,CND/EXLT SYR DEL MON | 1/2 CUP | 1 | 60 | 0 | 5 | 1.00 | 0.36 | 0.0 | 100 | 3.6 | 12 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| CELERY STICKS, 4" | 6 EACH | 1 | 10 | 0 | 50 | 1.00 | 0.36 | 20.0 | 100 | 3.6 | *N/A* | 0.0 | 2.0 | 0.0 | 0.00 | *N/A* |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 856 | 56 | 1315 | 10.58 | 4.73 | 953.5 | 2171 | 16.25 | *42 | 38.37 | 128.58 | 20.00 | 7.38 | *0.00 |
| % of Calories | | | | | | | | | | | *19.8% | 17.9% | 60.1% | 21.0% | 7.8% | *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---------------------------------|--------------|---|-----|----|------|------|------|-------|-------|------|--------|-------|-------|-------|--------|------|
| Mon - 03/20/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| SAND HOT:CHICKEN MALIBU 6 -12 | 1 EACH | 1 | 63 | 19 | 289 | 0.00 | 0.09 | 109.4 | 108 | 0.0 | 1 | 5.55 | 1.12 | 4.36 | 2.68 | 0.00 |
| SALAD SIDE:GREENS - GRANITE | 1 CUP | 1 | 2 | 0 | 1 | 0.21 | 0.07 | 3.0 | 121 | 0.97 | *N/A* | 0.15 | 0.38 | 0.03 | 0.00 | 0.00 |
| APPLESAUCE CND UNSWT C OM 01350 | 1/2 CUP | 1 | 60 | 0 | 10 | 2.00 | 1.44 | 0.0 | 0 | 2.4 | *N/A* | 0.0 | 15.03 | 0.0 | 0.00 | 0.00 |
| CARROTS, BABY FRESH | 1/2 CUP | 1 | 30 | 0 | 66 | 2.46 | 0.77 | 27.0 | 11727 | 2.25 | 0 | 0.54 | 6.93 | 0.1 | 0.02 | 0.00 |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 387 | 35 | 680 | 4.67 | 2.37 | 744.5 | 12964 | 9.24 | *31 | 22.38 | 56.80 | 6.99 | 4.20 | 0.00 |
| % of Calories | | | | | | | | | | | *31.9% | 23.1% | 58.7% | 16.3% | 9.8% | 0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Tue - 03/21/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| WOF: Chx Teriyaki Bowl K-5 | 3/4 Cup | 1 | 292 | 40 | 560 | 1.57 | 1.08 | 0.5 | 64 | 0.0 | *13 | 17.24 | 41.45 | 6.64 | 1.35 | *0.00 |
| BROCCOLI, FRESH | 1/2 CUP | 1 | 15 | 0 | 15 | 1.14 | 0.32 | 20.7 | 274 | 39.25 | 1 | 1.24 | 2.92 | 0.16 | 0.01 | 0.00 |
| APRICOTS, DICE CND PLD LT SYR | 1/2 CUP | 1 | 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 P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 601 | 55 | 891 | 4.72 | 1.78 | 639.2 | 2947 | 47.87 | *44 *29.1% | 35.37 23.5% | 93.47 62.2% | 9.45 14.1% | 2.86 4.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|--------------|---|-----|----|------|-------|------|-------|------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Wed - 03/22/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| SPAGHETTI & MEAT SAUCE 9-12 | 1 CUP | 1 | 390 | 51 | 482 | 8.11 | 3.66 | 30.2 | 332 | 7.39 | *10 | 26.36 | 47.72 | 12.86 | 4.69 | *0.00 |
| SALAD SIDE:GREENS - GRANITE | 1 CUP | 1 | 2 | 0 | 1 | 0.21 | 0.07 | 3.0 | 121 | 0.97 | *N/A* | 0.15 | 0.38 | 0.03 | 0.00 | 0.00 |
| APPLE WHOLE:125-138ct | 1 EACH | 1 | 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 P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 724 | 66 | 797 | 12.33 | 4.09 | 658.3 | 1561 | 20.37 | *59 *32.7% | 42.64 23.5% | 106.44 58.8% | 15.39 19.1% | 6.19 7.7% | *0.00 *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/23/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| ALFREDO: CHICKEN | 1 CUP | 1 | 423 | 115 | 1075 | 4.54 | 2.58 | 108.6 | 972 | 23.33 | *0 | 37.85 | 39.58 | 12.96 | 2.43 | *0.00 |
| CARROTS, BABY FRESH | 1/2 CUP | 1 | 30 | 0 | 66 | 2.46 | 0.77 | 27.0 | 11727 | 2.25 | 0 | 0.54 | 6.93 | 0.1 | 0.02 | 0.00 |
| ORANGE MANDARIN CND-Granite | 1/2 CUP | 1 | 80 | 0 | 20 | 1.00 | 0.36 | 20.0 | 300 | 21.0 | 18 | 1.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| CUCUMBER, WITH PEEL, RAW SLICE | 1/4 CUP | 1 | 6 | 0 | 1 | 0.18 | 0.10 | 5.9 | 39 | 1.03 | 1 | 0.24 | 1.33 | 0.04 | 0.01 | 0.00 |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 770 | 130 | 1475 | 8.18 | 3.80 | 766.5 | 14046 | 51.23 | *49 | 55.76 | 101.19 | 15.60 | 3.96 | *0.00 |
| % of Calories | | | | | | | | | | | *25.7% | 29.0% | 52.5% | 18.2% | 4.6% | *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|---|-----|-------|------|-------|------|-------|-------|-------|--------|-------|-------|-------|-------|--------|
| Fri - 03/24/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| COUNTRY FRIED STEAK 6-12 | 1 EACH | 1 | 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 LEGOUT ACAD | OUNCE | 1 | 10 | 0 | 133 | 0.00 | 0.00 | 0.7 | 0 | 0.0 | *0 | 0.0 | 1.96 | 0.0 | 0.00 | *0.00 |
| BEANS GREEN | 1/2 CUP | 1 | 22 | 0 | 1 | 2.00 | 0.41 | 27.5 | 438 | 6.06 | 1 | 1.18 | 4.93 | 0.18 | 0.04 | 0.00 |
| JUICE APPLE 100% W/ VIT C | 1 EACH | 1 | 60 | *N/A* | 0 | *N/A* | 0.18 | 10.0 | *N/A* | 60.0 | *N/A* | 0.0 | 13.0 | 0.0 | *N/A* | *N/A* |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 688 | *65 | 988 | *4.80 | 2.67 | 682.1 | *1450 | 93.68 | *32 | 33.92 | 82.83 | 23.47 | *7.54 | *1.00 |
| % of Calories | | | | | | | | | | | *18.7% | 19.7% | 48.2% | 30.7% | *9.9% | *1.3% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/27/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| SAND HOT: CTRY FRIED STEAK | 1 EACH | 1 | 420 | 50 | 600 | 4.00 | 3.24 | 170.0 | 0 | 0.0 | *N/A* | 20.0 | 38.0 | 21.5 | 6.00 | 1.00 |
| POTATO FRENCH FRIES | 1/2 cup | 1 | 80 | 0 | 20 | 1.00 | 0.00 | 0.0 | 0 | 3.59 | *N/A* | 2.0 | 13.97 | 2.5 | 0.00 | 0.00 |
| PINEAPPLE TIDBITS CND IN J UICE | 1/2 CUP | 1 | 45 | 0 | 11 | 0.00 | 0.00 | 0.0 | 57 | 4.07 | 11 | 0.0 | 12.43 | 0.0 | 0.00 | 0.00 |
| BROCCOLI, FRESH | 1/2 CUP | 1 | 15 | 0 | 15 | 1.14 | 0.32 | 20.7 | 274 | 39.25 | 1 | 1.24 | 2.92 | 0.16 | 0.01 | 0.00 |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 792 | 65 | 959 | 6.14 | 3.56 | 795.8 | 1339 | 50.53 | *42 | 39.37 | 100.66 | 26.66 | 7.51 | 1.00 |
| % of Calories | | | | | | | | | | | *21.4% | 19.9% | 50.8% | 30.3% | 8.5% | 1.1% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|---|-----|----|------|-------|------|-------|------|-------|--------|-------|--------|-------|-------|--------|
| Tue - 03/28/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| 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 |
| CHIP, CORN WG TOSTITO 1.5 oz | 16 chips | 1 | 182 | 0 | 213 | 3.04 | 0.55 | 30.4 | 0 | 0.0 | 0 | 3.04 | 33.41 | 4.56 | 0.76 | 0.00 |
| FRUIT MIX, DRIED COMM #110 161 | 1/4 CUP | 1 | 88 | 0 | 1 | 2.20 | 0.52 | 16.6 | 347 | 0.13 | *N/A* | 0.7 | 23.0 | 0.14 | 0.01 | 0.00 |
| CELERY STICKS, 4" | 6 EACH | 1 | 10 | 0 | 50 | 1.00 | 0.36 | 20.0 | 100 | 3.6 | *N/A* | 0.0 | 2.0 | 0.0 | 0.00 | *N/A* |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 811 | 42 | 1232 | 10.69 | 3.98 | 886.5 | 3004 | 20.96 | *32 | 31.39 | 126.07 | 20.72 | 9.63 | *0.00 |
| % of Calories | | | | | | | | | | | *15.9% | 15.5% | 62.2% | 23.0% | 10.7% | *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/29/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN, FAJITA 9-12 | 1 EACH | 1 | 250 | 51 | 740 | 4.22 | 1.68 | 14.5 | 138 | 25.99 | *4 | 22.04 | 27.77 | 5.63 | 0.53 | 0.00 |
| BEANS, BLACK CND DRND:veg | 1/2 CUP | 1 | 100 | 0 | 140 | 6.00 | 2.70 | 40.0 | 10 | 0.0 | 2 | 7.0 | 18.0 | 0.0 | 0.00 | 0.00 |
| SALAD SIDE:GREENS - GRANITE | 1 CUP | 1 | 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 WHOLE:138ct | 1 EACH | 1 | 63 | 0 | 0 | 3.20 | 0.13 | 53.3 | 300 | 70.89 | *N/A* | 1.25 | 15.66 | 0.16 | 0.03 | 0.00 |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 647 | 66 | 1195 | 13.63 | 4.59 | 715.9 | 1577 | 101.46 | *36 | 46.58 | 95.14 | 8.32 | 2.06 | 0.00 |
| % of Calories | | | | | | | | | | | *22.5% | 28.8% | 58.8% | 11.6% | 2.9% | 0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|---|-----|----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|------|--------|
| Thu - 03/30/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN PARMESAN 6-12 | 1 EACH | 1 | 487 | 33 | 763 | 7.13 | 3.66 | 169.4 | 542 | 4.88 | *2 | 25.54 | 50.59 | 19.95 | 4.71 | *0.00 |
| PASTA: SPAGHETTI WW Dinner | 1/2 CUP | 1 | 76 | 0 | 4 | 2.29 | 0.55 | 4.3 | 0 | 0.0 | *0 | 2.67 | 15.65 | 0.57 | 0.00 | *0.00 |
| ORANGE WHOLE:138ct | 1 EACH | 1 | 63 | 0 | 0 | 3.20 | 0.13 | 53.3 | 300 | 70.89 | *N/A* | 1.25 | 15.66 | 0.16 | 0.03 | 0.00 |
| CARROTS, BABY FRESH | 1/2 CUP | 1 | 30 | 0 | 66 | 2.46 | 0.77 | 27.0 | 11727 | 2.25 | 0 | 0.54 | 6.93 | 0.1 | 0.02 | 0.00 |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 1 | 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 | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 888 | 48 | 1146 | 15.08 | 5.11 | 859.1 | 13577 | 81.64 | *32 | 46.13 | 122.17 | 23.29 | 6.26 | *0.00 |
| % of Calories | | | | | | | | | | | *14.6% | 20.8% | 55.0% | 23.6% | 6.3% | *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Afterschool Supper Program

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/31/2017 | | | | | | | | | | | | | | | | |
| Afterschool Supper Program | Total | 1 | | | | | | | | | | | | | | |
| SAND HOT: SLOPPY JOE 6-12 | 1 EACH | 1 | 408 | 51 | 588 | 4.87 | *3.35 | *30.2 | 1073 | *7.87 | *7 | 26.91 | 46.14 | 14.84 | 5.21 | *0.00 |
| CHIPS, SUNCHIP:HRVST CHE | 1 OZ | 1 | 140 | 0 | 210 | 2.00 | 0.36 | 0.0 | 0 | 0.0 | *N/A* | 2.0 | 18.0 | 6.0 | 1.00 | 0.00 |
| D 1oz | | | | | | | | | | | | | | | | |
| PEACHES DICED CND IN JC, C | 1/2 CUP | 1 | 50 | 0 | 5 | 1.01 | 0.00 | 0.0 | 302 | 1.21 | *N/A* | 1.01 | 12.1 | 0.0 | 0.00 | 0.00 |
| LING | | | | | | | | | | | | | | | | |
| CAULIFLOWER FRESH | 1/2 CUP | 1 | 13 | 0 | 15 | 1.00 | 0.21 | 11.0 | 0 | 24.1 | 1 | 0.96 | 2.49 | 0.14 | 0.07 | *N/A* |
| BANANAS:100-120ct | 1 EACH | 1 | 105 | 0 | 1 | 3.07 | 0.31 | 5.9 | 76 | 10.27 | 14 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| MILK CHOCOLATE FAT FREE | 1 HALF P | 1 | 122 | 5 | 183 | 0.00 | 0.00 | 305.1 | 508 | 1.22 | 18 | 8.14 | 20.34 | 0.0 | 0.00 | 0.00 |
| TRUMOO | INT | | | | | | | | | | | | | | | |
| MILK WHITE 1% LF, MEADOW | 1 HALF P | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| GOLD | INT | | | | | | | | | | | | | | | |
| Weighted Daily Average | | | 948 | 66 | 1132 | 11.95 | *4.23 | *652.2 | 2459 | *47.06 | *52 | 48.30 | 139.02 | 23.87 | 7.90 | *0.00 |
| % of Calories | | | | | | | | | | | *22.1% | 20.4% | 58.7% | 22.7% | 7.5% | *0.0% |
| Nutrient Guideline | | | 600 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|------|-------|-------|--------|-------|--------|--------|-------|-------|-------|-------|-------|
| Weighted Average | | | 679 | *56 | 1063 | *8.81 | *3.50 | *661.8 | *4170 | *48.08 | *40 | 36.61 | 96.27 | 16.63 | *5.47 | *0.20 |
| | | | | | | | | | | | *53.2% | 21.6% | 56.7% | 22.0% | *7.2% | *0.3% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 679 | | 600 | 113% | | | | |
| Cholesterol (mg) | 56 | | | | Missing | | | |
| Sodium (mg) | 1063 | | 1230 | | | | | |
| Fiber (g) | 8.81 | | | | Missing | | | |
| Iron (mg) | 3.50 | | | | Missing | | | |
| Calcium (mg) | 661.8 | | | | Missing | | | |
| Vitamin A (IU) | 4170 | | | | Missing | | | |
| Sugars (g) | 40 | 23.65% | | | Missing | | | |
| Vitamin C (mg) | 48.08 | | | | Missing | | | |
| Protein (g) | 36.61 | 21.56% | | | | | | |
| Carbohydrate (g) | 96.27 | 56.69% | | | | | | |
| Total Fat (g) | 16.63 | 22.04% | | | | | | |
| Saturated Fat (g) | 5.47 | 7.25% | <10.00% | | Missing | | | |
| Trans Fat ¹ (g) | 0.20 | 0.26% | | | Missing | | | |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.