

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017																
K-5 BREAKFAST	Total	100														
ROLL: CINNAMON SUPER BAKERY	1 ROLL	30	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
CEREAL: CINNAMON TOAST CRUNCH	1 cup	50	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: RAISIN BRAN	1 CUP	20	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
BANANAS:100-120ct	1 EACH	55	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
APRICOTS, DICE CND PLD LT SYR	1/2 CUP	45	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	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	20	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			416	12	430	5.95	7.50	604.1	1723	13.71	40 38.3%	12.68 12.2%	80.16 77.1%	6.01 13.0%	1.75 3.8%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Thu - 03/02/2017																
K-5 BREAKFAST	Total	100														
BREAKFAST ON A STICK K-12	1 EACH	50	202	25	313	3.03	1.82	20.2	20	0.0	4	7.07	17.17	10.1	2.53	0.00
CEREAL: COOKIE CRISP	1 CUP	15	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL COLD CHEERIOS	1 bowl	35	101	0	142	3.04	8.20	101.2	506	6.08	*N/A*	3.04	20.25	2.03	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
ORANGE FRESH, cut into wedges	1 EACH	70	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
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
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
SYRUP, PANCAKE	2 OZ	30	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
JELLY, GRAPE	1 TBSP	15	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			388	20	441	4.82	4.89	403.1	963	41.27	*31 *31.8%	14.30 14.7%	64.88 66.8%	7.49 17.4%	2.02 4.7%	*0.00 *0.0%
Nutrient Guideline			400-500		540											<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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/03/2017																
K-5 BREAKFAST	Total	100														
BRKFAST WRAP: EGG/ CHEESE WG	1	30	192	202	426	0.00	0.96	1214.4	17151	0.0	0	10.65	14.91	5.33	4.26	0.00
CEREAL: CHEERIOS	1 cup	40	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: COCOA PUFFS	1 CUP	30	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	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
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
MILK CHOCOLATE FAT FREE TRUMMOO	1 HALF PINT	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
SALSA,CND LOW SODIUM COMM A237	1/8 CUP	20	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
Weighted Daily Average % of Calories			338	68	446	4.04	5.62	755.9	6143	11.15	*34 *40.2%	13.77 16.3%	59.91 70.9%	4.46 11.9%	2.23 5.9%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Mon - 03/06/2017																
K-5 BREAKFAST	Total	100														
WAFFLES-RAINMAKER 1.3 oz	2 EACH	50	131	0	321	4.02	1.45	80.3	10	0.0	2	4.02	24.1	3.21	0.00	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: CINNAMON TOAST CRUNCH	1 cup	40	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
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 TRUMMOO	1 HALF PINT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	15	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00

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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			346	7	476	6.16	3.85	417.5	897	8.57	36	11.69	65.39	4.59	0.87	0.00
% of Calories											41.1%	13.5%	75.6%	11.9%	2.2%	0.0%
Nutrient Guideline			400-500		540											<10.00

Tue - 03/07/2017																
K-5 BREAKFAST	Total	100														
PIZZA BRKFST SAUSAGE WG: K12	1 slice	20	210	15	481	3.01	1.80	150.3	301	0.0	*N/A*	10.02	27.05	8.01	2.00	0.00
CEREAL: CHEERIOS	1 cup	50	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: RAISIN BRAN	1 CUP	20	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	70	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	30	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	1	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average			324	11	372	5.90	8.26	596.6	1001	11.91	*36	12.17	61.46	4.05	1.40	0.00
% of Calories											*44.2%	15.0%	75.8%	11.2%	3.9%	0.0%
Nutrient Guideline			400-500		540											<10.00

Wed - 03/08/2017																
K-5 BREAKFAST	Total	100														
SAND BKFST: SAUS/CH/BUN K-5	1 EACH	50	246	39	496	2.00	2.44	236.0	188	0.0	*1	15.5	24.0	10.0	3.60	0.00
CEREAL: COOKIE CRISP	1 CUP	40	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	10	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
BANANAS:100-120ct	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
ORANGE MANDARIN CND-Granite	1/2 CUP	40	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
JELLY, GRAPE	1 TBSP	20	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00

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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			427	27	534	4.53	4.96	510.1	1086	20.12	*40	18.55	73.88	7.07	2.48	0.00
% of Calories											*37.5%	17.4%	69.2%	14.9%	5.2%	0.0%
Nutrient Guideline			400-500		540										<10.00	

Thu - 03/09/2017																
K-5 BREAKFAST	Total	100														
FRENCH TOAST: STICKS, WW 43586	4 EACH	70	301	0	402	2.01	1.45	60.3	75	0.0	15	6.03	43.18	13.05	3.01	0.00
CEREAL: COCOA PUFFS	1 CUP	10	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL COLD CHEERIOS	1 bowl	20	101	0	142	3.04	8.20	101.2	506	6.08	*N/A*	3.04	20.25	2.03	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
ORANGE FRESH, cut into wedges	1/2 EACH	60	23	0	0	1.15	0.05	19.2	108	25.54	4	0.45	5.64	0.06	0.01	*N/A*
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 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
JELLY, GRAPE	1 TBSP	15	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average			420	7	522	4.60	3.43	398.6	811	20.50	*36	14.12	68.93	10.98	2.71	*0.00
% of Calories											*34.3%	13.5%	65.7%	23.5%	5.8%	*0.0%
Nutrient Guideline			400-500		540										<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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017																
K-5 BREAKFAST	Total	100														
BRKFAST WRAP: EGG/ CHEES E WG	1	20	192	202	426	0.00	0.96	1214.4	17151	0.0	0	10.65	14.91	5.33	4.26	0.00
CEREAL: KIX CEREAL	1.33 CUP	50	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	50	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
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
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	10	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	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
Weighted Daily Average % of Calories			342	48	458	2.85	6.50	673.3	4598	8.73	*33 *38.9%	12.51 14.6%	61.05 71.4%	4.24 11.2%	1.80 4.7%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Mon - 03/13/2017																
K-5 BREAKFAST	Total	100														
PANCAKE: WG 4" MAPLE PAN CAKE	2 EACH	50	140	0	260	2.00	1.44	0.0	20	0.0	4	2.0	24.0	3.0	0.00	0.00
CEREAL: COOKIE CRISP	1 CUP	30	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: CHEERIOS	1 cup	20	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	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
APPLESAUCE, CND UNSWT	1/2 CUP	40	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
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
JELLY, GRAPE	1 TBSP	20	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
SYRUP, PANCAKE	2 OZ	1	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00

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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			336	7	410	3.24	4.29	371.3	1021	7.01	*36	10.89	62.90	3.50	0.70	0.00
% of Calories											*42.3%	13.0%	74.9%	9.4%	1.9%	0.0%
Nutrient Guideline			400-500		540											<10.00

Tue - 03/14/2017																
K-5 BREAKFAST	Total	11700														
PIZZA:BRKFST SAUSAGE	1 EACH	7436	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
CEREAL: RAISIN BRAN	1 CUP	2452	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	1612	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
TOAST, WHOLE WHEAT	1 EACH	200	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	9894	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT MIX,CND/EXLT SYR DEL MON	1/2 CUP	2200	60	0	5	1.00	0.36	0.0	100	3.6	12	0.0	15.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	9360	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	1370	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	1	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average			398	15	551	6.29	6.12	588.1	892	10.13	45	14.04	71.48	5.52	1.54	0.00
% of Calories											45.5%	14.1%	71.8%	12.5%	3.5%	0.0%
Nutrient Guideline			400-500		540											<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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017																
K-5 BREAKFAST	Total	100														
SAND; BAGEL EGG CHEE	1 EACH	30	295	188	695	3.00	2.52	135.0	450	2.4	*0	14.5	40.0	8.5	4.00	0.00
CEREAL: COCOA PUFFS	1 CUP	45	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL COLD CHEERIOS HO NEY NUT	1 bowl	25	111	0	162	2.03	4.56	101.2	506	6.08	*N/A*	2.03	22.27	1.52	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	15	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
BANANAS:100-120ct	1 EACH	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	50	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	7	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			391	64	524	4.45	4.86	437.4	1255	13.39	*35 *35.9%	14.77 15.1%	71.79 73.5%	5.42 12.5%	2.02 4.6%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Thu - 03/16/2017																
K-5 BREAKFAST	Total	100														
ROLL: CINNAMON SUPER BAK ERY	1 ROLL	30	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	50	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: RAISIN BRAN	1 CUP	20	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
BANANAS:100-120ct	1 EACH	55	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
APRICOTS, DICE CND PLD LT SYR	1/2 CUP	45	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	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	20	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			416	12	430	5.95	7.50	604.1	1723	13.71	40 38.3%	12.68 12.2%	80.16 77.1%	6.01 13.0%	1.75 3.8%	0.00 0.0%
Nutrient Guideline			400-500		540											<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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017																
K-5 BREAKFAST	Total	100														
QUESADILLA WITH HAM BREA KFAST	1 EACH	50	182	37	1407	0.00	0.47	151.9	121	0.0	*4	14.42	6.93	10.98	5.35	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	40	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: COOKIE CRISP	1 CUP	10	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
APRICOTS, DICE CND PLD LT SYR	1/2 CUP	60	62	0	3	2.00	0.38	13.0	1601	5.0	0	0.76	15.76	0.14	0.00	0.00
ORANGE MANDARIN CND-Granite	1/2 CUP	40	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 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
JELLY, GRAPE	1 TBSP	15	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			373	26	1007	3.22	3.73	469.2	1979	17.09	*33 *35.3%	18.14 19.4%	58.08 62.3%	7.70 18.6%	3.27 7.9%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Mon - 03/20/2017																
K-5 BREAKFAST	Total	100														
BREAKFAST ON A STICK K-12	1 EACH	50	202	25	313	3.03	1.82	20.2	20	0.0	4	7.07	17.17	10.1	2.53	0.00
CEREAL: COCOA PUFFS	1 CUP	30	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	20	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	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
FRUIT MIX,CND/EXLT SYR DEL MON	1/2 CUP	40	60	0	5	1.00	0.36	0.0	100	3.6	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
JELLY, GRAPE	1 TBSP	20	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
SYRUP, PANCAKE	2 OZ	1	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00

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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			372	20	467	3.69	4.20	387.9	924	9.60	*38	13.09	61.57	7.64	2.00	0.00
% of Calories											*41.2%	14.1%	66.1%	18.5%	4.8%	0.0%
Nutrient Guideline			400-500		540										<10.00	

Tue - 03/21/2017																
K-5 BREAKFAST	Total	100														
PIZZA BRKFST SAUSAGE WG: K12	1 slice	30	210	15	481	3.01	1.80	150.3	301	0.0	*N/A*	10.02	27.05	8.01	2.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	40	110	0	125	4.00	2.70	0.0	300	0.0	*N/A*	3.0	27.0	0.5	0.00	0.00
CEREAL: COOKIE CRISP	1 CUP	30	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	70	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	30	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 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
JELLY, GRAPE	1 TBSP	20	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
SYRUP, PANCAKE	2 OZ	1	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
Weighted Daily Average			378	12	436	7.04	3.82	410.4	1001	11.08	*38	13.49	73.11	4.20	1.20	0.00
% of Calories											*40.1%	14.3%	77.4%	10.0%	2.9%	0.0%
Nutrient Guideline			400-500		540										<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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017																
K-5 BREAKFAST	Total	100														
FRENCH TOAST: STICKS, WW 43586	4 EACH	20	301	0	402	2.01	1.45	60.3	75	0.0	15	6.03	43.18	13.05	3.01	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	50	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL COLD CHEERIOS	1 bowl	30	101	0	142	3.04	8.20	101.2	506	6.08	*N/A*	3.04	20.25	2.03	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
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
ORANGE MANDARIN CND-Granite	1/2 CUP	30	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 P INT	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	1	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			407	8	435	5.49	6.19	429.2	1147	21.09	*40 *39.5%	12.85 12.6%	75.93 74.7%	6.92 15.3%	1.77 3.9%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

	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																
K-5 BREAKFAST	Total	100														
WAFFLES-RAINMAKER 1.3 oz	2 EACH	45	131	0	321	4.02	1.45	80.3	10	0.0	2	4.02	24.1	3.21	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	35	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	20	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
ORANGE FRESH, cut into wedges	1 EACH	50	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE CND UNSWT C OM 01350	1/2 CUP	50	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 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
SYRUP, PANCAKE	2 OZ	25	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
JELLY, GRAPE	1 TBSP	10	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			355	7	470	6.03	5.78	449.0	939	32.28	*26 *29.8%	12.15 13.7%	70.59 79.5%	3.48 8.8%	0.61 1.5%	*0.00 *0.0%
Nutrient Guideline			400-500		540											<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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017																
K-5 BREAKFAST	Total	100														
SAND HOT: EGG & CHEESE K-5 cereal: cherrios	1 EACH	30	236	188	462	2.00	2.16	245.9	502	0.0	*0	13.04	23.51	9.06	4.54	0.00
CEREAL: CHEERIOS	1 CUP	40	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
TOAST, WHOLE WHEAT	1 cup	30	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
PEACHES DICED CND IN JC, C LING	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	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 WHITE 1% LF, MEADOW GOLD	1 HALF P INT	50	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
JELLY, GRAPE	1 HALF P INT	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
SALSA,CND LOW SODIUM CO MM A237	1 TBSP	25	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
	1/8 CUP	20	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
Weighted Daily Average % of Calories			338	64	506	3.61	5.77	468.7	1260	7.71	*24 *28.2%	15.35 18.2%	57.27 67.8%	5.31 14.1%	2.26 6.0%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Mon - 03/27/2017																
K-5 BREAKFAST	Total	100														
WAFFLES-RAINMAKER 1.3 oz	2 EACH	50	131	0	321	4.02	1.45	80.3	10	0.0	2	4.02	24.1	3.21	0.00	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	40	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
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 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
JELLY, GRAPE	1 TBSP	15	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			346	7	476	6.16	3.85	417.5	897	8.57	36 41.1%	11.69 13.5%	65.39 75.6%	4.59 11.9%	0.87 2.2%	0.00 0.0%
Nutrient Guideline			400-500		540											<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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017																
K-5 BREAKFAST	Total	100														
FRENCH TOAST: STICKS, WW 43586	4 EACH	20	301	0	402	2.01	1.45	60.3	75	0.0	15	6.03	43.18	13.05	3.01	0.00
CEREAL COLD CHEERIOS	1 bowl	50	101	0	142	3.04	8.20	101.2	506	6.08	*N/A*	3.04	20.25	2.03	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	20	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	70	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	30	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	1	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			343	8	357	5.72	8.24	579.2	959	11.95	*38 *44.7%	11.39 13.3%	64.81 75.6%	5.07 13.3%	1.35 3.6%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Wed - 03/29/2017																
K-5 BREAKFAST	Total	100														
BREAKFAST ON A STICK K-12	1 EACH	20	202	25	313	3.03	1.82	20.2	20	0.0	4	7.07	17.17	10.1	2.53	0.00
CEREAL: COOKIE CRISP	1 CUP	50	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	30	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
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
ORANGE MANDARIN CND-Granite	1/2 CUP	30	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	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	1	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			372	13	396	5.08	6.41	439.1	1145	21.20	39 41.8%	12.79 13.7%	70.73 76.0%	4.73 11.4%	1.35 3.3%	0.00 0.0%
Nutrient Guideline			400-500		540											<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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2017																
K-5 BREAKFAST	Total	100														
SAND BKFST: SAUS/CH/BUN K-5	1 EACH	30	246	39	496	2.00	2.44	236.0	188	0.0	*1	15.5	24.0	10.0	3.60	0.00
CEREAL: COCOA PUFFS	1 CUP	50	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: CHEERIOS	1 cup	20	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	55	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 TRUMMOO	1 HALF P INT	50	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	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY, GRAPE	1 TBSP	20	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			328	19	465	4.24	5.56	489.4	1115	35.14	*30 *36.5%	15.29 18.6%	55.34 67.4%	5.91 16.2%	1.94 5.3%	*0.00 *0.0%
Nutrient Guideline			400-500		540											<10.00

	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																
K-5 BREAKFAST	Total	100														
ROLL: CINNAMON SUPER BAKERY	1 ROLL	50	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	40	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
CEREAL: CINNAMON TOAST CRUNCH	1 cup	10	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
TOAST, WHOLE WHEAT	1 EACH	20	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
PEACHES DICED CND IN JC, CLING	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
ORANGE MANDARIN CND-Granite	1/2 CUP	40	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 TRUMMOO	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
JELLY, GRAPE	1 TBSP	15	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
Weighted Daily Average % of Calories			383	15	433	3.98	5.05	426.3	1128	14.19	*35 *37.1%	13.37 14.0%	70.31 73.5%	5.52 13.0%	1.67 3.9%	0.00 0.0%
Nutrient Guideline			400-500		540											<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

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			371	21	480	4.92	5.50	492.4	1505	16.09	*36 *86.3%	13.56 14.6%	67.18 72.4%	5.67 13.7%	1.72 4.2%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	371		400 - 500	93%		29		Correction Required - Calories are Low
Cholesterol (mg)	21							
Sodium (mg)	480		540					
Fiber (g)	4.92							
Iron (mg)	5.50							
Calcium (mg)	492.4							
Vitamin A (IU)	1505							
Sugars (g)	36	38.36%			Missing			
Vitamin C (mg)	16.09							
Protein (g)	13.56	14.61%						
Carbohydrate (g)	67.18	72.38%						
Total Fat (g)	5.67	13.75%						
Saturated Fat (g)	1.72	4.17%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			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.