

**Granite School District**

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

Base Menu Spreadsheet

K-5 BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/01/2017																
K-5 BREAKFAST	Total	100														
BRKFAST WRAP: EGG/ CHEESE 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 CRUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
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 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	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 COMM A237	1/8 CUP	10	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
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

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

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

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**Granite School District**

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

Base Menu Spreadsheet

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 <sup>1</sup> (g)
<b>Mon - 09/04/2017</b>																
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: CHEERIOS	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
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
RAISINS	1/4 cup	40	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	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 % of Calories			354	7	424	3.59	4.88	375.0	851	7.77	*30 *33.6%	11.41 12.9%	66.94 75.6%	4.09 10.4%	0.88 2.2%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

<b>Tue - 09/05/2017</b>																
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 IN LT SYR 25448	1/2 CUP	2200	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 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

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# Granite School District

Sep 1, 2017 thru Sep 29, 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			402	15	551	6.29	6.05	588.1	911	9.68	*43 *42.8%	14.23 14.2%	72.05 71.7%	5.52 12.3%	1.54 3.4%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Wed - 09/06/2017																
K-5 BREAKFAST	Total	100														
SAND BKFST:EGG,CH/ BAGEL	1 EACH	30	350	200	895	3.00	2.52	210.0	600	2.4	*1	17.0	41.0	13.0	6.50	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: HONEY NUT CHEERIOS	1 CUP	25	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
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			416	68	596	4.61	5.21	467.6	1339	13.86	*38 *36.7%	15.67 15.1%	73.79 71.0%	6.89 14.9%	2.77 6.0%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Thu - 09/07/2017																
K-5 BREAKFAST	Total	100														
ROLL CINNAMON	1 roll	30	170	0	190	1.22	1.53	12.7	443	0.24	*N/A*	5.0	31.0	3.0	0.50	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 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 WHOLE:138ct	1 EACH	55	63	0	0	3.20	0.13	53.3	300	70.89	*N/A*	1.25	15.66	0.16	0.03	0.00
JUICE APPLE 100% W/ VIT C	1 EACH	45	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	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

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Sep 1, 2017 thru Sep 29, 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			334	*8	374	*4.77	6.71	448.4	*1171	72.31	*19 *23.1%	12.73 15.2%	63.71 76.2%	3.38 9.1%	*0.92 *2.5%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

Fri - 09/08/2017																
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: 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: 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
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			369	26	991	2.83	3.74	469.5	1980	17.11	*33 *35.6%	17.75 19.2%	58.15 62.9%	7.50 18.3%	3.27 8.0%	0.00 0.0%
Nutrient Guideline			400-500		540										<10.00	

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**Granite School District**

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

Base Menu Spreadsheet

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/11/2017																
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
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
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	40	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 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 SYRUP, PANCAKE	1 TBSP 2 OZ	20 1	56 150	0 0	6 68	0.21 0.00	0.04 0.00	1.5 0.0	1 0	0.19 0.0	11 *N/A*	0.03 0.0	14.69 37.14	0.0 0.0	0.00 0.00	0.00 0.00
Weighted Daily Average % of Calories			387	20	465	3.89	4.05	387.9	992	8.06	*31 *32.3%	13.69 14.1%	63.90 66.0%	7.64 17.8%	2.00 4.6%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Tue - 09/12/2017																
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 SYRUP, PANCAKE	1 TBSP 2 OZ	20 1	56 150	0 0	6 68	0.21 0.00	0.04 0.00	1.5 0.0	1 0	0.19 0.0	11 *N/A*	0.03 0.0	14.69 37.14	0.0 0.0	0.00 0.00	0.00 0.00

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Sep 1, 2017 thru Sep 29, 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			378	12	436	7.04	3.82	410.4	1001	11.08	*38 *40.1%	13.49 14.3%	73.11 77.4%	4.20 10.0%	1.20 2.9%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Wed - 09/13/2017																
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 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: CHEERIOS	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
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			406	8	435	5.47	6.16	428.9	1145	21.07	40 39.8%	12.84 12.6%	75.85 74.7%	6.92 15.3%	1.92 4.3%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

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**Granite School District**

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

Base Menu Spreadsheet

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/14/2017																
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

Fri - 09/15/2017																
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 EACH	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

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**Granite School District**

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

Base Menu Spreadsheet

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 09/18/2017</b>																
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

<b>Tue - 09/19/2017</b>																
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 J UICE	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 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			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

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# Granite School District

Sep 1, 2017 thru Sep 29, 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 <sup>1</sup> (g)
<b>Wed - 09/20/2017</b>																
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 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			372	13	396	5.08	6.41	439.1	1145	21.20	39	12.79	70.73	4.73	1.35	0.00
% of Calories											41.8%	13.7%	76.0%	11.4%	3.3%	0.0%
Nutrient Guideline			400-500		540											<10.00

<b>Thu - 09/21/2017</b>																
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 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			328	19	465	4.24	5.56	489.4	1115	35.14	*30	15.29	55.34	5.91	1.94	*0.00
% of Calories											*36.5%	18.6%	67.4%	16.2%	5.3%	*0.0%
Nutrient Guideline			400-500		540											<10.00

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**Granite School District**

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

Base Menu Spreadsheet

K-5 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/22/2017																
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, C	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
LING																
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	1 HALF P	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
TRUMOO	INT															
MILK WHITE 1% LF, MEADOW	1 HALF P	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
GOLD	INT															
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			383	15	433	3.98	5.05	426.3	1128	14.19	*35	13.37	70.31	5.52	1.67	0.00
% of Calories											*37.1%	14.0%	73.5%	13.0%	3.9%	0.0%
Nutrient Guideline			400-500		540											<10.00

Mon - 09/25/2017																
K-5 BREAKFAST	Total	100														
PANCAKE: WG 4" MAPLE PANCAKE	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: KIX CEREAL	1.33 CUP	20	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
PEACHES SLCD CND IN EXLT	1/2 CUP	60	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
SYR																
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	1 HALF P	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
TRUMOO	INT															
MILK WHITE 1% LF, MEADOW	1 HALF P	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
GOLD	INT															
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

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# Granite School District

Sep 1, 2017 thru Sep 29, 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			339	7	422	3.28	4.39	383.2	1027	7.08	*36 *42.4%	10.71 12.6%	64.21 75.7%	3.31 8.8%	0.60 1.6%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Tue - 09/26/2017																
K-5 BREAKFAST	Total	100														
FRENCH TOAST: STICKS, WW 43586	4 EACH	30	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	40	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: HONEY NUT CHEERIOS	1 CUP	30	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	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
FRUIT MIX,CND/EXLT SYR DEL MON	1/2 CUP	30	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
Weighted Daily Average % of Calories			421	7	459	6.00	5.13	436.4	1095	14.27	*49 *46.2%	12.02 11.4%	79.65 75.6%	6.51 13.9%	1.50 3.2%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

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# Granite School District

Sep 1, 2017 thru Sep 29, 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 <sup>1</sup> (g)
<b>Wed - 09/27/2017</b>																
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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 09/28/2017</b>																
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

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**Granite School District**

**Sep 1, 2017 thru Sep 29, 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 <sup>1</sup> (g)
Fri - 09/29/2017																
K-5 BREAKFAST	Total	100														
BRKFAST WRAP: EGG/ CHEES E 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 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
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	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 CO MM 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	
Weighted Average			369	*22	478	*4.77	5.49	481.0	*1542	18.49	*34 *84.0%	13.33 14.4%	67.23 72.8%	5.37 13.1%	*1.64 *4.0%	*0.00 *0.0%

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**Granite School District**

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

Base Menu Spreadsheet

K-5 BREAKFAST

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	369		400 - 500	92%			31			Correction Required - Calories are Low							
Cholesterol (mg)	22				Missing												
Sodium (mg)	478		540														
Fiber (g)	4.77				Missing												
Iron (mg)	5.49																
Calcium (mg)	481.0																
Vitamin A (IU)	1542				Missing												
Sugars (g)	34	37.33%			Missing												
Vitamin C (mg)	18.49																
Protein (g)	13.33	14.43%															
Carbohydrate (g)	67.23	72.79%															
Total Fat (g)	5.37	13.08%															
Saturated Fat (g)	1.64	4.00%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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