

Granite School District

Apr 1, 2017 thru Apr 30, 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 ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Mon - 04/03/2017 | | | | | | | | | | | | | | | | |
| K-5 BREAKFAST | Total | 100 | | | | | | | | | | | | | | |
| BREAKFAST: BERRY APPLE CRISP | 1 bar | 50 | 260 | 0 | 105 | 2.00 | 0.72 | 20.0 | 55 | 0.0 | 11 | 4.0 | 40.0 | 10.0 | 2.00 | 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 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 |
| Weighted Daily Average % of Calories | | | 399 | 7 | 345 | 3.28 | 4.03 | 393.2 | 1045 | 7.08 | *39 *39.5% | 11.71 11.7% | 72.21 72.4% | 6.81 15.4% | 1.60 3.6% | 0.00 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|-----|-----|----|-----|------|------|-------|-----|------|-------|------|-------|-------|------|------|
| Tue - 04/04/2017 | | | | | | | | | | | | | | | | |
| 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 |

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.

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Apr 1, 2017 thru Apr 30, 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 % 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 |

| Wed - 04/05/2017 | | | | | | | | | | | | | | | | | |
|---|-------------|-----|---------|----|-----|------|-------|--------|------|-------|-------------|----------------|----------------|---------------|--------------|--------------|--|
| 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 | |

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.

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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 ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/06/2017 | | | | | | | | | | | | | | | | |
| 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 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 |
| 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 | | | 388 | 20 | 441 | 4.82 | 4.89 | 403.1 | 963 | 41.27 | *31 | 14.30 | 64.88 | 7.49 | 2.02 | *0.00 |
| % of Calories | | | | | | | | | | | *31.8% | 14.7% | 66.8% | 17.4% | 4.7% | *0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|----------------------------------|--------------|-----|-----|-----|-----|------|------|--------|-------|------|-------|-------|-------|------|------|------|
| Fri - 04/07/2017 | | | | | | | | | | | | | | | | |
| 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 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 |

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

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

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Apr 1, 2017 thru Apr 30, 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 % 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 - 04/10/2017 | | | | | | | | | | | | | | | | |
|--------------------------------------|--------------|-----|---------|----|-----|------|------|-------|-----|------|---------------|----------------|----------------|---------------|--------------|--------------|
| 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 |
| FRUIT MIX CND IN LT SYR 25448 | 1/2 CUP | 40 | 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 | 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 | | | 358 | 7 | 478 | 5.36 | 3.85 | 417.5 | 959 | 7.61 | *32 *35.7% | 12.09 13.5% | 67.00 74.8% | 4.59 11.5% | 0.87 2.2% | 0.00 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | | <10.00 |

| Tue - 04/11/2017 | | | | | | | | | | | | | | | | |
|---------------------------------|--------------|-----|-----|----|-----|------|-------|--------|-----|------|-------|-------|-------|------|------|------|
| 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 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 |

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

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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 ¹ (g) |
|---|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 324 | 11 | 372 | 5.90 | 8.26 | 596.6 | 1001 | 11.91 | *36 *44.2% | 12.17 15.0% | 61.46 75.8% | 4.05 11.2% | 1.40 3.9% | 0.00 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | | <10.00 |

| Wed - 04/12/2017 | | | | | | | | | | | | | | | | |
|---|--------------|-----|---------|----|-----|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|--------------|
| 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 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 |
| Weighted Daily Average % of Calories | | | 427 | 27 | 534 | 4.53 | 4.96 | 510.1 | 1086 | 20.12 | *40 *37.5% | 18.55 17.4% | 73.88 69.2% | 7.07 14.9% | 2.48 5.2% | 0.00 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | | <10.00 |

| Thu - 04/13/2017 | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|-----|-----|----|-----|------|------|-------|-----|-------|-------|------|-------|-------|------|-------|
| 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 |

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

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Granite School District

Apr 1, 2017 thru Apr 30, 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 % of Calories | | | 420 | 7 | 522 | 4.60 | 3.43 | 398.6 | 811 | 20.50 | *36 *34.3% | 14.12 13.5% | 68.93 65.7% | 10.98 23.5% | 2.71 5.8% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | | <10.00 |

| Fri - 04/14/2017 | | | | | | | | | | | | | | | | | |
|--------------------------------------|-------------|-----|---------|-----|-----|------|------|--------|-------|------|---------------|----------------|----------------|---------------|--------------|--------------|--|
| 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 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 | |

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Granite School District

Apr 1, 2017 thru Apr 30, 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Mon - 04/17/2017 | | | | | | | | | | | | | | | | |
| 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: 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 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|-------|-----|----|-----|------|-------|--------|-----|------|-------|------|-------|------|------|------|
| Tue - 04/18/2017 | | | | | | | | | | | | | | | | |
| 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 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

Apr 1, 2017 thru Apr 30, 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 % 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 - 04/19/2017 | | | | | | | | | | | | | | | | |
|--------------------------------------|--------------|-----|---------|-----|-----|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|--------------|
| 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 - 04/20/2017 | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|-----|-----|-------|-----|-------|------|-------|-------|-------|-------|------|-------|------|-------|-------|
| 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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Granite School District

Apr 1, 2017 thru Apr 30, 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 % 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 - 04/21/2017 | | | | | | | | | | | | | | | | |
|--------------------------------------|--------------|-----|---------|----|------|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|--------------|
| 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

Apr 1, 2017 thru Apr 30, 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Mon - 04/24/2017 | | | | | | | | | | | | | | | | |
| 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 J UICE | 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 | 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 | | | 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 - 04/25/2017 | | | | | | | | | | | | | | | | |
| 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 |

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

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Granite School District

Apr 1, 2017 thru Apr 30, 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 | | | 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 |

| Wed - 04/26/2017 | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|-----|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|------|--------|
| 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: 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 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 | | | 406 | 8 | 435 | 5.47 | 6.16 | 428.9 | 1145 | 21.07 | 40 | 12.84 | 75.85 | 6.92 | 1.92 | 0.00 |
| % of Calories | | | | | | | | | | | 39.8% | 12.6% | 74.7% | 15.3% | 4.3% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | | <10.00 |

| Thu - 04/27/2017 | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|-----|-----|----|-----|------|------|-------|-----|-------|-------|------|-------|------|------|-------|
| 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 | 1/2 CUP | 50 | 60 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60 | 2.4 | 12 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| MILK CHOCOLATE FAT FREE TRUMOO | 1 HALF P INT | 60 | 122 | 5 | 183 | 0.00 | 0.00 | 305.1 | 508 | 1.22 | 18 | 8.14 | 20.34 | 0.0 | 0.00 | 0.00 |
| MILK WHITE 1% LF, MEADOW GOLD | 1 HALF P INT | 40 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| 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 |

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Granite School District

Apr 1, 2017 thru Apr 30, 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 % of Calories | | | 355 | 7 | 470 | 6.03 | 5.06 | 449.0 | 969 | 32.28 | *32 *36.5% | 12.15 13.7% | 70.58 79.5% | 3.48 8.8% | 0.61 1.5% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | | <10.00 |

| Fri - 04/28/2017 | | | | | | | | | | | | | | | | | |
|---|--------------|-----|---------|-------|-----|-------|------|-------|-------|------|---------------|----------------|----------------|---------------|----------------|----------------|--|
| K-5 BREAKFAST | Total | 100 | | | | | | | | | | | | | | | |
| SAND BKFST:HAM,EGG,CH/BU N K-5 | 1 EACH | 30 | 250 | 195 | 580 | 2.00 | 2.16 | 245.0 | 452 | 0.0 | *1 | 14.55 | 24.82 | 9.82 | 4.41 | 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 | 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 | |
| PEACHES DICED CND IN JC, C LING | 1/2 CUP | 50 | 50 | 0 | 5 | 1.01 | 0.00 | 0.0 | 302 | 1.21 | *N/A* | 1.01 | 12.1 | 0.0 | 0.00 | 0.00 | |
| 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 | 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 | | | 346 | *66 | 499 | *2.97 | 5.12 | 478.1 | *1292 | 8.89 | *27 *31.1% | 15.16 17.5% | 57.84 66.9% | 5.54 14.4% | *2.08 *5.4% | *0.00 *0.0% | |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|-----|-------|------|-------|-------|-------|---------------|----------------|----------------|---------------|----------------|----------------|
| Weighted Average | | | 379 | *22 | 486 | *4.74 | 5.25 | 484.6 | *1554 | 17.92 | *35 *83.3% | 13.65 14.4% | 68.25 72.0% | 5.87 13.9% | *1.78 *4.2% | *0.00 *0.0% |
|------------------|--|--|-----|-----|-----|-------|------|-------|-------|-------|---------------|----------------|----------------|---------------|----------------|----------------|

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Granite School District

Apr 1, 2017 thru Apr 30, 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 ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|--|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | | |
| Calories | 379 | | 400 - 500 | 95% | | | | 21 | | Correction Required - Calories are Low | | | | | | | |
| Cholesterol (mg) | 22 | | | | Missing | | | | | | | | | | | | |
| Sodium (mg) | 486 | | 540 | | | | | | | | | | | | | | |
| Fiber (g) | 4.74 | | | | Missing | | | | | | | | | | | | |
| Iron (mg) | 5.25 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 484.6 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 1554 | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 35 | 37.03% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 17.92 | | | | | | | | | | | | | | | | |
| Protein (g) | 13.65 | 14.40% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 68.25 | 72.01% | | | | | | | | | | | | | | | |
| Total Fat (g) | 5.87 | 13.93% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 1.78 | 4.22% | <10.00% | | Missing | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | | | | | | | | | | |

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