

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017																
K-5 LUNCH	Total	100														
FISH, NUGGETS: POLLOCK #0 6-790	4 EACH	25	280	55	420	2.00	1.08	0.0	0	6.0	0	15.0	20.0	16.0	3.00	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	1	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
PIZZA:CHEESE Bold 10ct K-5	1 SLICE	30	320	30	350	3.00	1.80	249.7	300	0.0	6	14.98	33.96	12.98	5.99	0.00
PIZZA:PEPPERONI Bold 10ct K-5	1 SLICE	1	360	39	504	3.00	1.90	255.4	300	0.0	*6	16.7	33.96	16.41	7.42	0.00
PIZZA:SAUSAGE Bold 10ct K-5	1 SLICE	10	371	39	474	3.30	2.02	261.8	301	0.0	6	17.11	34.57	17.24	7.51	0.00
PIZZA:HAWAIIAN Bold 10-cut,K-5	1 slice	1	321	30	362	3.00	1.80	249.7	300	0.0	6	15.12	34.01	13.03	6.01	0.00
PIZZA:VEGGIE Bold 10ct K-5	1 SLICE	1	330	30	449	3.49	2.11	256.9	327	0.06	6	15.26	34.97	13.74	6.09	0.00
SAND COLD:HAM/CH/ WG SAN D K-5	1 EACH	5	275	41	873	4.00	1.44	155.9	180	0.0	6	18.52	34.21	9.75	4.13	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	20	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT:CHICKEN FIESTA K-5	1 EACH	10	196	38	615	4.44	2.95	108.3	765	5.28	*2	16.86	18.84	5.92	3.06	0.00
CHIP, CORN WG TOSTITO 1.5 oz	16 chips	10	182	0	213	3.04	0.55	30.4	0	0.0	0	3.04	33.41	4.56	0.76	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
BROCCOLI, FRESH	1/2 CUP	55	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.01	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*
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
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
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
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
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
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	20	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	20	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00

N/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 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			605	46	1057	6.56	*2.03	*502.9	1264	*54.39	*42 *27.5%	25.98 17.2%	82.52 54.6%	18.80 28.0%	6.49 9.7%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 03/02/2017																
K-5 LUNCH	Total	100														
CORN DOG:K12	1 corn dog	15	243	40	395	5.06	1.82	81.0	25	0.0	5	9.11	30.37	8.1	2.53	0.00
SAND HOT: HAM/CH CROISSA NT K-5	1 each	40	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SAND COLD:BOLOGNA & CHEESE K-5	1 EACH	15	546	80	1042	4.00	1.98	185.9	202	0.0	11	19.53	43.01	29.06	11.53	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: CHEF: K-5	1 EACH	15	158	41	507	0.90	0.51	213.9	646	6.96	*2	17.77	4.29	8.28	4.94	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	15	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
SALAD SIDE:GREENS - GRANITE CARROTS, BABY FRESH	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
PEAR, FRESH K-12	1/2 CUP	50	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
RAISINS, SEEDLESS K-12 4 T BSP	1 EACH	40	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	*N/A*
PEARS DICED CND, OREGON TRAIL	1/4 CUP	30	108	0	4	1.34	0.68	18.1	0	0.83	21	1.11	28.7	0.17	0.02	*N/A*
JUICE: 100% APPLE	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 WHITE 1% LF, MEADOW GOLD	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	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1 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
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
DRESSING: LIGHT RANCH HEINZ	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00

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Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			518	35	963	7.73	*1.84	*433.8	6775	*9.36	*45	19.24	79.77	13.39	4.90	*0.00
% of Calories											*34.4%	14.8%	61.5%	23.2%	8.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 03/03/2017																
K-5 LUNCH	Total	100														
ALFREDO: CHICKEN	3/4 CUP	20	317	86	806	3.40	1.93	81.4	729	17.5	*0	28.39	29.69	9.72	1.82	*0.00
PIZZA:CHEESE Bold 10ct K-5	1 SLICE	40	320	30	350	3.00	1.80	249.7	300	0.0	6	14.98	33.96	12.98	5.99	0.00
PIZZA:PEPPERONI Bold 10ct K-5	1 SLICE	1	360	39	504	3.00	1.90	255.4	300	0.0	*6	16.7	33.96	16.41	7.42	0.00
PIZZA:SAUSAGE Bold 10ct K-5	1 SLICE	1	371	39	474	3.30	2.02	261.8	301	0.0	6	17.11	34.57	17.24	7.51	0.00
PIZZA:HAWAIIAN Bold 10-cut,K-5	1 slice	1	321	30	362	3.00	1.80	249.7	300	0.0	6	15.12	34.01	13.03	6.01	0.00
PIZZA:VEGGIE Bold 10ct K-5	1 SLICE	1	330	30	449	3.49	2.11	256.9	327	0.06	6	15.26	34.97	13.74	6.09	0.00
SAND COLD: TUNA K-5	1 EACH	10	331	48	870	4.05	1.81	81.4	20	0.4	*4	21.21	36.68	11.31	1.76	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	20	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: VEGETARIAN: K-5	1 EACH	10	155	15	200	4.97	1.66	246.0	653	7.92	*1	11.85	12.53	6.23	4.07	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	10	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CABBAGE, FRESH	1/2 cup	40	9	0	6	0.88	0.16	14.0	34	12.81	1	0.45	2.03	0.04	0.01	0.00
CLEMENTINE	1 each	50	35	0	1	1.00	0.18	20.0	0	36.0	*N/A*	1.0	9.0	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
APPLESAUCE, CND UNSWT	1/2 CUP	30	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
JUICE: 100% APPLE	4 oz	30	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	15	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	20	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	20	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00

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Granite School District

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Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			593	49	1094	6.18	*2.29	*519.0	1163	*32.17	*35	28.28	80.52	16.82	6.06	*0.00
% of Calories											*23.9%	19.1%	54.3%	25.5%	9.2%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Mon - 03/06/2017																
K-5 LUNCH	Total	100														
CHICKEN,ASIAN ORNG:w/RICE K-12	servings	25	400	34	344	3.35	2.03	25.4	175	3.89	*10	15.75	47.45	16.66	2.84	*0.00
SAND HOT:HOT DOG K-8	1 EACH	30	100	0	160	3.00	1.08	150.0	0	0.0	*0	6.0	17.0	1.0	0.00	0.00
SAND COLD:TKY & CHEESE K-5	1 EACH	10	316	54	1069	4.00	2.04	155.9	180	0.0	6	28.86	32.68	9.06	3.36	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	20	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: CHICK MANDARI N K-5	1 EACH	15	185	43	116	1.43	1.06	26.0	542	22.93	*18	15.27	21.54	3.94	1.17	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	15	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CUCUMBER, WITH PEEL, RAW SLICE	1/2 CUP	30	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.67	0.08	0.02	0.00
APPLE WHOLE:125-138ct	1 EACH	50	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
ORANGE MANDARIN CND-Granite	1/2 CUP	55	80	0	20	1.00	0.36	20.0	300	21.0	18	1.0	20.0	0.0	0.00	0.00
JUICE: 100% APPLE	4 oz	30	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00

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Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			591	32	947	7.65	*2.21	*441.1	1159	*24.48	*52	23.88	92.93	13.77	3.69	*0.00
% of Calories											*35.5%	16.2%	62.9%	21.0%	5.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 03/07/2017																
K-5 LUNCH	Total	100														
CHICKEN: WG NUGGETS K-12	5 EACH	25	263	25	401	2.50	2.25	25.0	125	0.0	1	16.28	16.28	15.03	2.50	0.00
ROLL: SCRATCH K-12 1 OZ	1 OZ	25	88	0	219	1.57	0.83	14.1	106	0.11	*2	2.72	16.02	1.89	0.27	*0.00
SAND HOT BBQ CHICKEN:K12	1 sandwich	40	249	47	801	4.00	2.93	40.0	255	0.8	*8	23.74	31.4	4.0	0.67	0.00
SAND COLD:ALL AMERICAN K-5	1 EACH	10	351	61	1179	4.00	1.68	231.9	332	0.0	7	25.72	34.82	14.24	6.46	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT:TACO, BEEF K-5	1 EACH	10	252	51	635	1.44	2.47	188.2	1476	11.43	*2	19.84	10.57	16.31	8.44	*0.00
CHIP, CORN WG TOSTITO 1.5 oz	16 chips	1	182	0	213	3.04	0.55	30.4	0	0.0	0	3.04	33.41	4.56	0.76	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
Beans, Great Northern	1/2 CUP	25	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00
CARROTS, BABY FRESH	1/2 CUP	50	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
BANANAS:100-120ct	1/2 EACH	50	53	0	1	1.53	0.15	3.0	38	5.13	7	0.64	13.48	0.19	0.06	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	45	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	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 WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
SAUCE, SWEET & SOUR:scr K-12	1 OZ	1	32	0	41	0.01	0.01	0.2	35	0.67	*7	0.0	8.32	0.0	0.00	*0.00

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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			593	47	1375	7.86	*3.61	*432.9	7088	*8.76	*36 *24.6%	32.48 21.9%	82.76 55.8%	15.02 22.8%	4.48 6.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017																
K-5 LUNCH	Total	100														
PIZZA:CHEESE Bold 10ct K-5	1 SLICE	35	320	30	350	3.00	1.80	249.7	300	0.0	6	14.98	33.96	12.98	5.99	0.00
PIZZA:PEPPERONI Bold 10ct K-5	1 SLICE	1	360	39	504	3.00	1.90	255.4	300	0.0	*6	16.7	33.96	16.41	7.42	0.00
PIZZA:SAUSAGE Bold 10ct K-5	1 SLICE	1	371	39	474	3.30	2.02	261.8	301	0.0	6	17.11	34.57	17.24	7.51	0.00
PIZZA:HAWAIIAN Bold 10-cut,K-5	1 slice	1	321	30	362	3.00	1.80	249.7	300	0.0	6	15.12	34.01	13.03	6.01	0.00
PIZZA:VEGGIE Bold 10ct K-5	1 SLICE	1	330	30	449	3.49	2.11	256.9	327	0.06	6	15.26	34.97	13.74	6.09	0.00
SAND HOT: SLOPPY JOE K-5	1 EACH	25	372	51	770	3.97	*3.53	*202.1	432	*1.74	*10	26.34	43.3	13.69	4.67	*0.00
SAND COLD:HAM/CH/ WG SAND K-5	1 EACH	15	275	41	873	4.00	1.44	155.9	180	0.0	6	18.52	34.21	9.75	4.13	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT:CHICKEN FIESTA K-5	1 EACH	10	196	38	615	4.44	2.95	108.3	765	5.28	*2	16.86	18.84	5.92	3.06	0.00
CHIP, CORN WG TOSTITO 1.5 oz	15 chips	10	182	0	213	3.04	0.55	30.4	0	0.0	0	3.04	33.41	4.56	0.76	0.00
CORN FROZEN	1/2 CUP	50	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	*N/A*
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
BROCCOLI, FRESH	1/2 CUP	50	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.01	0.00
ORANGE FRESH, cut into wedges	1/2 EACH	50	23	0	0	1.15	0.05	19.2	108	25.54	4	0.45	5.64	0.06	0.01	*N/A*
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
APPLESAUCE, CND UNSWT	1/2 CUP	30	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
JUICE: 100% APPLE	4 oz	30	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
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
MILK CHOCOLATE FAT FREE TRUMMO	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
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VENTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENCH FF	2 TBSP	20	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KENN 807	2 TBSP	20	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			621	46	1160	7.21	*2.77	*539.0	1361	*39.68	*40 *26.0%	29.76 19.2%	89.76 57.8%	17.09 24.8%	6.53 9.5%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017																
K-5 LUNCH	Total	100														
WOF: CAROLINA BBQ NACHOS	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SPAGHETTI & MEAT SAUCE K-8	1 CUP	1	294	39	784	5.93	2.78	33.2	295	9.1	*7	19.69	35.11	9.74	3.56	*0.00
SAND COLD:BOLOGNA & CHEESE K-5	1 EACH	20	546	80	1042	4.00	1.98	185.9	202	0.0	11	19.53	43.01	29.06	11.53	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: CHEF: K-5	1 EACH	15	158	41	507	0.90	0.51	213.9	646	6.96	*2	17.77	4.29	8.28	4.94	*0.00
POTATO:TATER TOTS 10 EA 0215	10 EACH	1	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	15	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	50	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
PEAR, FRESH K-12	1 EACH	35	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	*N/A*
CRAISINS, DRIED	1/4 CUP	25	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	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	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 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
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
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	15	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	7	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	7	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
CAKE, PUMPKIN K-5	1 EACH	1	124	15	89	0.64	0.52	5.6	1320	1.54	*11	1.33	20.08	4.58	0.42	*0.00
Weighted Daily Average			493	34	866	6.29	*1.47	*425.1	6856	*7.92	*35	18.72	71.85	13.50	5.14	*0.00
% of Calories											*28.1%	15.2%	58.2%	24.6%	9.4%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017																
K-5 LUNCH	Total	100														
MAC & CHEESE: scratch K-8	3/4 cup	35	277	8	680	1.07	0.01	269.6	154	0.27	*0	11.35	32.25	11.4	6.23	*0.00
PIZZA:CHEESE Bold 10ct K-5	1 SLICE	35	320	30	350	3.00	1.80	249.7	300	0.0	6	14.98	33.96	12.98	5.99	0.00
PIZZA:PEPPERONI Bold 10ct K-5	1 SLICE	1	360	39	504	3.00	1.90	255.4	300	0.0	*6	16.7	33.96	16.41	7.42	0.00
PIZZA:SAUSAGE Bold 10ct K-5	1 SLICE	1	371	39	474	3.30	2.02	261.8	301	0.0	6	17.11	34.57	17.24	7.51	0.00
PIZZA:HAWAIIAN Bold 10-cut,K-5	1 slice	1	321	30	362	3.00	1.80	249.7	300	0.0	6	15.12	34.01	13.03	6.01	0.00
PIZZA:VEGGIE Bold 10ct K-5	1 SLICE	1	330	30	449	3.49	2.11	256.9	327	0.06	6	15.26	34.97	13.74	6.09	0.00
SAND COLD: TUNA K-5	1 EACH	15	331	48	870	4.05	1.81	81.4	20	0.4	*4	21.21	36.68	11.31	1.76	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	10	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: VEGETARIAN: K-5	1 EACH	10	155	15	200	4.97	1.66	246.0	653	7.92	*1	11.85	12.53	6.23	4.07	*0.00
BREADSTICK, SCRATCH 2 oz	2 OZ	10	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
K-12																
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CELERY STICKS, 4"	6 EACH	50	10	0	50	1.00	0.36	20.0	100	3.6	*N/A*	0.0	2.0	0.0	0.00	*N/A*
APRICOTS, DICE CND PLD LT	1/2 CUP	40	62	0	3	2.00	0.38	13.0	1601	5.0	0	0.76	15.76	0.14	0.00	0.00
SYR																
GRAPES, FRESH	1/2 CUP	60	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
FRUIT MIX,CND/EXLT SYR DEL	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
MON																
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 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															
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															
KETCHUP:CHEF MARK COMM	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
ODITY																
MUSTARD, YELLOW PREP VE	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
NTURA																
DRESSING: LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC	2 TBSP	20	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
H FF																
DRESSING SALAD:FF ITAL KE	2 TBSP	20	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
N 807																
Weighted Daily Average			581	33	1148	5.54	*1.99	*573.6	1698	*9.48	*33	25.04	82.14	16.19	6.80	*0.00
% of Calories											*22.9%	17.2%	56.6%	25.1%	10.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/13/2017																
K-5 LUNCH	Total	100														
BEEF DIPPERS	4 each	30	151	35	432	0.00	1.81	20.1	100	0.0	*N/A*	12.06	6.03	8.04	3.52	0.00
RICE, BROWN CKD	1/2 CUP	1	120	0	3	0.80	0.58	82.8	0	0.0	*0	2.4	25.6	0.8	0.00	*0.00
SAND HOT: CHEESBURGER K-8	1 EACH	30	356	53	692	4.00	3.24	295.9	172	0.0	5	21.53	34.01	16.56	6.53	0.50
SAND COLD:TKY & CHEESE K-5	1 EACH	10	316	54	1069	4.00	2.04	155.9	180	0.0	6	28.86	32.68	9.06	3.36	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: CHICK MANDARIN K-5	1 EACH	15	185	43	116	1.43	1.06	26.0	542	22.93	*18	15.27	21.54	3.94	1.17	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	15	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
PEAS GREEN	1/2 CUP	30	62	0	58	4.40	1.22	19.2	1680	7.92	4	4.12	11.41	0.22	0.04	*N/A*
APPLE WHOLE:125-138ct	1 EACH	50	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
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
ORANGE MANDARIN CND-Granite	1/2 CUP	50	80	0	20	1.00	0.36	20.0	300	21.0	18	1.0	20.0	0.0	0.00	0.00
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 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
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
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	1	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENCH FF	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			602	49	1052	8.06	*3.08	*477.2	1645	*24.76	*52	28.44	89.37	14.77	5.56	*0.15
% of Calories											*34.8%	18.9%	59.4%	22.1%	8.3%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/14/2017																
K-5 LUNCH	Total	100														
WOF: Chx Teriyaki Bowl K-5	3/4 Cup	25	292	40	560	1.57	1.08	0.5	64	0.0	*13	17.24	41.45	6.64	1.35	*0.00
SAND HOT:HOT DOG K-8	1 EACH	30	100	0	160	3.00	1.08	150.0	0	0.0	*0	6.0	17.0	1.0	0.00	0.00
SAND COLD:ALL AMERICAN K-5	1 EACH	20	351	61	1179	4.00	1.68	231.9	332	0.0	7	25.72	34.82	14.24	6.46	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	10	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT:TACO, BEEF K-5	1 EACH	15	252	51	635	1.44	2.47	188.2	1476	11.43	*2	19.84	10.57	16.31	8.44	*0.00
CHIP, CORN WG TOSTITO 1.5 oz	15 chips	15	182	0	213	3.04	0.55	30.4	0	0.0	0	3.04	33.41	4.56	0.76	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
BEANS, BLACK CND DRND:m/ma	1/2 CUP	15	269	0	440	5.44	2.49	54.4	8	2.83	*N/A*	9.16	19.05	0.51	0.14	*N/A*
CARROTS, BABY FRESH	1/2 CUP	40	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
BANANAS:100-120ct	1/2 EACH	50	53	0	1	1.53	0.15	3.0	38	5.13	7	0.64	13.48	0.19	0.06	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	40	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	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 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
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
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
SAUCE: TARTAR scratch K-12	1 OZ	1	117	19	240	0.02	0.00	0.2	2	0.5	*0	0.01	5.98	9.65	1.92	*0.00
Weighted Daily Average			554	40	1195	6.18	*2.34	*468.0	5846	*8.69	*35	26.42	78.37	12.65	4.58	*0.00
% of Calories											*25.3%	19.1%	56.6%	20.6%	7.4%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017																
K-5 LUNCH	Total	100														
PIZZA:CHEESE Bold 10ct K-5	1 SLICE	50	320	30	350	3.00	1.80	249.7	300	0.0	6	14.98	33.96	12.98	5.99	0.00
PIZZA:PEPPERONI Bold 10ct K-5	1 SLICE	1	360	39	504	3.00	1.90	255.4	300	0.0	*6	16.7	33.96	16.41	7.42	0.00
PIZZA:SAUSAGE Bold 10ct K-5	1 SLICE	1	371	39	474	3.30	2.02	261.8	301	0.0	6	17.11	34.57	17.24	7.51	0.00
PIZZA:HAWAIIAN Bold 10-cut,K-5	1 slice	1	321	30	362	3.00	1.80	249.7	300	0.0	6	15.12	34.01	13.03	6.01	0.00
PIZZA:VEGGIE Bold 10ct K-5	1 SLICE	1	330	30	449	3.49	2.11	256.9	327	0.06	6	15.26	34.97	13.74	6.09	0.00
SAND HOT:HAM/CH CROISSA NT K-5	1 EACH	15	181	30	530	2.00	1.44	150.0	8	0.0	*2	13.2	25.28	4.78	1.64	0.00
SAND COLD:HAM/CH/ WG SAND K-5	1 EACH	10	275	41	873	4.00	1.44	155.9	180	0.0	6	18.52	34.21	9.75	4.13	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	20	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT:CHICKEN FIESTA K-5	1 EACH	5	196	38	615	4.44	2.95	108.3	765	5.28	*2	16.86	18.84	5.92	3.06	0.00
CHIP, CORN WG TOSTITO 1.5 oz	15 chips	5	182	0	213	3.04	0.55	30.4	0	0.0	0	3.04	33.41	4.56	0.76	0.00
CORN, CND LS WHL KERNEL A110	1/2 CUP	1	97	0	205	2.35	1.04	5.9	97	10.26	*N/A*	3.15	22.34	1.2	0.19	0.00
SALAD SIDE:GREENS - GRANITE BROCCOLI, FRESH	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
ORANGE FRESH, cut into wedges	1/2 CUP	60	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.01	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 EACH	50	23	0	0	1.15	0.05	19.2	108	25.54	4	0.45	5.64	0.06	0.01	*N/A*
APPLESAUCE, CND UNSWT	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
JUICE: 100% APPLE	4 oz	35	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	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	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VENTURA	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING SALAD: CA FRENCH	2 TBSP	1	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			568	39	973	5.68	*2.04	*543.9	1227	*41.93	*40	25.41	80.01	16.12	6.51	*0.00
% of Calories											*28.3%	17.9%	56.3%	25.5%	10.3%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 03/16/2017																
K-5 LUNCH	Total	100														
SAND HOT CHICKEN	1 sandwich	15	233	0	890	5.55	1.78	99.6	1495	27.42	*4	8.88	47.71	2.11	0.03	0.00
SALISBURY STEAK/GRAVY K-6	1 EACH	40	256	55	2004	0.00	1.44	25.5	100	1.2	*0	18.32	23.26	10.0	4.00	*0.50
RICE, BROWN CKD - K-5	3/4 CUP	1	120	0	3	1.50	0.54	2.8	0	0.0	*0	3.01	24.82	1.13	0.00	*0.00
SAND COLD:BOLOGNA & CHEESE K-5	1 EACH	15	546	80	1042	4.00	1.98	185.9	202	0.0	11	19.53	43.01	29.06	11.53	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: CHEF: K-5	1 EACH	15	158	41	507	0.90	0.51	213.9	646	6.96	*2	17.77	4.29	8.28	4.94	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	15	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	50	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
PEAR, FRESH K-12	1 EACH	40	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	*N/A*
RAISINS, SEEDLESS K-12 4 T BSP	1/4 CUP	30	108	0	4	1.34	0.68	18.1	0	0.83	21	1.11	28.7	0.17	0.02	*N/A*
PEARS DICED CND, OREGON 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
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 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
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
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING: LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
BROWNIE: WG	1 each	1	166	19	189	1.84	0.72	5.7	260	0.0	*2	2.61	27.49	5.95	2.59	*0.00

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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			622	51	1841	7.84	*2.42	*446.9	7038	*13.96	*44 *28.6%	26.59 17.1%	92.20 59.3%	16.56 23.9%	6.15 8.9%	*0.20 *0.3%
Nutrient Guideline			600-650		1230										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017																
K-5 LUNCH																
BURRITO, BEAN & CHEESE LO S CAB	1 EACH	30	291	15	479	7.96	3.33	171.0	295	1.54	*N/A*	15.6	40.95	8.29	3.62	0.01
PIZZA:CHEESE Bold 10ct K-5	1 SLICE	30	320	30	350	3.00	1.80	249.7	300	0.0	6	14.98	33.96	12.98	5.99	0.00
PIZZA:PEPPERONI Bold 10ct K-5	1 SLICE	1	360	39	504	3.00	1.90	255.4	300	0.0	*6	16.7	33.96	16.41	7.42	0.00
PIZZA:SAUSAGE Bold 10ct K-5	1 SLICE	10	371	39	474	3.30	2.02	261.8	301	0.0	6	17.11	34.57	17.24	7.51	0.00
PIZZA:HAWAIIAN Bold 10-cut,K-5	1 slice	1	321	30	362	3.00	1.80	249.7	300	0.0	6	15.12	34.01	13.03	6.01	0.00
PIZZA:VEGGIE Bold 10ct K-5	1 SLICE	1	330	30	449	3.49	2.11	256.9	327	0.06	6	15.26	34.97	13.74	6.09	0.00
SAND COLD: TUNA K-5	1 EACH	10	331	48	870	4.05	1.81	81.4	20	0.4	*4	21.21	36.68	11.31	1.76	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: VEGETARIAN: K-5	1 EACH	5	155	15	200	4.97	1.66	246.0	653	7.92	*1	11.85	12.53	6.23	4.07	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
BEANS, GREEN CND COMM A061	1/2 CUP	1	0	0	9	0.05	0.02	0.5	7	0.06	*N/A*	0.02	0.1	0.0	0.00	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
SALAD SIDE: CUCUMBER Granite	1/2 CUP	50	21	0	94	0.99	0.30	13.6	577	9.97	*2	0.85	4.44	0.34	0.03	*0.00
CLEMENTINE	1 each	50	35	0	1	1.00	0.18	20.0	0	36.0	*N/A*	1.0	9.0	0.0	0.00	0.00
APPLESAUCE CND UNSWT C OM 01350	1/2 CUP	40	60	0	10	2.00	1.44	0.0	0	2.4	*N/A*	0.0	15.03	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
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	20	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	20	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			590	35	1075	7.56	*3.30	*531.0	1301	*28.59	*32	25.89	84.97	15.96	6.19	*0.00
% of Calories											*21.5%	17.6%	57.6%	24.3%	9.4%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/20/2017																
K-5 LUNCH	Total	100														
TACO, BEEF:SOFT K-5	1 EACH	10	208	31	680	0.17	1.63	177.6	368	0.47	*0	16.76	7.83	14.09	6.39	*0.00
SAND: PIZZA SUB	1 each	45	380	47	1159	2.95	2.33	389.8	686	8.59	*1	18.49	28.29	18.39	7.88	0.00
SAND COLD:TKY & CHEESE K-5	1 EACH	10	316	54	1069	4.00	2.04	155.9	180	0.0	6	28.86	32.68	9.06	3.36	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: CHICK MANDARIN K-5	1 EACH	25	185	43	116	1.43	1.06	26.0	542	22.93	*18	15.27	21.54	3.94	1.17	0.00
BREADSTICK, SCRATCH 2 oz	2 OZ	20	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO: SWEET, FRIES CRIS S CUT	5 fries	20	140	0	160	2.00	0.36	20.0	2999	4.8	*N/A*	1.0	21.0	6.0	1.00	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
EDAMAME,FRZ, THAWED	1/2 CUP	30	119	0	10	3.96	2.99	165.7	151	24.39	*N/A*	11.87	9.89	5.93	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	50	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
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
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
JUICE: 100% APPLE	4 oz	20	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	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
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
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM COMM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	15	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
SAUCE: BBQ, scratch 6-12	1 OZ	15	36	0	397	0.73	*0.16	*1.5	309	*1.3	*4	0.73	9.22	0.01	0.00	*0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			702	51	1442	8.93	*3.59	*624.9	2120	*34.67	*48 *27.5%	32.69 18.6%	94.60 53.9%	20.83 26.7%	7.06 9.1%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 03/21/2017																
K-5 LUNCH	Total	100														
HAMBURGER & GRAVY- K-5	3/4 CUP	1	227	54	903	*0.04	*1.52	*3.2	*0	*0.14	*0	20.71	12.23	12.24	4.95	*0.00
POTATO:MASHED, instant	1/2 CUP	1	64	0	91	0.80	0.29	18.8	4	24.0	1	1.6	13.6	0.8	0.00	*0.00
SAND HOT: BBQ RIBLET:beef K-6	1 EACH	25	320	40	820	4.00	3.24	190.0	400	1.2	*10	19.0	35.0	11.5	4.00	0.00
SAND COLD:ALL AMERICAN K-5	1 EACH	15	351	61	1179	4.00	1.68	231.9	332	0.0	7	25.72	34.82	14.24	6.46	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT:TACO, BEEF K-5	1 EACH	10	252	51	635	1.44	2.47	188.2	1476	11.43	*2	19.84	10.57	16.31	8.44	*0.00
CHIP, CORN WG TOSTITO 1.5 oz	16 chips	10	182	0	213	3.04	0.55	30.4	0	0.0	0	3.04	33.41	4.56	0.76	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CAULIFLOWER FRESH	1/2 CUP	1	13	0	15	1.00	0.21	11.0	0	24.1	1	0.96	2.49	0.14	0.07	*N/A*
CARROTS, BABY FRESH	1/2 CUP	1	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
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	40	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	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 WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	20	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	20	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			491	36	1080	*4.58	*1.78	*440.1	*1291	*10.10	*38 *30.8%	22.40 18.3%	71.41 58.2%	13.05 23.9%	4.94 9.1%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017																
K-5 LUNCH	Total	100														
NACHOS: BEFFY NACHOS	1 EACH	1	305	28	599	3.07	0.66	187.9	434	0.07	*0	10.13	34.87	14.38	7.14	*0.00
PIZZA:CHEESE Bold 10ct K-5	1 SLICE	40	320	30	350	3.00	1.80	249.7	300	0.0	6	14.98	33.96	12.98	5.99	0.00
PIZZA:PEPPERONI Bold 10ct K-5	1 SLICE	0	360	39	504	3.00	1.90	255.4	300	0.0	*6	16.7	33.96	16.41	7.42	0.00
PIZZA:SAUSAGE Bold 10ct K-5	1 SLICE	0	371	39	474	3.30	2.02	261.8	301	0.0	6	17.11	34.57	17.24	7.51	0.00
PIZZA:HAWAIIAN Bold 10-cut,K-5	1 slice	0	321	30	362	3.00	1.80	249.7	300	0.0	6	15.12	34.01	13.03	6.01	0.00
PIZZA:VEGGIE Bold 10ct K-5	1 SLICE	0	330	30	449	3.49	2.11	256.9	327	0.06	6	15.26	34.97	13.74	6.09	0.00
SAND COLD:HAM/CH/ WG SAN D K-5	1 EACH	5	275	41	873	4.00	1.44	155.9	180	0.0	6	18.52	34.21	9.75	4.13	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	25	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT:CHICKEN FIESTA K-5	1 EACH	10	196	38	615	4.44	2.95	108.3	765	5.28	*2	16.86	18.84	5.92	3.06	0.00
CHIP, CORN WG TOSTITO 1.5 oz	16 chips	10	182	0	213	3.04	0.55	30.4	0	0.0	0	3.04	33.41	4.56	0.76	0.00
BEANS GREEN	1/2 CUP	1	22	0	1	2.00	0.41	27.5	438	6.06	1	1.18	4.93	0.18	0.04	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
BROCCOLI, FRESH	1/2 CUP	40	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.01	0.00
ORANGE FRESH, cut into wedges	1/2 EACH	50	23	0	0	1.15	0.05	19.2	108	25.54	4	0.45	5.64	0.06	0.01	*N/A*
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
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
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 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
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
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	20	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	20	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			538	32	969	5.42	*1.67	*492.5	1192	*34.42	*41	22.01	77.01	15.41	5.90	*0.00
% of Calories											*30.4%	16.4%	57.2%	25.8%	9.9%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017																
K-5 LUNCH	Total	100														
CHICKEN PARMESAN K-5	1 EACH	60	331	33	550	3.21	2.08	147.0	249	1.22	*1	20.21	19.0	18.46	4.60	*0.00
ROLL, WW DINNER 1 oz - scratch	1 OZ	60	90	0	110	*1.32	*0.81	*6.4	*0	*0.69	*2	2.47	16.38	2.04	0.27	*0.00
BURRITO, BEAN & CHEESE LO S CAB	1 EACH	25	291	15	479	7.96	3.33	171.0	295	1.54	*N/A*	15.6	40.95	8.29	3.62	0.01
SAND COLD:BOLOGNA & CHEESE K-5	1 EACH	5	546	80	1042	4.00	1.98	185.9	202	0.0	11	19.53	43.01	29.06	11.53	0.00
SALAD ENT: CHEF: K-5	1 EACH	5	158	41	507	0.90	0.51	213.9	646	6.96	*2	17.77	4.29	8.28	4.94	*0.00
SAND COLD: PB&J, CHEESE, CHIPS	1 each	10	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	25	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	60	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
Beans, Great Northern	1/2 CUP	10	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00
PEAR, FRESH K-12	1 EACH	40	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	*N/A*
CRAISINS, DRIED	1/4 CUP	40	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	80	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	5	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VENTURA	1/2 OZ	2	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	15	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	2	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	10	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			675	38	1047	*11.26	*3.71	*509.0	*7915	*8.17	*29	30.98	91.90	20.25	5.91	*0.00
% of Calories											*17.2%	18.4%	54.4%	27.0%	7.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017																
K-5 LUNCH	Total	100														
MAC & CHEESE: scratch K-8	3/4 cup	30	277	8	680	1.07	0.01	269.6	154	0.27	*0	11.35	32.25	11.4	6.23	*0.00
PIZZA:CHEESE Bold 10ct K-5	1 SLICE	30	320	30	350	3.00	1.80	249.7	300	0.0	6	14.98	33.96	12.98	5.99	0.00
PIZZA:PEPPERONI Bold 10ct K-5	1 SLICE	1	360	39	504	3.00	1.90	255.4	300	0.0	*6	16.7	33.96	16.41	7.42	0.00
PIZZA:SAUSAGE Bold 10ct K-5	1 SLICE	10	371	39	474	3.30	2.02	261.8	301	0.0	6	17.11	34.57	17.24	7.51	0.00
PIZZA:HAWAIIAN Bold 10-cut,K-5	1 slice	1	321	30	362	3.00	1.80	249.7	300	0.0	6	15.12	34.01	13.03	6.01	0.00
PIZZA:VEGGIE Bold 10ct K-5	1 SLICE	1	330	30	449	3.49	2.11	256.9	327	0.06	6	15.26	34.97	13.74	6.09	0.00
SAND COLD: TUNA K-5	1 EACH	10	331	48	870	4.05	1.81	81.4	20	0.4	*4	21.21	36.68	11.31	1.76	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: VEGETARIAN: K-5	1 EACH	5	155	15	200	4.97	1.66	246.0	653	7.92	*1	11.85	12.53	6.23	4.07	*0.00
BREADSTICK, SCRATCH 2 oz	2 OZ	5	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
K-12																
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CELERY STICKS, 4"	6 EACH	50	10	0	50	1.00	0.36	20.0	100	3.6	*N/A*	0.0	2.0	0.0	0.00	*N/A*
CLEMENTINE	1 each	50	35	0	1	1.00	0.18	20.0	0	36.0	*N/A*	1.0	9.0	0.0	0.00	0.00
APRICOTS, DICE CND PLD LT	1/2 CUP	40	62	0	3	2.00	0.38	13.0	1601	5.0	0	0.76	15.76	0.14	0.00	0.00
SYR																
FRUIT MIX,CND/EXLT SYR DEL	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
MON																
JUICE: 100% APPLE	4 oz	40	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
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															
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															
KETCHUP:CHEF MARK COMM	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
ODITY																
MUSTARD, YELLOW PREP VE	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
NTURA																
DRESSING: LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC	2 TBSP	20	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
H FF																
DRESSING SALAD:FF ITAL KE	2 TBSP	20	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
N 807																
Weighted Daily Average			581	33	1111	5.50	*1.91	*568.9	1660	*26.06	*31	24.49	81.43	16.78	6.96	*0.00
% of Calories											*21.0%	16.9%	56.0%	26.0%	10.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/27/2017																
K-5 LUNCH	Total	100														
WOF: South West Chicken Wrap	1 wrap	30	290	40	509	4.86	3.12	174.5	483	3.07	*0	19.7	33.24	8.25	3.12	*0.00
BURRITO, BEAN & CHEESE LO S CAB	1 EACH	30	291	15	479	7.96	3.33	171.0	295	1.54	*N/A*	15.6	40.95	8.29	3.62	0.01
SAND COLD:TKY & CHEESE K-5	1 EACH	7	316	54	1069	4.00	2.04	155.9	180	0.0	6	28.86	32.68	9.06	3.36	0.00
SALAD ENT: CHICK MANDARIN K-5	1 EACH	8	185	43	116	1.43	1.06	26.0	542	22.93	*18	15.27	21.54	3.94	1.17	0.00
SAND COLD: PB&J, CHEESE, CHIPS	1 each	25	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	25	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
PEARS DICED CND, OREGON TRAIL	1/2 CUP	50	50	0	0	3.00	0.00	0.0	45	3.6	9	0.0	14.0	0.0	0.00	0.00
ORANGE MANDARIN CND-Granite	1/2 CUP	50	80	0	20	1.00	0.36	20.0	300	21.0	18	1.0	20.0	0.0	0.00	0.00
CUCUMBER, WITH PEEL, RAW SLICE	1/2 CUP	20	11	0	1	0.37	0.21	11.8	77	2.06	1	0.48	2.67	0.08	0.02	0.00
APPLE WHOLE:125-138ct	1 EACH	20	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	25	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	75	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JUICE: 100% APPLE	4 oz	50	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	5	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	2	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	3	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	2	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			576	39	826	8.45	*2.81	*481.4	1169	*20.56	*43	26.61	84.37	15.24	5.71	*0.00
% of Calories											*30.2%	18.5%	58.6%	23.8%	8.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017																
K-5 LUNCH	Total	100														
SAND; BAGEL EGG CHEE	1 EACH	25	295	188	695	3.00	2.52	135.0	450	2.4	*0	14.5	40.0	8.5	4.00	0.00
SAND HOT: HAMBURGER K-8	1 EACH	30	258	35	436	2.99	3.22	189.5	99	0.0	*N/A*	17.84	23.98	9.4	3.46	0.49
SAND COLD:ALL AMERICAN K-5	1 EACH	20	351	61	1179	4.00	1.68	231.9	332	0.0	7	25.72	34.82	14.24	6.46	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	10	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT:TACO, BEEF K-5	1 EACH	15	252	51	635	1.44	2.47	188.2	1476	11.43	*2	19.84	10.57	16.31	8.44	*0.00
CHIP, CORN WG TOSTITO 1.5 oz	15 chips	15	182	0	213	3.04	0.55	30.4	0	0.0	0	3.04	33.41	4.56	0.76	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
Beans, Great Northern	1/2 CUP	15	149	0	370	6.41	2.06	69.0	0	1.7	*N/A*	9.65	27.54	0.51	0.16	0.00
CARROTS, BABY FRESH	1/2 CUP	40	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
BANANAS:100-120ct	1/2 EACH	50	53	0	1	1.53	0.15	3.0	38	5.13	7	0.64	13.48	0.19	0.06	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	40	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	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 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
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
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	5	11	0	35	0.45	0.71	3.5	173	1.26	*N/A*	0.47	2.2	0.06	0.01	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	30	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
SAUCE: TARTAR scratch K-12	1 OZ	1	117	19	240	0.02	0.00	0.2	2	0.5	*0	0.01	5.98	9.65	1.92	*0.00
Weighted Daily Average			584	87	1301	6.68	*3.28	*515.7	5971	*9.12	*32	29.36	81.37	15.64	6.29	*0.15
% of Calories											*21.9%	20.1%	55.7%	24.1%	9.7%	*0.2%
Nutrient Guideline			600-650		1230											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2017																
K-5 LUNCH	Total	100														
PIZZA:CHEESE Bold 10ct K-5	1 SLICE	50	320	30	350	3.00	1.80	249.7	300	0.0	6	14.98	33.96	12.98	5.99	0.00
PIZZA:PEPPERONI Bold 10ct K-5	1 SLICE	1	360	39	504	3.00	1.90	255.4	300	0.0	*6	16.7	33.96	16.41	7.42	0.00
PIZZA:SAUSAGE Bold 10ct K-5	1 SLICE	1	371	39	474	3.30	2.02	261.8	301	0.0	6	17.11	34.57	17.24	7.51	0.00
PIZZA:HAWAIIAN Bold 10-cut,K-5	1 slice	1	321	30	362	3.00	1.80	249.7	300	0.0	6	15.12	34.01	13.03	6.01	0.00
PIZZA:VEGGIE Bold 10ct K-5	1 SLICE	1	330	30	449	3.49	2.11	256.9	327	0.06	6	15.26	34.97	13.74	6.09	0.00
PORK: NUGGETS BBQ .8oz K-12	3 NUGGE TS	15	179	31	501	0.90	1.29	35.8	179	1.07	*N/A*	10.74	7.16	11.64	4.03	0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	15	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
SAND COLD:HAM/CH/ WG SAND K-5	1 EACH	10	275	41	873	4.00	1.44	155.9	180	0.0	6	18.52	34.21	9.75	4.13	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	20	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT:CHICKEN FIESTA K-5	1 EACH	5	196	38	615	4.44	2.95	108.3	765	5.28	*2	16.86	18.84	5.92	3.06	0.00
CHIP, CORN WG TOSTITO 1.5 oz	15 chips	5	182	0	213	3.04	0.55	30.4	0	0.0	0	3.04	33.41	4.56	0.76	0.00
CORN, CND LS WHL KERNEL A110	1/2 CUP	1	97	0	205	2.35	1.04	5.9	97	10.26	*N/A*	3.15	22.34	1.2	0.19	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
BROCCOLI, FRESH	1/2 CUP	60	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.01	0.00
ORANGE FRESH, cut into wedges	1/2 EACH	50	23	0	0	1.15	0.05	19.2	108	25.54	4	0.45	5.64	0.06	0.01	*N/A*
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
APPLESAUCE, CND UNSWT	1/2 CUP	35	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	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 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
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
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	1	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			594	39	1019	5.96	*2.26	*530.6	1269	*42.11	*40	25.84	82.02	17.71	6.95	*0.00
% of Calories											*27.3%	17.4%	55.2%	26.8%	10.5%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 03/30/2017																
K-5 LUNCH	Total	100														
CORN DOG: CHICKEN - Granite	1 EACH	35	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
CHILI w/BEEF & BEANS 6-12	1/2 CUP	15	226	39	484	7.00	3.77	57.1	459	6.07	*0	20.84	18.56	9.05	3.58	*0.00
SAND HOT: GRILLED CHEESE K-12	1 EACH	1	270	25	700	4.00	1.44	230.0	320	0.0	5	13.0	32.0	11.0	5.00	0.00
SAND COLD:BOLOGNA & CHEESE K-5	1 EACH	20	546	80	1042	4.00	1.98	185.9	202	0.0	11	19.53	43.01	29.06	11.53	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	15	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: CHEF: K-5	1 EACH	15	158	41	507	0.90	0.51	213.9	646	6.96	*2	17.77	4.29	8.28	4.94	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	15	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
POTATO TATER TOTS OIF002 15 3oz	2.5 OZ	1	133	0	309	1.67	0.30	0.0	0	3.0	*N/A*	1.67	16.68	5.84	0.83	0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CARROTS, BABY FRESH	1/2 CUP	50	30	0	66	2.46	0.77	27.0	11727	2.25	0	0.54	6.93	0.1	0.02	0.00
PEAR, FRESH K-12	1 EACH	45	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	*N/A*
CRAISINS, DRIED	1/4 CUP	45	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	1	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	20	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	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
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
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING; LIGHT RANCH HEINZ	2 TBSP	20	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	15	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	15	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			629	53	1146	10.26	*2.69	*465.2	6833	*9.01	*34	24.97	90.11	17.72	6.56	*0.00
% of Calories											*21.6%	15.9%	57.3%	25.4%	9.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 03/31/2017																
K-5 LUNCH	Total	100														
RAVIOLI, CHEESY K-5	3 EACH	20	214	50	449	2.17	1.69	205.2	397	7.22	*2	14.45	26.78	6.22	3.04	*0.00
PIZZA:CHEESE Bold 10ct K-5	1 SLICE	40	320	30	350	3.00	1.80	249.7	300	0.0	6	14.98	33.96	12.98	5.99	0.00
PIZZA:PEPPERONI Bold 10ct K-5	1 SLICE	1	360	39	504	3.00	1.90	255.4	300	0.0	*6	16.7	33.96	16.41	7.42	0.00
PIZZA:SAUSAGE Bold 10ct K-5	1 SLICE	1	371	39	474	3.30	2.02	261.8	301	0.0	6	17.11	34.57	17.24	7.51	0.00
PIZZA:HAWAIIAN Bold 10-cut,K-5	1 slice	1	321	30	362	3.00	1.80	249.7	300	0.0	6	15.12	34.01	13.03	6.01	0.00
PIZZA:VEGGIE Bold 10ct K-5	1 SLICE	1	330	30	449	3.49	2.11	256.9	327	0.06	6	15.26	34.97	13.74	6.09	0.00
SAND COLD: TUNA K-5	1 EACH	10	331	48	870	4.05	1.81	81.4	20	0.4	*4	21.21	36.68	11.31	1.76	0.00
SAND COLD: PB&J, CHEESE, CHIPS	each	20	515	25	822	4.39	1.33	185.7	369	0.0	14	16.45	49.27	28.19	8.91	0.00
SALAD ENT: VEGETARIAN: K-5	1 EACH	10	155	15	200	4.97	1.66	246.0	653	7.92	*1	11.85	12.53	6.23	4.07	*0.00
BREADSTICK, SCRATCH 2 oz K-12	2 OZ	10	174	0	337	2.99	1.59	26.1	106	0.16	*3	5.34	31.5	3.74	0.54	*0.00
SALAD SIDE:GREENS - GRANITE	1 CUP	50	2	0	1	0.21	0.07	3.0	121	0.97	*N/A*	0.15	0.38	0.03	0.00	0.00
CELERY STICKS, 4"	6 EACH	40	10	0	50	1.00	0.36	20.0	100	3.6	*N/A*	0.0	2.0	0.0	0.00	*N/A*
CLEMENTINE	1 each	50	35	0	1	1.00	0.18	20.0	0	36.0	*N/A*	1.0	9.0	0.0	0.00	0.00
APRICOTS, DICE CND PLD LT SYR	1/2 CUP	30	62	0	3	2.00	0.38	13.0	1601	5.0	0	0.76	15.76	0.14	0.00	0.00
JUICE: 100% APPLE	4 oz	30	50	0	10	0.00	0.00	0.0	60	1.2	12	0.0	13.0	0.0	0.00	0.00
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF P INT	60	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	30	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
MUSTARD, YELLOW PREP VE NTURA	1/2 OZ	30	14	0	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
DRESSING: LIGHT RANCH HEINZ	2 TBSP	15	43	0	255	0.94	0.00	0.0	24	0.0	5	0.0	6.61	1.89	0.00	0.00
DRESSING SALAD: CA FRENC H FF	2 TBSP	20	30	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.0	0.0	0.00	0.00
DRESSING SALAD:FF ITAL KE N 807	2 TBSP	20	10	0	490	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

K-5 LUNCH

Portion Values - Detailed

Page 26

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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			549	42	1036	5.59	*2.29	*550.1	1546	*25.77	*27 *19.6%	25.54 18.6%	74.16 54.0%	16.15 26.5%	6.30 10.3%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Weighted Average			585	43	1118	*7.09	*2.49	*500.6	*3278	*22.79	*39 *59.3%	26.13 17.9%	83.28 57.0%	16.06 24.7%	5.90 9.1%	*0.02 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	585		600 - 650	97%		15		Correction Required - Calories are Low
Cholesterol (mg)	43							
Sodium (mg)	1118		1230					
Fiber (g)	7.09				Missing			
Iron (mg)	2.49				Missing			
Calcium (mg)	500.6				Missing			
Vitamin A (IU)	3278				Missing			
Sugars (g)	39	26.34%			Missing			
Vitamin C (mg)	22.79				Missing			
Protein (g)	26.13	17.87%						
Carbohydrate (g)	83.28	56.96%						
Total Fat (g)	16.06	24.71%						
Saturated Fat (g)	5.90	9.08%	<10.00%					
Trans Fat ¹ (g)	0.02	0.03%			Missing			

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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.