

Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017																
9-12 BREAKFAST	Total	263														
PIZZA:BRKFST SAUSAGE	1 EACH	140	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	55	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	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
CEREAL: HONEY NUT CHEERIOS	1 CUP	28	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	20	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	25	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	24	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	179	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			454	14	702	6.69	*5.09	*441.6	976	*23.69	*39	14.22	85.62	6.38	1.45	*0.00
% of Calories											*34.1%	12.5%	75.4%	12.6%	2.9%	*0.0%
Nutrient Guideline			450-600		640											<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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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 - 03/02/2017																
9-12 BREAKFAST	Total	268														
SAND HOT: EGG & CHEESE K-5	1 EACH	100	236	188	462	2.00	2.16	245.9	502	0.0	*0	13.04	23.51	9.06	4.54	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	15	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	15	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COOKIE CRISP	1 CUP	50	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	48	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
CEREAL: CHEERIOS	1 cup	35	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF PINT	24	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	180	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
SALSA,CND LOW SODIUM COMM A237	1/8 CUP	1	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			424	76	591	6.47	*6.17	*475.8	1051	*23.91	*32 *29.8%	14.51 13.7%	79.98 75.4%	5.65 12.0%	2.03 4.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/03/2017																
9-12 BREAKFAST	Total	238														
ROLL: CINNAMON SUPER BAKERY	ROLL	125	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	84	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
cereal: cherrios	1 CUP	35	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	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
CEREAL: HONEY NUT CHEERIOS	1 CUP	15	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	13	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF PINT	21	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	160	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			478	14	625	6.97	*4.47	*395.9	936	*25.61	*43	12.25	95.21	6.22	1.42	*0.00
% of Calories											*36.1%	10.2%	79.6%	11.7%	2.7%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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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)
Mon - 03/06/2017																
9-12 BREAKFAST	Total	242														
YOGURT: W/ GRANOLA	1 EACH	84	163	2	85	1.00	0.48	306.4	0	1.2	*N/A*	3.17	33.31	1.5	0.17	0.00
POTATO:TATER TOTS 10 EA 0 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
SYRUP, PANCAKE	2 OZ	84	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	35	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: CHEERIOS	1 cup	10	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: COOKIE CRISP	1 CUP	35	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	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	181	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	1	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
Weighted Daily Average			457	7	501	5.83	*3.69	*481.3	879	*25.54	*35	11.15	97.90	2.87	0.39	*0.00
% of Calories											*30.6%	9.8%	85.7%	5.6%	0.8%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Tue - 03/07/2017																
9-12 BREAKFAST	Total	243														
SAND BKFST:SAU,EGG CROIS SANT	1 EACH	100	422	229	727	2.00	4.52	62.0	401	0.0	7	27.0	33.0	20.0	7.20	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	30	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	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
CEREAL: CINNAMON TOAST C RUNCH	1 cup	10	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
cereal: cherrios	1 CUP	10	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12 POTATO:TATER TOTS 10 EA 0 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
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	25	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	182	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			523	100	752	6.61	*5.89	*465.8	997	*24.11	*38 *29.2%	21.36 16.3%	87.09 66.6%	10.52 18.1%	3.31 5.7%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017																
9-12 BREAKFAST	Total	263														
PIZZA:BRKFST SAUSAGE	1 EACH	150	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	55	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	30	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: CHEERIOS	1 cup	18	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: COOKIE CRISP	1 CUP	10	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	35	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	90	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	90	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	60	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	50	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	24	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	179	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			467	14	700	7.20	*5.56	*484.4	936	*24.63	*41	14.55	88.80	6.34	1.53	*0.00
% of Calories											*35.5%	12.5%	76.1%	12.2%	3.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017																
9-12 BREAKFAST	Total	268														
BURRITO BRKFST w/SAUSAG E CRUMB	1 EACH	105	161	109	370	0.51	0.72	142.2	650	0.0	*1	9.03	2.01	12.07	4.52	*0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	25	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	52	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
cereal: cherrios	1 CUP	50	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: CHEERIOS	1 cup	28	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	8	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	24	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	183	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			399	48	541	5.93	*5.53	*472.3	1191	*24.17	*34	12.86	72.18	6.97	2.10	*0.00
% of Calories											*34.4%	12.9%	72.3%	15.7%	4.7%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017																
9-12 BREAKFAST	Total	238														
ROLL: CINNAMON SUPER BAKERY	ROLL	145	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	84	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	25	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	20	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	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: RAISIN BRAN	1 CUP	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	100	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	75	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	75	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF PINT	21	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	160	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			509	15	607	7.82	*4.05	*381.7	901	*30.05	*49	12.41	102.29	6.52	1.56	*0.00
% of Calories											*38.7%	9.8%	80.4%	11.5%	2.8%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 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 - 03/13/2017																
9-12 BREAKFAST	Total	242														
BREAKFAST ON A STICK K-12	1 EACH	84	202	25	313	3.03	1.82	20.2	20	0.0	4	7.07	17.17	10.1	2.53	0.00
POTATO:TATER TOTS 10 EA 0 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
SYRUP, PANCAKE	2 OZ	84	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	35	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: CHEERIOS	1 cup	10	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: COOKIE CRISP	1 CUP	35	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	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	181	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	1	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
Weighted Daily Average			470	15	580	6.53	*4.15	*382.0	886	*25.13	*36	12.51	92.29	5.85	1.21	*0.00
% of Calories											*30.9%	10.6%	78.5%	11.2%	2.3%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/14/2017																
9-12 BREAKFAST	Total	243														
FRENCH TOAST: STICKS, WW 43586	4 EACH	100	301	0	402	2.01	1.45	60.3	75	0.0	15	6.03	43.18	13.05	3.01	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
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	30	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
cereal: cherrios	1 CUP	25	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	10	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: CHEERIOS	3/4 cup	10	75	0	105	2.25	6.08	75.0	375	4.5	1	2.25	15.0	1.5	0.38	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	25	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	182	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	1	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			466	6	616	6.36	*3.48	*359.0	856	*24.75	*39	12.60	89.54	7.58	1.60	*0.00
% of Calories											*33.8%	10.8%	76.9%	14.6%	3.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017																
9-12 BREAKFAST	Total	263														
PIZZA:BRKFST SAUSAGE	1 EACH	140	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	55	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	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
CEREAL: HONEY NUT CHEERIOS	1 CUP	28	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	20	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	25	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	24	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	179	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			454	14	702	6.69	*5.09	*441.6	976	*23.69	*39	14.22	85.62	6.38	1.45	*0.00
% of Calories											*34.1%	12.5%	75.4%	12.6%	2.9%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/16/2017																
9-12 BREAKFAST	Total	268														
SAND BKFST:HAM,EGG,CH/BU N 6-12	1 EACH	115	135	197	436	0.00	0.72	95.9	505	0.0	1	10.7	2.57	8.62	5.07	0.00
SYRUP, PANCAKE	2 OZ	115	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	10	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	25	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: COCOA PUFFS	1 CUP	25	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: CHEERIOS	1 cup	25	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	24	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	183	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			438	90	621	5.19	*3.49	*377.6	993	*22.55	*31	13.77	83.11	5.99	2.56	*0.00
% of Calories											*28.6%	12.6%	76.0%	12.3%	5.3%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017																
9-12 BREAKFAST	Total	238														
ROLL: CINNAMON SUPER BAKERY	ROLL	140	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	84	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
cereal: cherrios	1 CUP	25	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	25	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
CEREAL: CHEERIOS	1 cup	20	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
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
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	90	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	90	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
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	50	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF PINT	21	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 TRUMMOO	1 HALF PINT	160	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			502	14	626	7.46	*4.56	*358.5	965	*28.22	*46 *36.7%	12.62 10.1%	100.57 80.2%	6.38 11.4%	1.51 2.7%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 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 - 03/20/2017																
9-12 BREAKFAST	Total	242														
YOGURT: W/ GRANOLA	1 EACH	84	163	2	85	1.00	0.48	306.4	0	1.2	*N/A*	3.17	33.31	1.5	0.17	0.00
POTATO:TATER TOTS 10 EA 0 0215	10 EACH	120	164	0	390	2.52	0.00	0.0	0	4.53	0	2.52	20.13	7.55	1.26	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	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: CHEERIOS	1 cup	10	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	35	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	10	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	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	181	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			487	7	679	7.57	*5.31	*574.6	841	*26.71	*34 *27.9%	12.67 10.4%	95.56 78.5%	6.52 12.0%	1.04 1.9%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2017																
9-12 BREAKFAST	Total	268														
SAND BKFST:SAU,EGG,CH/BU N 6-12	1 EACH	105	258	242	604	0.00	2.72	117.9	578	0.0	2	24.04	3.51	15.56	6.74	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
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	25	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	52	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
cereal: cherrios	1 CUP	50	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: CHEERIOS	1 cup	28	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	8	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF PINT	24	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	183	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average % of Calories			438	100	633	5.73	*6.31	*462.8	1163	*24.17	*35 *31.9%	18.74 17.1%	72.91 66.6%	8.33 17.1%	2.97 6.1%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017																
9-12 BREAKFAST	Total	263														
PIZZA:BRKFST SAUSAGE	1 EACH	140	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	55	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	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
CEREAL: HONEY NUT CHEERIOS	1 CUP	28	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	20	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	25	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	24	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	179	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			454	14	702	6.69	*5.09	*441.6	976	*23.69	*39	14.22	85.62	6.38	1.45	*0.00
% of Calories											*34.1%	12.5%	75.4%	12.6%	2.9%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017																
9-12 BREAKFAST	Total	268														
BURRITO BRKFST w/POTATO	1 EACH	105	157	94	357	1.26	0.36	121.9	647	2.26	*0	6.74	11.06	8.76	2.62	*0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	25	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	52	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
cereal: cherrios	1 CUP	50	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: CHEERIOS	1 cup	28	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	8	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	24	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	183	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			398	42	536	6.23	*5.38	*464.4	1190	*25.06	*34	11.96	75.73	5.67	1.35	*0.00
% of Calories											*34.4%	12.0%	76.2%	12.8%	3.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017																
9-12 BREAKFAST	Total	238														
ROLL: CINNAMON SUPER BAKERY	ROLL	145	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	84	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	25	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	20	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	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: RAISIN BRAN	1 CUP	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	100	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
APPLESAUCE, CND UNSWT	1/2 CUP	75	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	75	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF PINT	21	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	160	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			509	15	607	7.82	*4.05	*381.7	901	*30.05	*49	12.41	102.29	6.52	1.56	*0.00
% of Calories											*38.7%	9.8%	80.4%	11.5%	2.8%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 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 - 03/27/2017																
9-12 BREAKFAST	Total	242														
BREAKFAST ON A STICK K-12	1 EACH	84	202	25	313	3.03	1.82	20.2	20	0.0	4	7.07	17.17	10.1	2.53	0.00
POTATO:TATER TOTS 10 EA 0 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
SYRUP, PANCAKE	2 OZ	84	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	35	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: CHEERIOS	1 cup	10	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
CEREAL: COOKIE CRISP	1 CUP	35	133	0	160	1.33	5.99	133.1	665	7.98	12	1.33	29.28	1.33	0.00	0.00
CEREAL: RAISIN BRAN	1 CUP	10	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH, 6-12	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
MILK WHITE 1% LF, MEADOW GOLD	1 HALF P INT	24	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	181	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	1	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
Weighted Daily Average			470	15	580	6.53	*4.15	*382.0	886	*25.13	*36	12.51	92.29	5.85	1.21	*0.00
% of Calories											*30.9%	10.6%	78.5%	11.2%	2.3%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017																
9-12 BREAKFAST	Total	243														
FRENCH TOAST: STICKS, WW 43586	4 EACH	100	301	0	402	2.01	1.45	60.3	75	0.0	15	6.03	43.18	13.05	3.01	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
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	30	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
cereal: cherrios	1 CUP	25	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: CINNAMON TOAST C RUNCH	1 cup	10	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: CHEERIOS	3/4 cup	10	75	0	105	2.25	6.08	75.0	375	4.5	1	2.25	15.0	1.5	0.38	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	25	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	182	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
SALSA,CND LOW SODIUM CO MM A237	1/8 CUP	1	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			466	6	616	6.36	*3.48	*359.0	856	*24.75	*39	12.60	89.54	7.58	1.60	*0.00
% of Calories											*33.8%	10.8%	76.9%	14.6%	3.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2017																
9-12 BREAKFAST	Total	263														
PIZZA:BRKFST SAUSAGE	1 EACH	140	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	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
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	55	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	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
CEREAL: HONEY NUT CHEERIOS	1 CUP	28	145	0	211	2.64	5.95	132.1	661	7.93	12	2.64	29.07	1.98	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	20	160	0	230	5.00	18.00	1000.0	500	0.0	17	3.0	40.0	1.0	0.00	0.00
CEREAL: COCOA PUFFS	1 CUP	25	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	24	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	179	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			454	14	702	6.69	*5.09	*441.6	976	*23.69	*39	14.22	85.62	6.38	1.45	*0.00
% of Calories											*34.1%	12.5%	75.4%	12.6%	2.9%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2017																
9-12 BREAKFAST	Total	268														
SAND BKFST:HAM,EGG,CH/BU N 6-12	1 EACH	115	135	197	436	0.00	0.72	95.9	505	0.0	1	10.7	2.57	8.62	5.07	0.00
SYRUP, PANCAKE	2 OZ	115	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	48	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
CEREAL: RAISIN BRAN	1 cup	10	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	25	172	0	238	2.65	5.95	132.3	661	7.94	12	1.32	33.06	3.97	0.66	0.00
CEREAL: COCOA PUFFS	1 CUP	25	133	0	200	2.67	6.00	133.3	667	8.0	13	1.33	30.67	2.0	0.00	0.00
CEREAL: CHEERIOS	1 cup	25	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	75	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	85	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	27	60	0	10	2.00	0.00	0.0	60	2.4	12	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS CND IN J UICE	1/2 CUP	25	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF P INT	24	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	183	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			438	90	621	5.19	*3.49	*377.6	993	*22.55	*31	13.77	83.11	5.99	2.56	*0.00
% of Calories											*28.6%	12.6%	76.0%	12.3%	5.3%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/31/2017																
9-12 BREAKFAST	Total	238														
ROLL: CINNAMON SUPER BAKERY	ROLL	140	230	15	250	2.00	1.44	60.0	80	0.0	16	5.0	37.0	7.0	2.00	0.00
TOAST, WHOLE WHEAT	1 EACH	48	80	0	150	2.00	0.72	40.0	10	0.0	2	4.0	15.0	1.0	0.00	0.00
JELLY, GRAPE	1 TBSP	24	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	0.00
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	100	0	70	1.00	0.36	0.0	8	0.0	2	3.5	3.0	8.0	1.50	0.00
KETCHUP:CHEF MARK COMM ODITY	1/2 OZ	84	13	0	158	0.00	*N/A*	*N/A*	250	*N/A*	*N/A*	0.0	3.34	0.0	0.00	0.00
cereal: cherrios	1 CUP	25	160	0	320	2.66	6.00	133.2	666	7.99	13	2.66	35.97	1.33	0.00	0.00
CEREAL: KIX CEREAL	1.33 CUP	25	117	0	202	3.19	8.61	159.5	532	6.38	3	2.13	26.58	1.06	0.00	0.00
CEREAL: CHEERIOS	1 cup	20	100	0	140	3.00	8.10	100.0	500	6.0	1	3.0	20.0	2.0	0.50	0.00
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
WAFFLE MIX:WGR SHIRLEY J	1 EACH	20	361	16	1819	6.38	4.59	63.8	64	0.0	13	12.76	86.14	4.79	0.00	0.00
6-12																
SYRUP, PANCAKE	2 OZ	20	150	0	68	0.00	0.00	0.0	0	0.0	*N/A*	0.0	37.14	0.0	0.00	0.00
CRAISINS, DRIED	1/4 CUP	100	130	0	0	3.00	0.00	0.0	0	0.0	*N/A*	0.0	33.0	0.0	0.00	0.00
APPLE WHOLE:125-138ct	1 EACH	90	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
ORANGE FRESH	1 EACH	90	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
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	50	45	0	11	0.00	0.00	0.0	57	4.07	11	0.0	12.43	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
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	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	1 HALF PINT	21	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 TRUMMOO	1 HALF PINT	160	122	5	183	0.00	0.00	305.1	508	1.22	18	8.14	20.34	0.0	0.00	0.00
Weighted Daily Average			502	14	626	7.46	*4.56	*358.5	965	*28.22	*46	12.62	100.57	6.38	1.51	*0.00
% of Calories											*36.7%	10.1%	80.2%	11.4%	2.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			463	32	629	6.61	*4.70	*424.4	969	*25.22	*39	13.69	88.85	6.49	1.69	*0.00
											*74.8%	11.8%	76.7%	12.6%	3.3%	*0.0%

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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Granite School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

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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	463		450 - 600	100%													
Cholesterol (mg)	32																
Sodium (mg)	629		640														
Fiber (g)	6.61																
Iron (mg)	4.70				Missing												
Calcium (mg)	424.4				Missing												
Vitamin A (IU)	969																
Sugars (g)	39	33.26%			Missing												
Vitamin C (mg)	25.22				Missing												
Protein (g)	13.69	11.82%															
Carbohydrate (g)	88.85	76.71%															
Total Fat (g)	6.49	12.61%															
Saturated Fat (g)	1.69	3.28%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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