

Granite School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 2, 2017 thru Nov 3, 2017

K-5 BREAKFAST

Generated on: 9/27/2017 1:42:40 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 10/02/2017			
K-5 BREAKFAST	Total	100	
WAFFLES-RAINMAKER 1.3 oz	2 EACH	50	24.1
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	29.07
CEREAL: CINNAMON TOAST CRUNCH	1 cup	40	33.06
TOAST, WHOLE WHEAT	1 EACH	20	15.0
APPLESAUCE, CND UNSWT	1/2 CUP	60	15.0
FRUIT MIX CND IN LT SYR 25448	1/2 CUP	40	18.03
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	15	14.69
Weighted Daily Average			67.00
% of Calories			74.8%
Nutrient Guideline			

Tue - 10/03/2017			
K-5 BREAKFAST	Total	100	
PIZZA BRKFST SAUSAGE WG:K12	1 slice	20	27.05
CEREAL: CHEERIOS	1 cup	50	20.0
CEREAL: RAISIN BRAN	1 CUP	20	40.0
APPLE WHOLE:125-138ct	1 EACH	70	25.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	30	12.43
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	50	13.0
JELLY, GRAPE	1 TBSP	1	14.69
Weighted Daily Average			61.46
% of Calories			75.8%
Nutrient Guideline			

Wed - 10/04/2017			
K-5 BREAKFAST	Total	100	
SAND BKFST: SAUS/CH/BUN K-5	1 EACH	50	24.0
CEREAL: COOKIE CRISP	1 CUP	40	29.28
CEREAL: KIX CEREAL	1.33 CUP	10	26.58
TOAST, WHOLE WHEAT	1 EACH	20	15.0
BANANAS:100-120ct	1 EACH	60	26.95
ORANGE MANDARIN CND-Granite	1/2 CUP	40	20.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	20	14.69
Weighted Daily Average			73.88
% of Calories			69.2%
Nutrient Guideline			

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Oct 2, 2017 thru Nov 3, 2017

K-5 BREAKFAST

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/05/2017			
K-5 BREAKFAST	Total	100	
FRENCH TOAST: STICKS, WW 43586	4 EACH	70	43.18
CEREAL: COCOA PUFFS	1 CUP	10	30.67
CEREAL COLD CHEERIOS	1 bowl	20	20.25
TOAST, WHOLE WHEAT	1 EACH	20	15.0
ORANGE FRESH, cut into wedges	1/2 EACH	60	5.64
PEARS DICED CND, OREGON TRAIL	1/2 CUP	40	14.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	15	14.69
Weighted Daily Average			68.93
% of Calories			65.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 10/06/2017			
K-5 BREAKFAST	Total	100	
BRKFAST WRAP: EGG/ CHEESE WG	1	20	14.91
CEREAL: KIX CEREAL	1.33 CUP	50	26.58
CEREAL: CINNAMON TOAST CRUNCH	1 cup	30	33.06
TOAST, WHOLE WHEAT	1 EACH	20	15.0
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	50	14.0
JUICE: 100% APPLE	4 oz	50	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	50	13.0
JELLY, GRAPE	1 TBSP	10	14.69
SALSA,CND LOW SODIUM COMM A237	1/8 CUP	10	2.2
Weighted Daily Average			61.05
% of Calories			71.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 10/09/2017			
K-5 BREAKFAST	Total	100	
PANCAKE: WG 4" MAPLE PANCAKE	2 EACH	50	24.0
CEREAL: CHEERIOS	1 cup	30	20.0
CEREAL: CINNAMON TOAST CRUNCH	1 cup	20	33.06
TOAST, WHOLE WHEAT	1 EACH	20	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	60	12.43
RAISINS	1/4 cup	40	27.9
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	20	14.69
SYRUP, PANCAKE	2 OZ	1	37.14
Weighted Daily Average			66.94
% of Calories			75.6%
Nutrient Guideline			

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K-5 BREAKFAST

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/10/2017			
K-5 BREAKFAST	Total	11700	
PIZZA:BRKFST SAUSAGE	1 EACH	7436	26.0
CEREAL: RAISIN BRAN	1 CUP	2452	40.0
CEREAL: CINNAMON TOAST CRUNCH	1 cup	1612	33.06
TOAST, WHOLE WHEAT	1 EACH	200	15.0
APPLE WHOLE:125-138ct	1 EACH	9894	25.0
FRUIT MIX CND IN LT SYR 25448	1/2 CUP	2200	18.03
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	9360	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	1370	13.0
JELLY, GRAPE	1 TBSP	1	14.69
Weighted Daily Average			72.05
% of Calories			71.7%
Nutrient Guideline			

Wed - 10/11/2017			
K-5 BREAKFAST	Total	100	
SAND BKFST:EGG,CH/ BAGEL	1 EACH	30	41.0
CEREAL: COCOA PUFFS	1 CUP	45	30.67
CEREAL: HONEY NUT CHEERIOS	1 CUP	25	29.07
TOAST, WHOLE WHEAT	1 EACH	15	15.0
BANANAS:100-120ct	1 EACH	50	26.95
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	50	14.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	50	13.0
JELLY, GRAPE	1 TBSP	7	14.69
Weighted Daily Average			73.79
% of Calories			71.0%
Nutrient Guideline			

Thu - 10/12/2017			
K-5 BREAKFAST	Total	100	
ROLL CINNAMON	1 roll	30	31.0
CEREAL: KIX CEREAL	1.33 CUP	50	26.58
CEREAL COLD CHEERIOS	1 bowl	20	20.25
TOAST, WHOLE WHEAT	1 EACH	20	15.0
ORANGE WHOLE:138ct	1 EACH	55	15.66
JUICE APPLE 100% W/ VIT C	1 EACH	45	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	50	13.0
JELLY, GRAPE	1 TBSP	20	14.69
Weighted Daily Average			63.71
% of Calories			76.2%
Nutrient Guideline			

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K-5 BREAKFAST

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	Portion Size	Reimb Qty	Carb (g)
Fri - 10/13/2017			
K-5 BREAKFAST	Total	100	
QUESADILLA WITH HAM BREAKFAST	1 EACH	50	6.93
CEREAL: COOKIE CRISP	1 CUP	40	29.28
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	29.07
TOAST, WHOLE WHEAT	1 EACH	20	15.0
APRICOTS, DICE CND PLD LT SYR	1/2 CUP	60	15.76
ORANGE MANDARIN CND-Granite	1/2 CUP	40	20.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	15	14.69
Weighted Daily Average			58.15
% of Calories			62.9%
Nutrient Guideline			

Mon - 10/16/2017			
K-5 BREAKFAST	Total	100	
BREAKFAST ON A STICK K-12	1 EACH	50	17.17
CEREAL: COCOA PUFFS	1 CUP	30	30.67
CEREAL: CINNAMON TOAST CRUNCH	1 cup	20	33.06
TOAST, WHOLE WHEAT	1 EACH	20	15.0
FRUIT MIX CND IN LT SYR 25448	1/2 CUP	60	18.03
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	40	12.43
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	20	14.69
SYRUP, PANCAKE	2 OZ	1	37.14
Weighted Daily Average			63.90
% of Calories			66.0%
Nutrient Guideline			

Tue - 10/17/2017			
K-5 BREAKFAST	Total	100	
PIZZA BRKFST SAUSAGE WG:K12	1 slice	30	27.05
CEREAL COLD RAISIN BRAN	1 bowl	40	27.0
CEREAL: COOKIE CRISP	1 CUP	30	29.28
TOAST, WHOLE WHEAT	1 EACH	20	15.0
APPLE WHOLE:125-138ct	1 EACH	70	25.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	30	14.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	20	14.69
SYRUP, PANCAKE	2 OZ	1	37.14
Weighted Daily Average			73.11
% of Calories			77.4%
Nutrient Guideline			

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Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

K-5 BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/18/2017			
K-5 BREAKFAST	Total	100	
FRENCH TOAST: STICKS, WW 43586	4 EACH	20	43.18
CEREAL: CINNAMON TOAST CRUNCH	1 cup	50	33.06
CEREAL: CHEERIOS	1 cup	30	20.0
TOAST, WHOLE WHEAT	1 EACH	20	15.0
BANANAS:100-120ct	1 EACH	70	26.95
ORANGE MANDARIN CND-Granite	1/2 CUP	30	20.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	50	13.0
JELLY, GRAPE	1 TBSP	1	14.69
Weighted Daily Average			75.85
% of Calories			74.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 10/19/2017			
K-5 BREAKFAST	Total	1	
WAFFLES-RAINMAKER 1.3 oz	2 EACH	1	24.1
CEREAL: KIX CEREAL	1.33 CUP	1	26.58
CEREAL: COCOA PUFFS	1 CUP	1	30.67
ORANGE FRESH, 6-12	1 EACH	1	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	1	15.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	1	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	1	13.0
TOAST, WHOLE WHEAT	1 EACH	1	15.0
JELLY, GRAPE	1 TBSP	1	14.69
Weighted Daily Average			170.65
% of Calories			79.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 10/20/2017			
K-5 BREAKFAST	Total	1	
PIZZA:BRKFST SAUSAGE AND PATTY	1 EACH	1	1.0
CEREAL: HONEY NUT CHEERIOS	1 CUP	1	29.07
CEREAL: COOKIE CRISP	1 CUP	1	29.28
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	1	14.0
BIC JUICE: ORANGE TANGERINE	1 CONTAINER	1	14.98
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	1	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	1	13.0
TOAST, WHOLE WHEAT	1 EACH	1	15.0
JELLY, GRAPE	1 TBSP	1	14.69
Weighted Daily Average			151.36
% of Calories			72.3%
Nutrient Guideline			

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Granite School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 2, 2017 thru Nov 3, 2017

K-5 BREAKFAST

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	Portion Size	Reimb Qty	Carb (g)
Mon - 10/23/2017			
K-5 BREAKFAST	Total	100	
WAFFLES-RAINMAKER 1.3 oz	2 EACH	50	24.1
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	29.07
CEREAL: CINNAMON TOAST CRUNCH	1 cup	40	33.06
TOAST, WHOLE WHEAT	1 EACH	20	15.0
APPLESAUCE, CND UNSWT	1/2 CUP	60	15.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	40	14.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	15	14.69
Weighted Daily Average			65.39
% of Calories			75.6%
Nutrient Guideline			

Tue - 10/24/2017			
K-5 BREAKFAST	Total	100	
FRENCH TOAST: STICKS, WW 43586	4 EACH	20	43.18
CEREAL COLD CHEERIOS	1 bowl	50	20.25
CEREAL: RAISIN BRAN	1 CUP	20	40.0
APPLE WHOLE:125-138ct	1 EACH	70	25.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	30	12.43
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	50	13.0
JELLY, GRAPE	1 TBSP	1	14.69
Weighted Daily Average			64.81
% of Calories			75.6%
Nutrient Guideline			

Wed - 10/25/2017			
K-5 BREAKFAST	Total	100	
BREAKFAST ON A STICK K-12	1 EACH	20	17.17
CEREAL: COOKIE CRISP	1 CUP	50	29.28
CEREAL: KIX CEREAL	1.33 CUP	30	26.58
TOAST, WHOLE WHEAT	1 EACH	20	15.0
BANANAS:100-120ct	1 EACH	70	26.95
ORANGE MANDARIN CND-Granite	1/2 CUP	30	20.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	50	13.0
JELLY, GRAPE	1 TBSP	1	14.69
Weighted Daily Average			70.73
% of Calories			76.0%
Nutrient Guideline			

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K-5 BREAKFAST

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/26/2017			
K-5 BREAKFAST	Total	100	
SAND BKFST: SAUS/CH/BUN K-5	1 EACH	30	24.0
CEREAL: COCOA PUFFS	1 CUP	50	30.67
CEREAL: CHEERIOS	1 cup	20	20.0
TOAST, WHOLE WHEAT	1 EACH	20	15.0
ORANGE FRESH, 6-12	1 EACH	55	11.28
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	50	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	50	13.0
JELLY, GRAPE	1 TBSP	20	14.69
Weighted Daily Average			55.34
% of Calories			67.4%
Nutrient Guideline			

Fri - 10/27/2017			
K-5 BREAKFAST	Total	100	
ROLL: CINNAMON SUPER BAKERY	1 ROLL	50	37.0
CEREAL: KIX CEREAL	1.33 CUP	40	26.58
CEREAL: CINNAMON TOAST CRUNCH	1 cup	10	33.06
TOAST, WHOLE WHEAT	1 EACH	20	15.0
PEACHES DICED CND IN JC, CLING	1/2 CUP	60	12.1
ORANGE MANDARIN CND-Granite	1/2 CUP	40	20.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	15	14.69
Weighted Daily Average			70.31
% of Calories			73.5%
Nutrient Guideline			

Mon - 10/30/2017			
K-5 BREAKFAST	Total	100	
PANCAKE: WG 4" MAPLE PANCAKE	2 EACH	50	24.0
CEREAL: COOKIE CRISP	1 CUP	30	29.28
CEREAL: KIX CEREAL	1.33 CUP	20	26.58
TOAST, WHOLE WHEAT	1 EACH	20	15.0
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	60	14.0
APPLESAUCE, CND UNSWT	1/2 CUP	40	15.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	20	14.69
SYRUP, PANCAKE	2 OZ	1	37.14
Weighted Daily Average			64.21
% of Calories			75.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/31/2017			
K-5 BREAKFAST	Total	100	
FRENCH TOAST: STICKS, WW 43586	4 EACH	30	43.18
CEREAL: COCOA PUFFS	1 CUP	40	30.67
CEREAL: HONEY NUT CHEERIOS	1 CUP	30	29.07
TOAST, WHOLE WHEAT	1 EACH	20	15.0
APPLE WHOLE:125-138ct	1 EACH	70	25.0
FRUIT MIX,CND/EXLT SYR DEL MON	1/2 CUP	30	15.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	60	20.34
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	40	13.0
JELLY, GRAPE	1 TBSP	20	14.69
SYRUP, PANCAKE	2 OZ	1	37.14
Weighted Daily Average			79.65
% of Calories			75.6%
Nutrient Guideline			

Weighted Average			76.01
			73.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	76.01	73.16%						

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