

# Granite School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Oct 2, 2017 thru Nov 3, 2017

9-12 BREAKFAST

Generated on: 9/27/2017 2:07:16 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 10/02/2017			
9-12 BREAKFAST	Total	242	
YOGURT: W/ GRANOLA	1 EACH	84	33.31
POTATO:TATER TOTS 10 EA 00215	10 EACH	1	20.13
SYRUP, PANCAKE	2 OZ	84	37.14
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: COCOA PUFFS	1 CUP	35	30.67
CEREAL: CHEERIOS	1 cup	10	20.0
CEREAL: COOKIE CRISP	1 CUP	35	29.28
CEREAL: RAISIN BRAN	1 CUP	10	40.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH, 6-12	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	181	20.34
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	1	3.34
Weighted Daily Average			97.90
% of Calories			85.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 10/03/2017			
9-12 BREAKFAST	Total	243	
SAND BKFST:SAU,EGG CROISSANT	1 EACH	100	33.0
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: RAISIN BRAN	1 CUP	30	40.0
CEREAL: HONEY NUT CHEERIOS	1 CUP	25	29.07
CEREAL: CINNAMON TOAST CRUNCH	1 cup	10	33.06
cereal: cherrios	1 CUP	10	35.97
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
POTATO:TATER TOTS 10 EA 00215	10 EACH	1	20.13
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH, 6-12	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	25	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	182	20.34
Weighted Daily Average			87.09
% of Calories			66.6%
Nutrient Guideline			

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

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# Granite School District

## Base Menu Spreadsheet

### Portion Values - Detailed

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Oct 2, 2017 thru Nov 3, 2017

9-12 BREAKFAST

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	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 10/04/2017</b>			
9-12 BREAKFAST	Total	263	
PIZZA:BRKFST SAUSAGE	1 EACH	150	26.0
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	55	3.34
CEREAL: CINNAMON TOAST CRUNCH	1 cup	30	33.06
CEREAL: CHEERIOS	1 cup	18	20.0
CEREAL: COOKIE CRISP	1 CUP	10	29.28
CEREAL: RAISIN BRAN	1 CUP	35	40.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	90	25.0
ORANGE FRESH	1 EACH	90	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	60	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	50	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	179	20.34
Weighted Daily Average			88.80
% of Calories			76.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 10/05/2017</b>			
9-12 BREAKFAST	Total	268	
BURRITO BRKFST w/SAUSAGE CRUMB	1 EACH	105	2.01
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	24	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: RAISIN BRAN	1 cup	25	40.0
CEREAL: COCOA PUFFS	1 CUP	52	30.67
cereal: cherrios	1 CUP	50	35.97
CEREAL: CHEERIOS	1 cup	28	20.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	8	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	183	20.34
Weighted Daily Average			72.18
% 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

9-12 BREAKFAST

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	Portion Size	Reimb Qty	Carb (g)
Fri - 10/06/2017			
9-12 BREAKFAST	Total	238	
ROLL: CINNAMON SUPER BAKERY	ROLL	145	37.0
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	24	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	84	3.34
CEREAL: KIX CEREAL	1.33 CUP	25	26.58
CEREAL: CINNAMON TOAST CRUNCH	1 cup	20	33.06
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	29.07
CEREAL: RAISIN BRAN	1 CUP	10	40.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	100	25.0
ORANGE FRESH	1 EACH	100	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	75	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	75	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	21	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	160	20.34
Weighted Daily Average			102.29
% of Calories			80.4%
Nutrient Guideline			

Mon - 10/09/2017			
9-12 BREAKFAST	Total	242	
BREAKFAST ON A STICK K-12	1 EACH	84	17.17
POTATO:TATER TOTS 10 EA 00215	10 EACH	1	20.13
SYRUP, PANCAKE	2 OZ	84	37.14
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: COCOA PUFFS	1 CUP	35	30.67
CEREAL: CHEERIOS	1 cup	10	20.0
CEREAL: COOKIE CRISP	1 CUP	35	29.28
CEREAL: RAISIN BRAN	1 CUP	10	40.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH, 6-12	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	181	20.34
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	1	3.34
Weighted Daily Average			92.29
% of Calories			78.5%
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

9-12 BREAKFAST

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	Portion Size	Reimb Qty	Carb (g)
<u>Tue - 10/10/2017</u>			
9-12 BREAKFAST	Total	243	
FRENCH TOAST: STICKS, WW 43586	4 EACH	100	43.18
SYRUP, PANCAKE	2 OZ	1	37.14
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: KIX CEREAL	1.33 CUP	30	26.58
cereal: cherrios	1 CUP	25	35.97
CEREAL: CINNAMON TOAST CRUNCH	1 cup	10	33.06
CEREAL: CHEERIOS	3/4 cup	10	15.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	25	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	182	20.34
SALSA,CND LOW SODIUM COMM A237	1/8 CUP	1	2.2
Weighted Daily Average			89.54
% of Calories			76.9%
Nutrient Guideline			

<u>Wed - 10/11/2017</u>			
9-12 BREAKFAST	Total	263	
PIZZA:BRKFST SAUSAGE	1 EACH	140	26.0
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	55	3.34
CEREAL: CINNAMON TOAST CRUNCH	1 cup	40	33.06
CEREAL: HONEY NUT CHEERIOS	1 CUP	28	29.07
CEREAL: RAISIN BRAN	1 cup	20	40.0
CEREAL: COCOA PUFFS	1 CUP	25	30.67
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	179	20.34

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# Granite School District

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			85.62 75.4%
Nutrient Guideline			

Thu - 10/12/2017			
9-12 BREAKFAST	Total	268	
SAND BKFST:HAM,EGG,CH/BUN 6-12	1 EACH	115	2.57
SYRUP, PANCAKE	2 OZ	115	37.14
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	24	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: RAISIN BRAN	1 cup	10	40.0
CEREAL: CINNAMON TOAST CRUNCH	1 cup	25	33.06
CEREAL: COCOA PUFFS	1 CUP	25	30.67
CEREAL: CHEERIOS	1 cup	25	20.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	183	20.34
Weighted Daily Average % of Calories			83.11 76.0%
Nutrient Guideline			

Fri - 10/13/2017			
9-12 BREAKFAST	Total	238	
ROLL: CINNAMON SUPER BAKERY	ROLL	140	37.0
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	24	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	84	3.34
cereal: cheerios	1 CUP	25	35.97
CEREAL: KIX CEREAL	1.33 CUP	25	26.58
CEREAL: CHEERIOS	1 cup	20	20.0
CEREAL: COOKIE CRISP	1 CUP	30	29.28
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	90	25.0
ORANGE FRESH	1 EACH	90	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	50	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	50	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	21	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	160	20.34

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9-12 BREAKFAST

### Portion Values - Detailed

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			100.57 80.2%
Nutrient Guideline			

Mon - 10/16/2017			
9-12 BREAKFAST	Total	242	
YOGURT: W/ GRANOLA	1 EACH	84	33.31
POTATO:TATER TOTS 10 EA 00215	10 EACH	120	20.13
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: KIX CEREAL	1.33 CUP	35	26.58
CEREAL: CHEERIOS	1 cup	10	20.0
CEREAL: RAISIN BRAN	1 CUP	35	40.0
CEREAL: CINNAMON TOAST CRUNCH	1 cup	10	33.06
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	181	20.34
Weighted Daily Average % of Calories			95.56 78.5%
Nutrient Guideline			

Tue - 10/17/2017			
9-12 BREAKFAST	Total	268	
SAND BKFST:SAU,EGG,CH/BUN 6-12	1 EACH	105	3.51
SYRUP, PANCAKE	2 OZ	1	37.14
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	24	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: RAISIN BRAN	1 cup	25	40.0
CEREAL: COCOA PUFFS	1 CUP	52	30.67
cereal: cherrios	1 CUP	50	35.97
CEREAL: CHEERIOS	1 cup	28	20.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	8	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	183	20.34

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9-12 BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			72.91 66.6%
Nutrient Guideline			

Wed - 10/18/2017			
9-12 BREAKFAST	Total	263	
PIZZA:BRKFST SAUSAGE	1 EACH	140	26.0
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	55	3.34
CEREAL: CINNAMON TOAST CRUNCH	1 cup	40	33.06
CEREAL: HONEY NUT CHEERIOS	1 CUP	28	29.07
CEREAL: RAISIN BRAN	1 cup	20	40.0
CEREAL: COCOA PUFFS	1 CUP	25	30.67
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	179	20.34
Weighted Daily Average % of Calories			85.62 75.4%
Nutrient Guideline			

Thu - 10/19/2017			
9-12 BREAKFAST	Total	268	
BURRITO BRKFST w/POTATO	1 EACH	105	11.06
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	24	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: RAISIN BRAN	1 cup	25	40.0
CEREAL: COCOA PUFFS	1 CUP	52	30.67
cereal: cherrios	1 CUP	50	35.97
CEREAL: CHEERIOS	1 cup	28	20.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	8	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	183	20.34

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# Granite School District

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			75.73
% of Calories			76.2%
Nutrient Guideline			

Fri - 10/20/2017			
9-12 BREAKFAST	Total	238	
ROLL: CINNAMON SUPER BAKERY	ROLL	145	37.0
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	24	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	84	3.34
CEREAL: KIX CEREAL	1.33 CUP	25	26.58
CEREAL: CINNAMON TOAST CRUNCH	1 cup	20	33.06
CEREAL: HONEY NUT CHEERIOS	1 CUP	10	29.07
CEREAL: RAISIN BRAN	1 CUP	10	40.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	100	25.0
ORANGE FRESH	1 EACH	100	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	75	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	75	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	21	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	160	20.34
Weighted Daily Average			102.29
% of Calories			80.4%
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

9-12 BREAKFAST

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	Portion Size	Reimb Qty	Carb (g)
Mon - 10/23/2017			
9-12 BREAKFAST	Total	242	
BREAKFAST ON A STICK K-12	1 EACH	84	17.17
POTATO:TATER TOTS 10 EA 00215	10 EACH	1	20.13
SYRUP, PANCAKE	2 OZ	84	37.14
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: COCOA PUFFS	1 CUP	35	30.67
CEREAL: CHEERIOS	1 cup	10	20.0
CEREAL: COOKIE CRISP	1 CUP	35	29.28
CEREAL: RAISIN BRAN	1 CUP	10	40.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH, 6-12	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	181	20.34
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	1	3.34
Weighted Daily Average			92.29
% of Calories			78.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 10/24/2017			
9-12 BREAKFAST	Total	243	
FRENCH TOAST: STICKS, WW 43586	4 EACH	100	43.18
SYRUP, PANCAKE	2 OZ	1	37.14
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: KIX CEREAL	1.33 CUP	30	26.58
cereal: cherrios	1 CUP	25	35.97
CEREAL: CINNAMON TOAST CRUNCH	1 cup	10	33.06
CEREAL: CHEERIOS	3/4 cup	10	15.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	25	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	182	20.34
SALSA,CND LOW SODIUM COMM A237	1/8 CUP	1	2.2

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# Granite School District

Oct 2, 2017 thru Nov 3, 2017

## Base Menu Spreadsheet

9-12 BREAKFAST

### Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			89.54 76.9%
Nutrient Guideline			

Wed - 10/25/2017			
9-12 BREAKFAST	Total	263	
PIZZA:BRKFST SAUSAGE	1 EACH	140	26.0
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	55	3.34
CEREAL: CINNAMON TOAST CRUNCH	1 cup	40	33.06
CEREAL: HONEY NUT CHEERIOS	1 CUP	28	29.07
CEREAL: RAISIN BRAN	1 cup	20	40.0
CEREAL: COCOA PUFFS	1 CUP	25	30.67
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	179	20.34
Weighted Daily Average % of Calories			85.62 75.4%
Nutrient Guideline			

Thu - 10/26/2017			
9-12 BREAKFAST	Total	268	
SAND BKFST:HAM,EGG,CH/BUN 6-12	1 EACH	115	2.57
SYRUP, PANCAKE	2 OZ	115	37.14
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	24	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: RAISIN BRAN	1 cup	10	40.0
CEREAL: CINNAMON TOAST CRUNCH	1 cup	25	33.06
CEREAL: COCOA PUFFS	1 CUP	25	30.67
CEREAL: CHEERIOS	1 cup	25	20.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	183	20.34

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# Granite School District

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			83.11
% of Calories			76.0%
Nutrient Guideline			

Fri - 10/27/2017			
9-12 BREAKFAST	Total	238	
ROLL: CINNAMON SUPER BAKERY	ROLL	140	37.0
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	24	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	24	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	84	3.34
cereal: cherrios	1 CUP	25	35.97
CEREAL: KIX CEREAL	1.33 CUP	25	26.58
CEREAL: CHEERIOS	1 cup	20	20.0
CEREAL: COOKIE CRISP	1 CUP	30	29.28
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	90	25.0
ORANGE FRESH	1 EACH	90	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	50	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	50	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	21	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	160	20.34
Weighted Daily Average			100.57
% of Calories			80.2%
Nutrient Guideline			

Mon - 10/30/2017			
9-12 BREAKFAST	Total	242	
BREAKFAST ON A STICK K-12	1 EACH	100	17.17
POTATO:TATER TOTS 10 EA 00215	10 EACH	50	20.13
TOAST, WHOLE WHEAT	1 EACH	50	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: CINNAMON TOAST CRUNCH	1 cup	35	33.06
CEREAL: CHEERIOS	1 cup	10	20.0
CEREAL: RAISIN BRAN	1 CUP	35	40.0
cereal: cherrios	1 CUP	10	35.97
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	20	86.14
SYRUP, PANCAKE	2 OZ	20	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	90	25.0
ORANGE FRESH	1 EACH	100	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	50	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	50	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	40	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	24	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	181	20.34

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# Granite School District

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

9-12 BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			91.99
% of Calories			74.1%
Nutrient Guideline			

Tue - 10/31/2017			
9-12 BREAKFAST	Total	243	
FRENCH TOAST: STICKS, WW 43586	4 EACH	70	43.18
TOAST, WHOLE WHEAT	1 EACH	48	15.0
JELLY, GRAPE	1 TBSP	25	14.69
PEANUTBUTTER:SMOOTH w/ SALT	1 TBSP	25	3.0
KETCHUP:CHEF MARK COMMODITY	1/2 OZ	48	3.34
CEREAL: COOKIE CRISP	1 CUP	40	29.28
cereal: cherrios	1 CUP	45	35.97
CEREAL: RAISIN BRAN	1 CUP	50	40.0
CEREAL: CHEERIOS	1 cup	28	20.0
WAFFLE MIX:WGR SHIRLEY J 6-12	1 EACH	10	86.14
SYRUP, PANCAKE	2 OZ	10	37.14
CRAISINS, DRIED	1/4 CUP	100	33.0
APPLE WHOLE:125-138ct	1 EACH	75	25.0
ORANGE FRESH	1 EACH	85	11.28
APPLESAUCE, CND UNSWT	1/2 CUP	27	15.0
PINEAPPLE TIDBITS CND IN JUICE	1/2 CUP	25	12.43
PEACHES SLCD CND IN EXLT SYR	1/2 CUP	30	14.0
PEARS DICED CND, OREGON TRAIL	1/2 CUP	10	14.0
MILK WHITE 1% LF, MEADOW GOLD	1 HALF PINT	35	13.0
MILK CHOCOLATE FAT FREE TRUMOO	1 HALF PINT	172	20.34
Weighted Daily Average			91.73
% of Calories			79.6%
Nutrient Guideline			

Weighted Average			89.38
			76.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.38	76.68%						

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