

Millinocket School Department
 001 - GRANITE STREET SCHOOL
 GRANITE STREET BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																																																																																		
Jan - 3 BANANA BREAD Sunflower Kernels, Zec Zees FRESH FRUIT FRUIT JUICE, ASSORTED Breakfast Break Kit CinToCrBar ASSORTED CEREAL	Jan - 4 BREAKFAST BAR Oatmeal Ch APPLES GRAPE JUICE Milk Breakfast Break Kit CinToCrBar ASSORTED CEREAL STRING CHEESE	Jan - 5 CHOCOLATE CHIP MUFFIN APPLES APPLE JUICE K pak unsweeten Milk Breakfast Break Kit CinToCrBar ASSORTED CEREAL Sunflower Kernels, Zec Zees	Jan - 6 ASSORTED CEREAL APPLES STRING CHEESE FRUIT JUICE, ASSORTED Milk Breakfast Break Kit CinToCrBar Cocoa Cherry Zntrtn bar 1.8 oz	Jan - 7 TRIX YOGURT Goldfish Giant Graham Crackers APPLES APPLE JUICE K pak unsweeten Milk Sunflower Kernels, Zec Zees Breakfast Break Kit CinToCrBar ASSORTED CEREAL																																																																																																																																																																																																																		
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Jan - 10 STRAWBERRY POP TART STRING CHEESE FRESH FRUIT FRUIT JUICE, ASSORTED Breakfast Break Kit CinToCrBar	Jan - 11 BREAKFAST BAR Oatmeal Ch APPLES GRAPE JUICE Milk Breakfast Break Kit CinToCrBar ASSORTED CEREAL Sunflower Kernels, Zec Zees	Jan - 12 CHOCOLATE CHIP MUFFIN APPLES APPLE JUICE K pak unsweeten Milk Breakfast Break Kit CinToCrBar ASSORTED CEREAL STRING CHEESE	Jan - 13 Sunflower Kernels, Zec Zees ASSORTED CEREAL APPLES FRUIT JUICE, ASSORTED Milk Breakfast Break Kit CinToCrBar Cocoa Cherry Zntrtn bar 1.8 oz	Jan - 14 TRIX YOGURT Goldfish Giant Graham Crackers APPLES APPLE JUICE K pak unsweeten Milk Sunflower Kernels, Zec Zees Breakfast Break Kit CinToCrBar ASSORTED CEREAL																																																																																																																																																																																																																		

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Millinocket School Department
 001 - GRANITE STREET SCHOOL
 GRANITE STREET BREAKFAST

Monday			Tuesday			Wednesday			Thursday			Friday			
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		
Cals...	441	100%	Cals...	632	126%	Cals...	511	102%	Cals...	536	107%	Cals...	687	137%	
Chol...	21 mg		Chol...	28 mg		Chol...	24 mg		Chol...	14 mg		Chol...	20 mg		
Sodium.	413 mg		Sodium.	486 mg		Sodium.	509 mg		Sodium.	348 mg		Sodium.	534 mg		
Fiber..	5.0* g		Fiber..	7.2* g		Fiber..	5.4* g		Fiber..	6.4* g		Fiber..	6.7* g		
Iron...	2.0 mg	75%	Iron...	4.3 mg	163%	Iron...	3.4 mg	129%	Iron...	4.6 mg	177%	Iron...	4.7 mg	178%	
Calcium	587.1 mg	274%	Calcium	395.7 mg	185%	Calcium	479.4 mg	224%	Calcium	363.4 mg	170%	Calcium	509.6 mg	238%	
Vit A	1123 IU	134%	Vit A	906 IU	108%	Vit A	1118 IU	133%	Vit A	973 IU	116%	Vit A	1349 IU	161%	
Vit C	26.3 mg	230%	Vit C	12.5 mg	109%	Vit C	12.5 mg	109%	Vit C	29.5 mg	259%	Vit C	14.2 mg	124%	
Sugar	57.7*g	52.3%Cal	Sugar	71.4*g	45.2%Cal	Sugar	64.8*g	50.7%Cal	Sugar	62.4*g	46.6%Cal	Sugar	58.8*g	34.2%Cal	
Prot	13.3g	12.0%Cal	Prot	17.2g	10.9%Cal	Prot	15.6g	12.2%Cal	Prot	14.3g	10.7%Cal	Prot	20.8g	12.1%Cal	
Carb	83.0g	75.3%Cal	Carb	101.9g	64.5%Cal	Carb	86.8g	68.0%Cal	Carb	90.2g	67.4%Cal	Carb	99.0g	57.7%Cal	
T.Fat	7.0g	14.3%Cal	T.Fat	18.8g	26.9%Cal	T.Fat	13.2g	23.2%Cal	T.Fat	14.7g	24.7%Cal	T.Fat	24.2g	31.7%Cal	
S.Fat	3.7g	7.6%Cal	S.Fat	4.7g	6.7%Cal	S.Fat	6.0g	10.6%Cal	S.Fat	3.4g	5.7%Cal	S.Fat	4.8g	6.4%Cal	
Jan - 17			Jan - 18	BREAKFAST BAR Oatmeal Ch APPLES GRAPE JUICE Milk Breakfast Break Kit CinToCrBar ASSORTED CEREAL STRING CHEESE		Jan - 19	CHOCOLATE CHIP MUFFIN APPLES APPLE JUICE K pak unsweeten Milk Breakfast Break Kit CinToCrBar ASSORTED CEREAL Sunflower Kernels, Zee Zees		Jan - 20	ASSORTED CEREAL APPLES STRING CHEESE FRUIT JUICE, ASSORTED Milk Breakfast Break Kit CinToCrBar Cocoa Cherry Znrtrn bar 1.8 oz		Jan - 21	TRIX YOGURT Goldfish Giant Graham Crackers APPLES APPLE JUICE K pak unsweeten Milk Sunflower Kernels, Zee Zees Breakfast Break Kit CinToCrBar ASSORTED CEREAL		
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	Cals...	583	117%	Cals...	559	112%	Cals...	519	104%	Cals...	687	137%	Cals...	687	137%
	Chol...	36 mg		Chol...	16 mg		Chol...	29 mg		Chol...	20 mg		Chol...	20 mg	
	Sodium.	521 mg		Sodium.	474 mg		Sodium.	466 mg		Sodium.	534 mg		Sodium.	534 mg	
	Fiber..	6.4* g		Fiber..	6.2* g		Fiber..	5.6* g		Fiber..	6.7* g		Fiber..	6.7* g	
	Iron...	3.8 mg	143%	Iron...	3.9 mg	148%	Iron...	4.1 mg	157%	Iron...	4.7 mg	178%	Iron...	4.7 mg	178%
	Calcium	474.6 mg	221%	Calcium	400.4 mg	187%	Calcium	529.2 mg	247%	Calcium	509.6 mg	238%	Calcium	509.6 mg	238%
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	Vit C	12.5 mg	109%	Vit C	12.5 mg	109%	Vit C	29.5 mg	259%	Vit C	14.2 mg	124%	Vit C	14.2 mg	124%
	Sugar	71.0*g	48.7%Cal	Sugar	65.2*g	46.6%Cal	Sugar	62.0*g	47.8%Cal	Sugar	58.8*g	34.2%Cal	Sugar	58.8*g	34.2%Cal
	Prot	17.2g	11.8%Cal	Prot	15.6g	11.2%Cal	Prot	17.1g	13.2%Cal	Prot	20.8g	12.1%Cal	Prot	20.8g	12.1%Cal
	Carb	100.3g	68.8%Cal	Carb	88.4g	63.2%Cal	Carb	89.0g	68.6%Cal	Carb	99.0g	57.7%Cal	Carb	99.0g	57.7%Cal
	T.Fat	14.4g	22.2%Cal	T.Fat	17.6g	28.3%Cal	T.Fat	12.7g	22.0%Cal	T.Fat	24.2g	31.7%Cal	T.Fat	24.2g	31.7%Cal
	S.Fat	5.7g	8.7%Cal	S.Fat	5.0g	8.1%Cal	S.Fat	6.0g	10.4%Cal	S.Fat	4.8g	6.4%Cal	S.Fat	4.8g	6.4%Cal

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.
 * - denotes combined nutrient totals with either missing or incomplete nutrient data.

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Millinocket School Department
001 - GRANITE STREET SCHOOL
GRANITE STREET BREAKFAST

Dec 28, 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
Jan - 24		Jan - 25		Jan - 26		Jan - 27		Jan - 28	
BANANA BREAD Sunflower Kernels, Zee Zees FRESH FRUIT FRUIT JUICE, ASSORTED Breakfast Break Kit CinToCrBar		BREAKFAST BAR Oatmeal Ch APPLES GRAPE JUICE Milk Breakfast Break Kit CinToCrBar ASSORTED CEREAL Sunflower Kernels, Zee Zees		CHOCOLATE CHIP MUFFIN APPLES APPLE JUICE K pak unsweeten Milk Breakfast Break Kit CinToCrBar ASSORTED CEREAL STRING CHEESE		ASSORTED CEREAL APPLES STRING CHEESE FRUIT JUICE, ASSORTED Milk Breakfast Break Kit CinToCrBar Cocoa Cherry Z/ntrtn bar 1.8 oz		TRIX YOGURT Goldfish Giant Graham Crackers APPLES APPLE JUICE K pak unsweeten Milk Sunflower Kernels, Zee Zees Breakfast Break Kit CinToCrBar ASSORTED CEREAL	
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target
Cals...	473 100%	Cals...	632 126%	Cals...	511 102%	Cals...	519 104%	Cals...	687 137%
Chol...	23 mg	Chol...	28 mg	Chol...	24 mg	Chol...	29 mg	Chol...	20 mg
Sodium.	357 mg	Sodium.	486 mg	Sodium.	509 mg	Sodium.	466 mg	Sodium.	534 mg
Fiber..	4.6* g	Fiber..	7.2* g	Fiber..	5.4* g	Fiber..	5.6* g	Fiber..	6.7* g
Iron...	2.0 mg 76%	Iron...	4.3 mg 163%	Iron...	3.4 mg 129%	Iron...	4.1 mg 157%	Iron...	4.7 mg 178%
Calcium	474.5 mg 221%	Calcium	395.7 mg 185%	Calcium	479.4 mg 224%	Calcium	529.2 mg 247%	Calcium	509.6 mg 238%
Vit A	764 IU 91%	Vit A	906 IU 108%	Vit A	1118 IU 133%	Vit A	1131 IU 135%	Vit A	1349 IU 161%
Vit C	27.1 mg 238%	Vit C	12.5 mg 109%	Vit C	12.5 mg 109%	Vit C	29.5 mg 259%	Vit C	14.2 mg 124%
Sugar	57.1*g 48.3%Cal	Sugar	71.4*g 45.2%Cal	Sugar	64.8*g 50.7%Cal	Sugar	62.0*g 47.8%Cal	Sugar	58.8*g 34.2%Cal
Prot	13.6g 11.5%Cal	Prot	17.2g 10.9%Cal	Prot	15.6g 12.2%Cal	Prot	17.1g 13.2%Cal	Prot	20.8g 12.1%Cal
Carb	79.1g 66.9%Cal	Carb	101.9g 64.5%Cal	Carb	86.8g 68.0%Cal	Carb	89.0g 68.6%Cal	Carb	99.0g 57.7%Cal
T.Fat	12.4g 23.7%Cal	T.Fat	18.8g 26.9%Cal	T.Fat	13.2g 23.2%Cal	T.Fat	12.7g 22.0%Cal	T.Fat	24.2g 31.7%Cal
S.Fat	2.9g 5.4%Cal	S.Fat	4.7g 6.7%Cal	S.Fat	6.0g 10.6%Cal	S.Fat	6.0g 10.4%Cal	S.Fat	4.8g 6.4%Cal

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