

# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

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	Portion Size	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 <sup>1</sup> (g)
Wed - 01/02/2019															
GRANITE - BREAKFAST Pr	Total														
CHOC.CHIP (fortified) MUFFINS	1 EACH	170	30	130	2.00	1.08	40.0	8	0.0	2	3.0	28.0	6.0	1.00	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
ORANGE JUICE,FROZEN,UNSW TND,DI	1/2 CUP	55	0	16	0.00	0.00	0.0	0	46.08	11	1.1	13.16	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5 MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
PASTA, Penne & SAUCE	1.25 CUP	310	5	610	7.82	3.73	92.3	829	18.5	*10	10.48	52.53	7.22	0.92	0.05
MEATBALLS, 1/2 OZ PRCKD 4 eac	4 piece	152	28	176	0.80	1.15	32.0	80	0.96	*N/A*	11.2	3.2	11.2	4.80	0.00
HAM ITALIAN ON HB BUN	SERVING	327	37	1024	4.48	*1.75	*218.2	838	*4.21	*6	19.02	39.76	11.5	3.56	*0.00
FRUIT & VEGETABLE BAR-GS-W ED.	servings	155	0	17	5.84	0.54	22.7	221	24.27	*25	1.9	39.49	0.8	0.20	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		562	34	689	8.60	*3.82	*466.2	1201	*50.10	*49	22.21	94.69	13.07	3.90	*0.02
% of Calories										*35.1%	15.8%	67.4%	20.9%	6.2%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

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	Portion Size	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 <sup>1</sup> (g)
Thu - 01/03/2019															
GRANITE - BREAKFAST Pr	Total														
CINNAMON ROLLS,WG, IW	1 EACH	240	10	230	3.00	1.80	40.0	90	0.0	18	4.0	43.0	7.0	2.00	0.00
BAGEL, mini strwbry crm cheese	1 EACH	240	10	180	2.00	1.08	20.0	100	0.0	13	5.99	40.93	5.99	2.50	0.00
BREAKFAST WRAP, Sunny Fresh	1 each	180	190	399	2.00	0.72	99.9	399	0.0	1	9.99	13.98	9.99	3.99	0.00
FRUIT,FRESH ASSORTED	1 each	64	0	1	2.51	0.19	23.2	134	33.36	12	0.82	16.28	0.25	0.05	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
HOT DOG	SERVING	326	53	1114	3.10	1.79	137.3	35	0.26	*6	12.21	33.26	15.96	5.10	*0.00
TURKEY & CHEESE SANDWICH	1 EACH	334	48	1040	2.17	2.31	217.6	725	0.24	*5	24.36	33.98	9.43	2.78	*0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
POTATO PUFFS: frzn,ckd1/2cup	1/2 CUP	123	0	296	1.28	0.37	9.0	3	2.56	0	1.36	17.47	5.79	1.06	*N/A*
FRUIT & VEGETABLE BAR-GS-TH	servings	88	1	95	3.76	0.23	24.2	3876	7.38	*14	0.79	20.44	1.07	0.16	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		528	46	944	5.78	3.19	489.9	2704	32.20	*46	20.06	82.33	14.17	4.43	*0.00
% of Calories										*35.1%	15.2%	62.3%	24.1%	7.5%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<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  
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Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/04/2019															
GRANITE - BREAKFAST Pr	Total														
Goldfish Giant Graham Crackers	1 each	120	0	135	1.00	1.44	100.0	200	1.2	6	2.0	19.0	4.0	1.00	0.00
YOGURT, TRIX	1 EACH	120	5	55	0.00	0.00	100.0	500	1.2	*N/A*	4.0	23.0	1.5	1.00	*N/A*
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
PIZZA, STUFFED CRUST CHEES	SLICE	398	19	999	4.00	5.45	350.0	500	0.0	*0	18.63	46.0	16.65	5.26	0.00
SALAD, CHEF w/Brdstx &egg - GS	1 CUP	403	127	949	4.29	*4.37	*92.8	*8273	*15.13	*4	20.7	37.4	20.66	7.04	*0.00
FRUIT & VEGETABLE BAR-GS-FRID	serving	79	1	79	1.08	0.50	24.9	67	11.11	*8	0.99	18.1	0.94	0.13	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		527	22	778	4.53	*4.17	*574.2	*1352	*22.71	*40	20.78	85.73	12.44	3.99	*0.00
% of Calories										*30.2%	15.8%	65.1%	21.2%	6.8%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

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	Portion Size	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 <sup>1</sup> (g)
Mon - 01/07/2019															
GRANITE - BREAKFAST Pr POP TART,FROSTED STRAWBE RRY,KE	Total 1 EACH	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
STRING CHEESE	1 EACH	79	20	207	0.00	0.00	217.3	198	0.0	0	6.91	0.99	5.93	3.95	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese K-5	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr TOASTED CHEESE&CHICKEN S OUP5oz	Total 1 EACH	381	45	1148	*3.00	1.80	635.0	953	0.0	*6	21.08	40.02	15.67	7.54	0.00
MOZZARELLA STICKS, Bosco's K-FRUIT & VEGETABLE BAR - GS-MON	2 each servings	348 136	30 1	655 96	3.37 4.88	3.15 0.47	420.0 31.2	812 4497	16.46 15.18	*0 *26	20.37 1.37	36.49 32.88	14.06 1.22	6.00 0.20	0.00 0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		561	33	824	*6.71	3.40	718.4	3415	27.37	*53 *37.6%	23.41 16.7%	90.42 64.4%	13.45 21.6%	5.90 9.5%	0.00 0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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Portion Values - Detailed

001 - GRANITE STREET SCHOOL

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	Portion Size	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 <sup>1</sup> (g)
Tue - 01/08/2019															
GRANITE - BREAKFAST Pr	Total														
BREAKFAST BAR Oatmeal Ch Chi	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
MINUTEMAN MUFFIN	SERVING	236	139	648	3.00	*1.80	*96.2	318	*0.0	3	16.17	26.66	8.46	3.10	0.00
TACO , BEEF & BEAN	1 EACH	385	73	506	5.33	*3.19	*105.4	*1141	*5.73	*3	22.44	30.67	19.27	8.88	*0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
FRUIT & VEGETABLE BAR - GS-TUE	serving	164	1	79	6.15	0.45	52.5	302	59.32	*30	1.69	39.91	1.35	0.20	0.00
Juice Bar, Whole Fruit	1 each	40	0	5	2.00	0.00	60.0	500	60.0	7	0.0	10.0	0.0	0.00	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		561	53	592	8.27	*3.26	*471.5	*1325	*69.53	*53	20.49	94.61	12.65	4.61	*0.00
% of Calories										*37.5%	14.6%	67.4%	20.3%	7.4%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/09/2019															
GRANITE - BREAKFAST Pr	Total														
CHOC.CHIP (fortified) MUFFINS	1 EACH	170	30	130	2.00	1.08	40.0	8	0.0	2	3.0	28.0	6.0	1.00	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
ORANGE JUICE,FROZEN,UNSW TND,DI	1/2 CUP	55	0	16	0.00	0.00	0.0	0	46.08	11	1.1	13.16	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5 MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
CHICKEN NUGGET w/Pasta Twists	5 each	388	35	651	*4.50	3.08	57.7	273	92.33	*0	18.51	55.5	11.23	2.85	*0.00
HAM ITALIAN ON HB BUN	SERVING	327	37	1024	4.48	*1.75	*218.2	838	*4.21	*6	19.02	39.76	11.5	3.56	*0.00
FRUIT & VEGETABLE BAR-GS-W ED.	servings	155	0	17	5.84	0.54	22.7	221	24.27	*25	1.9	39.49	0.8	0.20	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
PEAS: frozen,boiled	1/2 cup	59	0	54	3.40	1.15	18.1	1588	7.48	3	3.89	10.78	0.2	0.04	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		560	35	635	*8.31	*3.70	*435.2	1393	*81.75	*47	22.28	98.81	10.80	2.97	*0.00
% of Calories										*33.3%	15.9%	70.6%	17.4%	4.8%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

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	Portion Size	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 <sup>1</sup> (g)
Thu - 01/10/2019															
GRANITE - BREAKFAST Pr	Total														
CINNAMON ROLLS,WG, IW	1 EACH	240	10	230	3.00	1.80	40.0	90	0.0	18	4.0	43.0	7.0	2.00	0.00
BAGEL, mini strwbry crm cheese	1 EACH	240	10	180	2.00	1.08	20.0	100	0.0	13	5.99	40.93	5.99	2.50	0.00
BREAKFAST WRAP, Sunny Fresh	1 each	180	190	399	2.00	0.72	99.9	399	0.0	1	9.99	13.98	9.99	3.99	0.00
FRUIT,FRESH ASSORTED	1 each	64	0	1	2.51	0.19	23.2	134	33.36	12	0.82	16.28	0.25	0.05	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
YOGURT & FRUIT PARFAIT	1 cup	449	25	343	*4.48	1.59	403.8	674	44.79	*57	15.22	79.76	9.7	5.05	*0.00
Goldfish Giant Graham Crackers	1 each	120	0	135	1.00	1.44	100.0	200	1.2	6	2.0	19.0	4.0	1.00	0.00
TURKEY & CHEESE SANDWICH	1 EACH	334	48	1040	2.17	2.31	217.6	725	0.24	*5	24.36	33.98	9.43	2.78	*0.00
FRUIT & VEGETABLE BAR-GS-TH	servings	88	1	95	3.76	0.23	24.2	3876	7.38	*14	0.79	20.44	1.07	0.16	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		569	36	644	*6.17	3.41	603.0	2969	46.68	*65	21.23	98.24	11.61	4.40	*0.00
% of Calories										*45.7%	14.9%	69.1%	18.4%	7.0%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

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	Portion Size	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 <sup>1</sup> (g)
Fri - 01/11/2019															
GRANITE - BREAKFAST Pr															
	Total														
Goldfish Giant Graham Crackers	1 each	120	0	135	1.00	1.44	100.0	200	1.2	6	2.0	19.0	4.0	1.00	0.00
YOGURT, TRIX	1 EACH	120	5	55	0.00	0.00	100.0	500	1.2	*N/A*	4.0	23.0	1.5	1.00	*N/A*
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr															
	Total														
PIZZA WITH CHEESE TOPPING K	20/PAN	371	50	641	3.08	*0.22	*0.0	498	3.66	*3	19.25	37.95	16.54	10.00	0.00
PIZZA TOPPING, ADD YOUR O	SRV	39	8	126	0.27	*0.19	*4.7	19	*1.39	2	1.56	2.68	2.67	1.14	0.00
CAESAR SALAD w/CHICKEN, GS	1 EACH	317	57	590	2.99	3.34	105.0	4099	1.88	*4	25.25	32.0	10.29	2.15	*0.00
FRUIT & VEGETABLE BAR-GS-FRID	serving	79	1	79	1.08	0.50	24.9	67	11.11	*8	0.99	18.1	0.94	0.13	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		531	36	671	4.22	*2.00	*427.2	1248	*24.44	*42	21.84	83.59	13.19	6.33	*0.00
% of Calories										*31.9%	16.5%	63.0%	22.4%	10.7%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

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	Portion Size	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 <sup>1</sup> (g)
Mon - 01/14/2019															
GRANITE - BREAKFAST Pr	Total														
POP TART,FROSTED STRAWBE	1 EACH	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
RRY,KE															
STRING CHEESE	1 EACH	79	20	207	0.00	0.00	217.3	198	0.0	0	6.91	0.99	5.93	3.95	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
Fish Sticks WG 4-1oz Sticks	4 Sticks	281	53	789	2.10	0.47	24.4	663	2.38	6	14.35	28.67	11.82	2.26	0.00
CHEESY BREADSTICK White W W Gar	1 EACH	90	0	140	1.00	1.44	10.0	0	0.0	*N/A*	3.0	13.0	3.0	0.50	0.00
MOZZARELLA STICKS, Bosco's K-	2 each	348	30	655	3.37	3.15	420.0	812	16.46	*0	20.37	36.49	14.06	6.00	0.00
FRUIT & VEGETABLE BAR - GS-MON	servings	136	1	96	4.88	0.47	31.2	4497	15.18	*26	1.37	32.88	1.22	0.20	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
POTATO PUFFS: frzn,ckd1/2cup	1/2 CUP	123	0	296	1.28	0.37	9.0	3	2.56	0	1.36	17.47	5.79	1.06	*N/A*
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		589	34	850	7.07	3.56	604.3	3366	29.16	*53	23.09	95.08	14.64	5.25	*0.00
% of Calories										*35.7%	15.7%	64.5%	22.4%	8.0%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

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Portion Values - Detailed

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	Portion Size	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 <sup>1</sup> (g)
Tue - 01/15/2019															
GRANITE - BREAKFAST Pr	Total														
BREAKFAST BAR Oatmeal Ch Chi	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
HAMBURGER ON A BUN 1-5 choic	SERVING	349	52	568	4.06	3.44	122.0	570	0.24	*5	22.94	36.4	12.19	3.32	*0.00
TACO , BEEF & BEAN	1 EACH	385	73	506	5.33	*3.19	*105.4	*1141	*5.73	*3	22.44	30.67	19.27	8.88	*0.00
FRUIT & VEGETABLE BAR - GS-TUE	serving	164	1	79	6.15	0.45	52.5	302	59.32	*30	1.69	39.91	1.35	0.20	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		585	42	618	7.85	*3.76	*460.4	*1180	*45.36	*50	23.13	94.83	13.77	4.64	*0.00
% of Calories										*34.5%	15.8%	64.8%	21.2%	7.1%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

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	Portion Size	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 <sup>1</sup> (g)
Wed - 01/16/2019															
GRANITE - BREAKFAST Pr	Total														
CHOC.CHIP (fortified) MUFFINS	1 EACH	170	30	130	2.00	1.08	40.0	8	0.0	2	3.0	28.0	6.0	1.00	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
ORANGE JUICE,FROZEN,UNSW TND,DI	1/2 CUP	55	0	16	0.00	0.00	0.0	0	46.08	11	1.1	13.16	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5 MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
MEATBALL SUB PreK-5	1 SUB (4 MB)	495	44	1131	6.71	*3.62	*170.1	1422	18.11	*13	23.94	49.27	22.99	8.50	0.00
HAM ITALIAN ON HB BUN	SERVING	327	37	1024	4.48	*1.75	*218.2	838	*4.21	*6	19.02	39.76	11.5	3.56	*0.00
FRUIT & VEGETABLE BAR-GS-W ED.	servings	155	0	17	5.84	0.54	22.7	221	24.27	*25	1.9	39.49	0.8	0.20	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
POTATO PUFFS: frzn,ckd1/2cup	1/2 CUP	123	0	296	1.28	0.37	9.0	3	2.56	0	1.36	17.47	5.79	1.06	*N/A*
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		603	37	862	8.31	*3.52	*484.7	1328	*49.89	*50	23.10	97.65	15.78	4.85	*0.00
% of Calories										*33.4%	15.3%	64.8%	23.5%	7.2%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

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	Portion Size	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 <sup>1</sup> (g)
Thu - 01/17/2019															
GRANITE - BREAKFAST Pr	Total														
CINNAMON ROLLS,WG, IW	1 EACH	240	10	230	3.00	1.80	40.0	90	0.0	18	4.0	43.0	7.0	2.00	0.00
BAGEL, mini strwbry crm cheese	1 EACH	240	10	180	2.00	1.08	20.0	100	0.0	13	5.99	40.93	5.99	2.50	0.00
BREAKFAST WRAP, Sunny Fresh	1 each	180	190	399	2.00	0.72	99.9	399	0.0	1	9.99	13.98	9.99	3.99	0.00
FRUIT,FRESH ASSORTED	1 each	64	0	1	2.51	0.19	23.2	134	33.36	12	0.82	16.28	0.25	0.05	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
MAC AND CHEESE, WG Creamy2 014	2/3 CUP	328	32	672	*2.34	1.06	451.2	569	0.65	*7	19.77	30.32	13.15	6.80	*0.00
CHEESY BREADSTICK White W W Gar	1 EACH	90	0	140	1.00	1.44	10.0	0	0.0	*N/A*	3.0	13.0	3.0	0.50	0.00
TURKEY & CHEESE SANDWICH	1 EACH	334	48	1040	2.17	2.31	217.6	725	0.24	*5	24.36	33.98	9.43	2.78	*0.00
BROCCOLI: frozen boiled 1/2cup	1/2 CUP	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
FRUIT & VEGETABLE BAR-GS-TH	servings	88	1	95	3.76	0.23	24.2	3876	7.38	*14	0.79	20.44	1.07	0.16	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		534	39	769	*6.53	3.53	598.4	3227	45.47	*47 *35.2%	24.26 18.2%	82.43 61.8%	12.75 21.5%	4.78 8.1%	*0.00 *0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

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	Portion Size	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 <sup>1</sup> (g)
Fri - 01/18/2019															
GRANITE - BREAKFAST Pr															
	Total														
Goldfish Giant Graham Crackers	1 each	120	0	135	1.00	1.44	100.0	200	1.2	6	2.0	19.0	4.0	1.00	0.00
YOGURT, TRIX	1 EACH	120	5	55	0.00	0.00	100.0	500	1.2	*N/A*	4.0	23.0	1.5	1.00	*N/A*
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr															
	Total														
PIZZA, STUFFED CRUST CHEES	SLICE	398	19	999	4.00	5.45	350.0	500	0.0	*0	18.63	46.0	16.65	5.26	0.00
SALAD, CHEF w/Brdstx &egg - GS	1 CUP	403	127	949	4.29	*4.37	*92.8	*8273	*15.13	*4	20.7	37.4	20.66	7.04	*0.00
FRUIT & VEGETABLE BAR-GS-FRID	serving	79	1	79	1.08	0.50	24.9	67	11.11	*8	0.99	18.1	0.94	0.13	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		527	22	778	4.53	*4.17	*574.2	*1352	*22.71	*40	20.78	85.73	12.44	3.99	*0.00
% of Calories										*30.2%	15.8%	65.1%	21.2%	6.8%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

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	Portion Size	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 <sup>1</sup> (g)
Tue - 01/22/2019															
GRANITE - BREAKFAST Pr	Total														
BREAKFAST BAR Oatmeal Ch Chi	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
GROUND BEEF AND MACARONI	3/4 CUP	256	46	166	3.92	*3.28	*46.5	386	6.42	*3	18.93	28.08	8.55	3.80	*0.00
TACO , BEEF & BEAN	1 EACH	385	73	506	5.33	*3.19	*105.4	*1141	*5.73	*3	22.44	30.67	19.27	8.88	*0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
FRUIT & VEGETABLE BAR - GS-TUE	serving	164	1	79	6.15	0.45	52.5	302	59.32	*30	1.69	39.91	1.35	0.20	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		566	40	522	7.84	*3.72	*444.7	*1139	*46.85	*50	22.10	93.25	13.11	4.82	*0.00
% of Calories										*35.5%	15.6%	65.9%	20.9%	7.7%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

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	Portion Size	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 <sup>1</sup> (g)
Wed - 01/23/2019															
GRANITE - BREAKFAST Pr	Total														
CHOC.CHIP (fortified) MUFFINS	1 EACH	170	30	130	2.00	1.08	40.0	8	0.0	2	3.0	28.0	6.0	1.00	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
ORANGE JUICE,FROZEN,UNSW TND,DI	1/2 CUP	55	0	16	0.00	0.00	0.0	0	46.08	11	1.1	13.16	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5 MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
CHICKEN BURGER	1 EACH	330	30	710	5.00	3.00	100.0	100	84.0	3	21.0	40.0	10.0	1.50	0.00
HAM ITALIAN ON HB BUN	SERVING	327	37	1024	4.48	*1.75	*218.2	838	*4.21	*6	19.02	39.76	11.5	3.56	*0.00
FRUIT & VEGETABLE BAR-GS-W ED.	servings	155	0	17	5.84	0.54	22.7	221	24.27	*25	1.9	39.49	0.8	0.20	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
POTATO PUFFS: frzn,ckd1/2cup	1/2 CUP	123	0	296	1.28	0.37	9.0	3	2.56	0	1.36	17.47	5.79	1.06	*N/A*
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		575	33	779	8.04	*3.43	*464.0	956	*70.00	*47	22.55	97.22	13.11	3.11	*0.00
% of Calories										*32.9%	15.7%	67.6%	20.5%	4.9%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

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	Portion Size	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 <sup>1</sup> (g)
Thu - 01/24/2019															
GRANITE - BREAKFAST Pr	Total														
CINNAMON ROLLS,WG, IW	1 EACH	240	10	230	3.00	1.80	40.0	90	0.0	18	4.0	43.0	7.0	2.00	0.00
BAGEL, mini strwbry crm cheese	1 EACH	240	10	180	2.00	1.08	20.0	100	0.0	13	5.99	40.93	5.99	2.50	0.00
BREAKFAST WRAP, Sunny Fresh	1 each	180	190	399	2.00	0.72	99.9	399	0.0	1	9.99	13.98	9.99	3.99	0.00
FRUIT,FRESH ASSORTED	1 each	64	0	1	2.51	0.19	23.2	134	33.36	12	0.82	16.28	0.25	0.05	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
French Toast, Chees, Egg pa	3 EACH	394	145	612	2.00	1.44	297.3	398	0.0	11	15.91	44.99	16.93	5.95	0.00
TURKEY & CHEESE SANDWICH	1 EACH	334	48	1040	2.17	2.31	217.6	725	0.24	*5	24.36	33.98	9.43	2.78	*0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
FRUIT & VEGETABLE BAR-GS-TH	servings	88	1	95	3.76	0.23	24.2	3876	7.38	*14	0.79	20.44	1.07	0.16	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		518	81	685	5.04	2.93	542.6	2817	31.49	*48	20.66	81.50	13.10	4.56	*0.00
% of Calories										*37.1%	16.0%	62.9%	22.8%	7.9%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

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

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

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	Portion Size	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 <sup>1</sup> (g)
Fri - 01/25/2019															
GRANITE - BREAKFAST Pr															
	Total														
Goldfish Giant Graham Crackers	1 each	120	0	135	1.00	1.44	100.0	200	1.2	6	2.0	19.0	4.0	1.00	0.00
YOGURT, TRIX	1 EACH	120	5	55	0.00	0.00	100.0	500	1.2	*N/A*	4.0	23.0	1.5	1.00	*N/A*
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr															
	Total														
PIZZA, STUFFED CRUST CHEES	SLICE	398	19	999	4.00	5.45	350.0	500	0.0	*0	18.63	46.0	16.65	5.26	0.00
CAESAR SALAD w/CHICKEN, GS	1 EACH	317	57	590	2.99	3.34	105.0	4099	1.88	*4	25.25	32.0	10.29	2.15	*0.00
FRUIT & VEGETABLE BAR-GS-FRID	serving	79	1	79	1.08	0.50	24.9	67	11.11	*8	0.99	18.1	0.94	0.13	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		528	20	774	4.49	4.15	582.5	1254	22.35	*40	21.12	86.23	12.16	3.86	*0.00
% of Calories										*30.5%	16.0%	65.3%	20.7%	6.6%	*0.0%
Nutrient Guideline		443-570		862		1.40	114.29	448	6.10		3.91			<10.00	

Weighted Average		554	38	730	*6.60	*3.51	*526.0	*1896	*42.24	*48	21.95	90.73	13.07	4.49	*0.00
										*78.4%	15.8%	65.5%	21.2%	7.3%	*0.0%

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# Millinocket School Department

Jan 2, 2019 thru Jan 25, 2019

Planned Menu Spreadsheet

Combined: GRANITE - BREAKFAST Pre K-5/GRANITE LUNCH Grade Pre K-5

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	554		443 - 570	100%												
Cholesterol (mg)	38															
Sodium 1 (mg)	730		862													
Sodium 2 (mg)	730		695						35	Correction Required - Sodium too High						
Fiber (g)	6.60				Missing											
Iron (mg)	3.51		1.40	250%	Missing											
Calcium (mg)	526.0		114.29	460%	Missing											
Vitamin A (IU)	1896		448	424%	Missing											
Sugars (g)	48	34.84%			Missing											
Vitamin C (mg)	42.24		6.10	693%	Missing											
Protein (g)	21.95	15.83%	3.91	561%												
Carbohydrate (g)	90.73	65.46%														
Total Fat (g)	13.07	21.22%														
Saturated Fat (g)	4.49	7.29%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing											

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