

Millinocket School Department

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Jun 1, 2021 thru Jun 18, 2021

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

001 - GRANITE STREET SCHOOL

Generated on: 5/20/2021 10:09:28 AM

	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 ¹ (g)
Tue - 06/01/2021															
SUMMER BREAKFAST	Total														
CEREAL, ASSORTED	1 OZ	103	0	157	2.33	6.60	100.0	633	6.0	3	2.0	21.67	1.83	0.33	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
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
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
HAM & CHEESE SANDWICH	1 EACH	256	38	892	3.02	*1.25	*158.0	109	*0.0	*5	17.35	31.53	7.96	2.95	*0.00
CELERY STICKS	1/2 CUP	21	0	119	2.38	0.30	59.4	667	4.61	2	1.03	4.41	0.25	0.06	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
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		440	21	725	7.02	*6.60	*537.4	1554	*25.26	*34	18.15	72.04	10.81	3.96	*0.00
% of Calories										*30.5%	16.5%	65.4%	22.1%	8.1%	*0.0%
Nutrient Guideline		492-563		832										<10.00	

Wed - 06/02/2021															
SUMMER BREAKFAST	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
APPLE JUICE K pak unsweetened	4 fl.oz.	66	0	16	0.00	0.00	0.0	0	0.0	14	0.0	15.31	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
GRANITE LUNCH Grade Pr	Total														
CHICKEN BURGER	1 EACH	387	25	784	5.96	2.98	119.5	0	0.0	4	19.81	41.8	14.82	2.47	0.00
TURKEY cheese SANDWICH- Su mmer	1 EACH	316	42	899	2.00	2.02	211.9	202	0.0	*5	21.67	33.3	9.01	2.77	0.00
BROCCOLI,raw: fresh	1/2 CUP	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		462	40	583	5.36	2.24	383.5	761	20.74	*35	18.65	70.29	12.13	3.15	0.00
% of Calories										*30.2%	16.1%	60.8%	23.6%	6.1%	0.0%
Nutrient Guideline		492-563		832										<10.00	

Thu - 06/03/2021															
SUMMER BREAKFAST	Total														
ANIMAL CRACKERS	1 PACKAG	117	0	112	0.00	0.00	0.0	0	0.0	8	1.96	21.51	3.42	0.98	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 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
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

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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Millinocket School Department

Jun 1, 2021 thru Jun 18, 2021

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 2

Generated on: 5/20/2021 10:09:28 AM

	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 ¹ (g)
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
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*
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,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
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Weighted Daily Average		522	35	806	2.95	1.23	436.4	1842	26.92	*38	17.99	81.50	14.71	5.19	*0.00
% of Calories										*28.9%	13.8%	62.5%	25.4%	8.9%	*0.0%
Nutrient Guideline		492-563		832										<10.00	

Fri - 06/04/2021															
SUMMER BREAKFAST	Total														
BREAKFAST BAR Oatmeal Ch Chi	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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
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
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		544	32	710	7.61	3.62	459.2	6361	9.79	*47	18.78	87.09	14.68	5.40	0.00
% of Calories										*34.5%	13.8%	64.0%	24.3%	8.9%	0.0%
Nutrient Guideline		492-563		832										<10.00	

Mon - 06/07/2021															
SUMMER BREAKFAST	Total														
CEREAL, ASSORTED	1 OZ	103	0	157	2.33	6.60	100.0	633	6.0	3	2.0	21.67	1.83	0.33	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
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
GRANITE LUNCH Grade Pr	Total														
MOZZARELLA STICK 6" WG/RF 2	2 Brd. Stick	340	30	640	6.00	2.16	420.0	400	0.0	*4	21.0	40.99	11.0	5.00	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
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
RANCH DRESSING/DIP pouch	Pouch	130	10	410	0.00	0.00	0.0	0	0.0	2	1.0	8.0	11.0	1.50	0.00

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Page 3

Jun 1, 2021 thru Jun 18, 2021

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

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 ¹ (g)
Weighted Daily Average		478	28	727	6.17	5.16	540.2	7332	19.34	*37	18.97	72.49	13.86	4.48	0.00
% of Calories										*31.4%	15.9%	60.7%	26.1%	8.4%	0.0%
Nutrient Guideline		492-563		832										<10.00	

Tue - 06/08/2021																
SUMMER BREAKFAST	Total															
BREAKFAST BAR Oatmeal Ch Chi	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	22	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	
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	
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	
HAM & CHEESE SANDWICH	1 EACH	256	38	892	3.02	*1.25	*158.0	109	*0.0	*5	17.35	31.53	7.96	2.95	*0.00	
CELERY STICKS	1/2 CUP	21	0	119	2.38	0.30	59.4	667	4.61	2	1.03	4.41	0.25	0.06	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	
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00	
Weighted Daily Average		549	32	774	7.40	*3.82	*491.0	1187	*21.79	*45	19.89	86.73	14.96	5.50	*0.00	
% of Calories										*32.7%	14.5%	63.2%	24.6%	9.0%	*0.0%	
Nutrient Guideline		492-563		832										<10.00		

Wed - 06/09/2021																
SUMMER BREAKFAST	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	
APPLE JUICE K pak unsweetened	4 fl.oz.	66	0	16	0.00	0.00	0.0	0	0.0	14	0.0	15.31	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	
GRANITE LUNCH Grade Pr	Total															
CHICKEN NUGGETS, TYSON 5 pc	5 PIECE	216	21	505	2.87	0.00	0.0	0	0.0	1	14.02	16.99	14.72	2.68	0.00	
ROTINI & BUTTER	1/2 CUP	124	0	176	*2.37	1.04	11.9	127	0.0	*0	4.18	21.43	3.19	1.34	0.00	
TURKEY cheese SANDWICH- Su	1 EACH	316	42	899	2.00	2.02	211.9	202	0.0	*5	21.67	33.3	9.01	2.77	0.00	
mmer																
BROCCOLI,raw: fresh	1/2 CUP	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00	
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00	
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00	
Weighted Daily Average		454	39	572	*5.36	1.55	344.4	839	22.53	*35	18.75	70.20	13.70	3.85	0.00	
% of Calories										*30.4%	16.5%	61.9%	27.2%	7.6%	0.0%	
Nutrient Guideline		492-563		832										<10.00		

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Jun 1, 2021 thru Jun 18, 2021

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Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 4

Generated on: 5/20/2021 10:09:28 AM

	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 ¹ (g)
Thu - 06/10/2021															
SUMMER BREAKFAST	Total														
ANIMAL CRACKERS	1 PACKAG	117	0	112	0.00	0.00	0.0	0	0.0	8	1.96	21.51	3.42	0.98	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 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
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
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
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*
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, 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
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Weighted Daily Average		522	35	806	2.95	1.23	436.4	1842	26.92	*38	17.99	81.50	14.71	5.19	*0.00
% of Calories										*28.9%	13.8%	62.5%	25.4%	8.9%	*0.0%
Nutrient Guideline		492-563		832										<10.00	

Fri - 06/11/2021															
SUMMER BREAKFAST	Total														
POP TART, FROSTED STRAWBE RRY, KE	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
APPLES, Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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
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
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
APPLES, Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		476	19	672	7.61	3.62	509.2	6674	9.79	*43	16.90	81.46	10.62	4.15	0.00
% of Calories										*35.8%	14.2%	68.5%	20.1%	7.8%	0.0%
Nutrient Guideline		492-563		832										<10.00	

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Page 5

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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 ¹ (g)
Mon - 06/14/2021															
SUMMER BREAKFAST	Total														
Cocoa Cherry Zntrtn bar 1.8 oz	1 EACH	200	0	40	2.00	2.00	12.0	0	0.0	16	3.0	33.0	7.0	2.00	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
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
GRANITE LUNCH Grade Pr	Total														
MOZZARELLA STICK 6" WG/RF 2	2 Brd. Stick	340	30	640	6.00	2.16	420.0	400	0.0	*4	21.0	40.99	11.0	5.00	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
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
APPLES, Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
RANCH DRESSING/DIP pouch	Pouch	130	10	410	0.00	0.00	0.0	0	0.0	2	1.0	8.0	11.0	1.50	0.00
Weighted Daily Average		534	28	659	5.98	2.49	489.2	6965	15.86	*45	19.55	79.06	16.86	5.45	0.00
% of Calories										*33.9%	14.7%	59.3%	28.4%	9.2%	0.0%
Nutrient Guideline		492-563		832										<10.00	

	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 ¹ (g)
Tue - 06/15/2021															
SUMMER BREAKFAST	Total														
CEREAL, ASSORTED	1 OZ	103	0	157	2.33	6.60	100.0	633	6.0	3	2.0	21.67	1.83	0.33	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
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
GRANITE LUNCH Grade Pr	Total														
HAMBURGER ON A BUN 1-5 choic	SERVING	299	52	508	3.06	3.08	102.0	70	0.24	*5	21.94	29.4	10.69	3.32	*0.00
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
VEGETABLE STICKS W/DIP	servings	67	4	296	2.18	0.31	58.0	9629	5.21	*4	1.61	9.03	2.7	0.39	0.00
WATERMELON WEDGES	1 EACH	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.05	0.00
Doritos Cool Ranch RF 1 OZ	1 OZ	130	0	160	2.00	0.36	40.0	0	0.0	*N/A*	2.0	19.0	5.0	1.00	0.00
DORITOS, Nacho Cheesier, Baked	pkg.	90	0	160	1.00	0.72	40.0	0	0.0	*N/A*	2.0	16.0	2.5	0.00	*N/A*
Sunbutter & J or F String Chee	1 each	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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		487	38	835	6.28	5.31	458.1	5859	20.31	*37	19.82	76.41	12.83	4.00	*0.00
% of Calories										*30.8%	16.3%	62.8%	23.7%	7.4%	*0.0%
Nutrient Guideline		492-563		832										<10.00	

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Millinocket School Department

Jun 1, 2021 thru Jun 18, 2021

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 6

Generated on: 5/20/2021 10:09:28 AM

	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 ¹ (g)
Wed - 06/16/2021															
SUMMER BREAKFAST	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
APPLE JUICE K pak unsweetened	4 fl.oz.	66	0	16	0.00	0.00	0.0	0	0.0	14	0.0	15.31	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
GRANITE LUNCH Grade Pr															
CHICKEN BURGER	1 EACH	387	25	784	5.96	2.98	119.5	0	0.0	4	19.81	41.8	14.82	2.47	0.00
TURKEY cheese SANDWICH- Summer	1 EACH	316	42	899	2.00	2.02	211.9	202	0.0	*5	21.67	33.3	9.01	2.77	0.00
BROCCOLI,raw: fresh	1/2 CUP	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		462	40	583	5.36	2.24	383.5	761	20.74	*35	18.65	70.29	12.13	3.15	0.00
% of Calories										*30.2%	16.1%	60.8%	23.6%	6.1%	0.0%
Nutrient Guideline		492-563		832										<10.00	

Thu - 06/17/2021															
SUMMER BREAKFAST	Total														
ANIMAL CRACKERS	1 PACKAG	117	0	112	0.00	0.00	0.0	0	0.0	8	1.96	21.51	3.42	0.98	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 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
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
GRANITE LUNCH Grade Pr															
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
CELERY STICKS	1/2 CUP	21	0	119	2.38	0.30	59.4	667	4.61	2	1.03	4.41	0.25	0.06	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
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	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
Weighted Daily Average		504	23	723	3.67	2.66	521.0	1365	25.99	*34	20.06	79.20	13.21	4.91	*0.00
% of Calories										*27.1%	15.9%	62.9%	23.6%	8.8%	*0.0%
Nutrient Guideline		492-563		832										<10.00	

Fri - 06/18/2021															
SUMMER BREAKFAST	Total														
BREAKFAST BAR Oatmeal Ch Chi	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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

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Millinocket School Department

Jun 1, 2021 thru Jun 18, 2021

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 7

Generated on: 5/20/2021 10:09:28 AM

	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 ¹ (g)
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
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		544	32	710	7.61	3.62	459.2	6361	9.79	*47	18.78	87.09	14.68	5.40	0.00
% of Calories										*34.5%	13.8%	64.0%	24.3%	8.9%	0.0%
Nutrient Guideline		492-563		832										<10.00	

Weighted Average		498	32	706	*5.81	*3.24	*460.6	3550	*19.70	*39	18.78	78.24	13.56	4.55	*0.00
										*70.8%	15.1%	62.8%	24.5%	8.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	498		492 - 563	100%				
Cholesterol (mg)	32							
Sodium 1 (mg)	706		832					
Sodium 2 (mg)	706		675				31	Correction Required - Sodium too High
Fiber (g)	5.81				Missing			
Iron (mg)	3.24				Missing			
Calcium (mg)	460.6				Missing			
Vitamin A (IU)	3550							
Sugars (g)	39	31.46%			Missing			
Vitamin C (mg)	19.70				Missing			
Protein (g)	18.78	15.08%						
Carbohydrate (g)	78.24	62.80%						
Total Fat (g)	13.56	24.49%						
Saturated Fat (g)	4.55	8.23%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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