

# Millinocket School Department

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

May 3, 2021 thru May 28, 2021

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

001 - GRANITE STREET SCHOOL

Generated on: 4/26/2021 9:09:27 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 <sup>1</sup> (g)
Mon - 05/03/2021															
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
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		514	28	630	6.02	2.45	491.2	6844	15.92	*45	19.46	77.61	15.21	5.29	0.00
% of Calories										*34.8%	15.1%	60.4%	26.6%	9.3%	0.0%
Nutrient Guideline		491-561		822										<10.00	

Tue - 05/04/2021															
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
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		439	20	718	7.00	6.66	537.5	1552	25.08	*33	18.02	71.94	10.81	3.95	0.00
% of Calories										*30.4%	16.4%	65.5%	22.1%	8.1%	0.0%
Nutrient Guideline		491-561		822										<10.00	

Wed - 05/05/2021															
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

\*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.

**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

Planned Menu Spreadsheet

Portion Values - Detailed

Page 2

May 3, 2021 thru May 28, 2021

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

001 - GRANITE STREET SCHOOL

Generated on: 4/26/2021 9:09:27 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 <sup>1</sup> (g)
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- 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		491-561		822										<10.00	

Thu - 05/06/2021															
SUMMER BREAKFAST	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 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*
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		519	37	866	3.43	2.02	483.3	1086	27.49	*36	17.67	79.48	14.80	5.23	*0.00
% of Calories										*27.9%	13.6%	61.3%	25.7%	9.1%	*0.0%
Nutrient Guideline		491-561		822										<10.00	

Fri - 05/07/2021															
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

\*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.

**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

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

May 3, 2021 thru May 28, 2021

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

001 - GRANITE STREET SCHOOL

Generated on: 4/26/2021 9:09:27 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 <sup>1</sup> (g)
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		491-561		822										<10.00	

Mon - 05/10/2021															
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
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		457	28	698	6.22	5.15	543.0	7216	19.45	*37	18.87	70.94	12.17	4.31	0.00
% of Calories										*32.2%	16.5%	62.0%	24.0%	8.5%	0.0%
Nutrient Guideline		491-561		822										<10.00	

Tue - 05/11/2021															
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
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	767	7.40	3.84	490.5	1180	21.55	*45	19.78	86.84	15.02	5.52	0.00
% of Calories										*32.6%	14.4%	63.2%	24.6%	9.0%	0.0%
Nutrient Guideline		491-561		822										<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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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

Planned Menu Spreadsheet

Portion Values - Detailed

Page 4

May 3, 2021 thru May 28, 2021

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

001 - GRANITE STREET SCHOOL

Generated on: 4/26/2021 9:09:28 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 <sup>1</sup> (g)
Wed - 05/12/2021															
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- 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		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		491-561		822										<10.00	

Thu - 05/13/2021															
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*
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		517	37	852	2.84	1.17	424.4	968	26.78	*37	17.64	80.96	14.45	5.22	*0.00
% of Calories										*28.8%	13.7%	62.6%	25.2%	9.1%	*0.0%
Nutrient Guideline		491-561		822										<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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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

Planned Menu Spreadsheet

Portion Values - Detailed

Page 5

May 3, 2021 thru May 28, 2021

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

001 - GRANITE STREET SCHOOL

Generated on: 4/26/2021 9:09:28 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 <sup>1</sup> (g)
Fri - 05/14/2021															
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		491-561		822										<10.00	

Mon - 05/17/2021															
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
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		514	28	630	6.02	2.45	491.2	6844	15.92	*45	19.46	77.61	15.21	5.29	0.00
% of Calories										*34.8%	15.1%	60.4%	26.6%	9.3%	0.0%
Nutrient Guideline		491-561		822										<10.00	

Tue - 05/18/2021															
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

\*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.

**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

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

May 3, 2021 thru May 28, 2021

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

001 - GRANITE STREET SCHOOL

Generated on: 4/26/2021 9:09:28 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 <sup>1</sup> (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
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		439	20	718	7.00	6.66	537.5	1552	25.08	*33	18.02	71.94	10.81	3.95	0.00
% of Calories										*30.4%	16.4%	65.5%	22.1%	8.1%	0.0%
Nutrient Guideline		491-561		822										<10.00	

Wed - 05/19/2021															
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		491-561		822										<10.00	

Thu - 05/20/2021															
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*
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

\*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.

**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

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

May 3, 2021 thru May 28, 2021

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

001 - GRANITE STREET SCHOOL

Generated on: 4/26/2021 9:09:28 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 <sup>1</sup> (g)
Weighted Daily Average		517	37	852	2.84	1.17	424.4	968	26.78	*37	17.64	80.96	14.45	5.22	*0.00
% of Calories										*28.8%	13.7%	62.6%	25.2%	9.1%	*0.0%
Nutrient Guideline		491-561		822										<10.00	

Fri - 05/21/2021															
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		491-561		822										<10.00	

Mon - 05/24/2021															
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
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		457	28	698	6.22	5.15	543.0	7216	19.45	*37	18.87	70.94	12.17	4.31	0.00
% of Calories										*32.2%	16.5%	62.0%	24.0%	8.5%	0.0%
Nutrient Guideline		491-561		822										<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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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

May 3, 2021 thru May 28, 2021

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 8

Generated on: 4/26/2021 9:09:28 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 <sup>1</sup> (g)
Tue - 05/25/2021															
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
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	767	7.40	3.84	490.5	1180	21.55	*45	19.78	86.84	15.02	5.52	0.00
% of Calories										*32.6%	14.4%	63.2%	24.6%	9.0%	0.0%
Nutrient Guideline		491-561		822										<10.00	

Wed - 05/26/2021															
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 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		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		491-561		822										<10.00	

Thu - 05/27/2021															
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

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

**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

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

May 3, 2021 thru May 28, 2021

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

001 - GRANITE STREET SCHOOL

Generated on: 4/26/2021 9:09:28 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 <sup>1</sup> (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*
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		517	37	852	2.84	1.17	424.4	968	26.78	*37	17.64	80.96	14.45	5.22	*0.00
% of Calories										*28.8%	13.7%	62.6%	25.2%	9.1%	*0.0%
Nutrient Guideline		491-561		822										<10.00	

Fri - 05/28/2021															
SUMMER BREAKFAST	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															
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		491-561		822										<10.00	

Weighted Average		493	31	706	*5.86	3.19	463.7	3342	19.88	*39	18.45	77.76	13.34	4.61	*0.00
										*71.7%	15.0%	63.1%	24.3%	8.4%	*0.0%

\*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.

**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

Planned Menu Spreadsheet

Portion Values - Detailed

Page 10

May 3, 2021 thru May 28, 2021

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

001 - GRANITE STREET SCHOOL

Generated on: 4/26/2021 9:09:28 AM

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	493		491 - 561	100%												
Cholesterol (mg)	31															
Sodium 1 (mg)	706		822													
Sodium 2 (mg)	706		669						37	Correction Required - Sodium too High						
Fiber (g)	5.86				Missing											
Iron (mg)	3.19															
Calcium (mg)	463.7															
Vitamin A (IU)	3342															
Sugars (g)	39	31.85%														
Vitamin C (mg)	19.88															
Protein (g)	18.45	14.97%														
Carbohydrate (g)	77.76	63.07%														
Total Fat (g)	13.34	24.35%														
Saturated Fat (g)	4.61	8.41%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing										

\*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.

**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.