

Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Mon - 03/04/2019															
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														
Pancakes, Syrup, Chees Egg pa	2 EACH	345	141	586	2.00	0.76	290.3	489	0.0	*5	13.31	42.64	12.93	5.61	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
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-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
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		550	63	703	6.37	3.01	637.1	3306	26.43	*53	21.24	91.36	12.39	5.43	0.00
% of Calories										*38.5%	15.4%	66.4%	20.3%	8.9%	0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Tue - 03/05/2019															
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														
CHICKEN Fillet BURGER	1 EACH	250	65	550	3.00	1.20	80.0	0	0.0	3	26.0	27.0	4.5	0.00	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		559	45	613	7.57	*3.16	*449.2	*1028	*45.30	*50	23.94	92.32	11.72	3.76	*0.00
% of Calories										*35.8%	17.1%	66.1%	18.9%	6.1%	*0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Wed - 03/06/2019															
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 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	Total														
FISH,3.6oz pollock WGbrdprckd	1 each	423	63	782	5.02	2.30	156.0	224	0.02	*4	23.04	43.67	15.79	2.77	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		557	44	672	7.56	*3.09	*474.4	967	*44.17	*48	22.77	91.47	12.66	3.02	*0.00
% of Calories										*34.1%	16.4%	65.7%	20.5%	4.9%	*0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

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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 ¹ (g)
Thu - 03/07/2019															
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		532	46	961	5.89	3.19	483.9	2667	32.21	*47	19.46	83.17	14.56	4.61	*0.00
% of Calories										*35.2%	14.6%	62.5%	24.6%	7.8%	*0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/08/2019															
GRANITE LUNCH Grade Pr	Total														
HAM & CHEESE SANDWICH	1 EACH	266	38	792	2.03	*1.49	*138.0	109	*0.0	*6	17.35	34.53	7.96	2.95	*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
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	0.02	0.00
CUCUMBER,RAW	1/4 CUP	4	0	1	0.21	0.07	4.2	21	0.95	0	0.18	0.64	0.05	0.00	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
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
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		698	39	1141	10.86	*3.31	*604.4	15759	*80.72	*43	30.78	107.50	18.93	5.04	*0.00
% of Calories										*24.9%	17.6%	61.6%	24.4%	6.5%	*0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

Mon - 03/11/2019															
GRANITE - BREAKFAST Pr	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
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

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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 ¹ (g)
GRANITE LUNCH Grade Pr	Total														
TOASTED CHEESE&CHICKEN S OUP5oz	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		561	33	824	*6.71	3.40	718.4	3415	27.37	*53	23.41	90.42	13.45	5.90	0.00
% of Calories										*37.6%	16.7%	64.4%	21.6%	9.5%	0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

Tue - 03/12/2019															
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 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	Total														
BREAKFAST PIZZA Granite St.	1 PIECE	315	26	644	2.78	*1.19	*45.0	*239	*0.0	*3	22.22	37.48	9.75	4.07	*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

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Weighted Daily Average % of Calories		575	36	637	7.53	*3.17	*437.0	*1104	*45.38	*50 *34.7%	22.99 16.0%	94.84 66.0%	13.04 20.4%	4.89 7.7%	*0.00 *0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

Wed - 03/13/2019																
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 % of Calories		562	34	689	8.60	*3.82	*466.2	1201	*50.10	*49 *35.1%	22.21 15.8%	94.69 67.4%	13.07 20.9%	3.90 6.2%	*0.02 *0.0%	
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00		

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Thu - 03/14/2019															
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		524	81	691	5.11	2.97	543.4	2820	31.49	*48	20.80	82.62	13.27	4.62	*0.00
% of Calories										*36.9%	15.9%	63.0%	22.8%	7.9%	*0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Fri - 03/15/2019															
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
CORN: frozen, yellow	.5 CUP	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	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		550	20	774	5.15	4.28	583.3	1309	23.32	*41	21.82	91.54	12.34	3.89	*0.00
% of Calories										*29.9%	15.9%	66.5%	20.2%	6.4%	*0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 2019

Planned Menu Spreadsheet

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Portion Values - Detailed

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Mon - 03/18/2019															
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		861		1.41	114.69	449	6.12		3.93			<10.00	

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Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Tue - 03/19/2019															
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		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Wed - 03/20/2019															
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
CORN: frozen, yellow	.5 CUP	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	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
Weighted Daily Average		562	35	621	*7.93	*3.50	*431.0	1014	*80.52	*46	21.80	100.18	10.89	2.99	*0.00
% of Calories										*33.0%	15.5%	71.3%	17.4%	4.8%	*0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Thu - 03/21/2019															
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															
HAM & CHEESE SANDWICH	1 EACH	266	38	792	2.03	*1.49	*138.0	109	*0.0	*6	17.35	34.53	7.96	2.95	*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
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	0.02	0.00
CUCUMBER,RAW	1/4 CUP	4	0	1	0.21	0.07	4.2	21	0.95	0	0.18	0.64	0.05	0.00	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
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
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		522	37	655	6.19	*3.59	*516.8	5082	*59.85	*50	20.17	87.63	11.80	3.87	*0.00
% of Calories										*38.3%	15.5%	67.2%	20.3%	6.7%	*0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Fri - 03/22/2019															
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		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

	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 - 03/25/2019															
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														
Hot Chicken & Gravy Sandwich	3 OZ	278	51	289	2.00	2.13	69.3	31	0.0	*4	22.32	32.04	6.67	1.19	*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-	servings	136	1	96	4.88	0.47	31.2	4497	15.18	*26	1.37	32.88	1.22	0.20	0.00
MON															
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		561	32	687	7.51	3.87	630.6	3704	30.62	*53	24.56	92.24	12.11	4.90	*0.00
% of Calories										*37.9%	17.5%	65.8%	19.4%	7.9%	*0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Tue - 03/26/2019															
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		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Wed - 03/27/2019															
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		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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 ¹ (g)
Thu - 03/28/2019															
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		575	37	649	*6.23	3.45	603.8	2972	46.68	*65	21.36	99.36	11.78	4.46	*0.00
% of Calories										*45.5%	14.9%	69.1%	18.4%	7.0%	*0.0%
Nutrient Guideline		443-570		861		1.41	114.69	449	6.12		3.93			<10.00	

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Millinocket School Department

Mar 4, 2019 thru Mar 29, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/29/2019															
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		861		1.41	114.69	449	6.12		3.93			<10.00	

Weighted Average		563	40	730	*6.97	*3.40	*529.3	*2805	*43.34	*49	22.44	92.46	13.19	4.56	*0.00
										*78.7%	15.9%	65.7%	21.1%	7.3%	*0.0%

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Mar 4, 2019 thru Mar 29, 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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	563		443 - 570	100%												
Cholesterol (mg)	40															
Sodium 1 (mg)	730		861													
Sodium 2 (mg)	730		694						35	Correction Required - Sodium too High						
Fiber (g)	6.97				Missing											
Iron (mg)	3.40		1.41	242%	Missing											
Calcium (mg)	529.3		114.69	462%	Missing											
Vitamin A (IU)	2805		449	624%	Missing											
Sugars (g)	49	34.97%			Missing											
Vitamin C (mg)	43.34		6.12	708%	Missing											
Protein (g)	22.44	15.93%	3.93	571%												
Carbohydrate (g)	92.46	65.65%														
Total Fat (g)	13.19	21.07%														
Saturated Fat (g)	4.56	7.28%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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