

Millinocket School Department

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 1

Generated on: 3/25/2019 1:32:43 PM

	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 - 04/01/2019															
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		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 2

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/02/2019															
GRANITE - BREAKFAST Pr	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
FRUIT JUICE, ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
HAMBURGER ON A BUN 1-5 choic	SERVING	299	52	508	3.06	3.08	102.0	70	0.24	*5	21.94	29.4	10.69	3.32	*0.00
TACO , BEEF & BEAN	1 EACH	385	73	506	5.33	*3.19	*105.4	*1141	*5.73	*3	22.44	30.67	19.27	8.88	*0.00
FRUIT & VEGETABLE BAR - GS-TUE	serving	164	1	79	6.15	0.45	52.5	302	59.32	*30	1.69	39.91	1.35	0.20	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		572	42	602	7.59	*3.67	*455.1	*1047	*45.36	*57	22.86	92.96	13.37	4.64	*0.00
% of Calories										*40.2%	16.0%	65.0%	21.0%	7.3%	*0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 3

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/03/2019															
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															
CHICKEN, POPCORN 12 pc/srv G	Total														
ROLL,WG Rich's 2.5 oz fzn do	12 PIECE	170	39	332	1.71	1.71	12.9	88	0.86	1	12.0	11.14	8.57	1.71	0.00
HAM ITALIAN ON HB BUN	EACH 2 oz	170	0	135	3.00	1.46	14.3	0	0.01	3	7.0	28.0	3.0	0.50	0.00
Sunbutter & J or F String Chee	SERVING	277	37	964	3.48	*1.39	*198.2	338	*4.21	*6	18.02	32.76	10.0	3.56	*0.00
FRUIT & VEGETABLE BAR-GS-W ED.	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	servings	155	0	17	5.84	0.54	22.7	221	24.27	*25	1.9	39.49	0.8	0.20	0.00
MILK, 1% LOWFAT	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, FAT FREE	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		506	36	548	7.12	*3.24	*420.7	878	*44.41	*47	20.70	86.75	10.41	2.67	*0.00
% of Calories										*37.4%	16.4%	68.6%	18.5%	4.7%	*0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 4

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/04/2019															
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		524	46	960	5.77	3.16	483.9	2690	32.21	*46	19.72	81.84	13.99	4.45	*0.00
% of Calories										*35.4%	15.1%	62.5%	24.0%	7.6%	*0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 5

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/05/2019															
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														
HAM & CHEESE SANDWICH	1 EACH	307	45	934	2.03	*1.49	*214.0	211	*0.0	*7	20.39	35.55	10.24	4.22	*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		533	21	614	5.89	*2.72	*543.4	5206	*44.97	*49	19.69	92.38	10.71	3.35	*0.00
% of Calories										*36.4%	14.8%	69.3%	18.1%	5.7%	*0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 6

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/08/2019															
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 -	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
TRU															
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 TERIAKI NUGGET Pre-	4 EACH	142	35	599	1.01	1.46	40.5	101	0.0	8	15.19	11.51	3.54	1.01	0.00
K-5															
ROLL,WG Rich's 2.5 oz fzn do	EACH 2 oz	170	0	135	3.00	1.46	14.3	0	0.01	3	7.0	28.0	3.0	0.50	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
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
MILK, CHOCOLATE FAT FREE -	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
TRU															
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
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															
Weighted Daily Average		551	31	727	7.42	3.63	575.9	3269	27.87	*55	23.87	93.65	10.85	4.36	0.00
% of Calories										*39.9%	17.3%	68.0%	17.7%	7.1%	0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 7

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/09/2019															
GRANITE - BREAKFAST Pr															
	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
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															
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
Weighted Daily Average		575	36	637	7.53	*3.17	*437.0	*1104	*45.38	*57	22.99	94.84	13.04	4.89	*0.00
% of Calories										*39.6%	16.0%	66.0%	20.4%	7.7%	*0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 8

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/10/2019															
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														
RAVIOLI, Ch. WG Mini - gr 9-12	14 pc	383	30	1105	5.12	3.13	265.0	1360	35.07	17	19.35	49.0	11.25	2.03	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
HAM ITALIAN ON HB BUN	SERVING	277	37	964	3.48	*1.39	*198.2	338	*4.21	*6	18.02	32.76	10.0	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		559	34	815	7.73	*3.68	*507.7	1266	*54.68	*51	22.28	95.60	11.65	2.96	*0.00
% of Calories										*36.8%	15.9%	68.4%	18.8%	4.8%	*0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 9

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/11/2019															
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		517	79	691	5.05	2.94	541.6	2822	31.50	*48	20.78	81.35	13.00	4.52	*0.00
% of Calories										*37.1%	16.1%	62.9%	22.6%	7.9%	*0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 10

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/12/2019															
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		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 11

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/22/2019															
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		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 12

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/23/2019															
GRANITE - BREAKFAST Pr															
	Total														
	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
	BREAKFAST BAR Oatmeal Ch Chi														
	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 , Fresh GS Breakfast														
	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
	FRUIT JUICE,ASSORTED														
	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
	Notables Breakfast Kit CinTBar														
	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
	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														
	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, CHOCOLATE FAT FREE - TRU														
	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, 1% LOWFAT														
	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
	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														
	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
	GROUND BEEF AND MACARONI														
	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
	TACO , BEEF & BEAN														
	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
	Sunbutter & J or F String Chee														
	1 serving	164	1	79	6.15	0.45	52.5	302	59.32	*30	1.69	39.91	1.35	0.20	0.00
	FRUIT & VEGETABLE BAR - GS-TUE														
	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, CHOCOLATE FAT FREE - TRU														
	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, 1% LOWFAT														
	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
	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	566	40	522	7.84	*3.72	*444.7	*1139	*46.85	*57	22.10	93.25	13.11	4.82	*0.00
										*40.5%	15.6%	65.9%	20.9%	7.7%	*0.0%
	Nutrient Guideline	441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 13

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/24/2019															
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	277	37	964	3.48	*1.39	*198.2	338	*4.21	*6	18.02	32.76	10.0	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		559	35	617	*7.88	*3.48	*429.9	987	*80.52	*46	21.75	99.81	10.81	2.99	*0.00
% of Calories										*33.2%	15.6%	71.4%	17.4%	4.8%	*0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 14

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/25/2019															
GRANITE - BREAKFAST Pr	Total														
CINNAMON ROLLS,WG, IW	1 EACH	240	10	230	3.00	1.80	40.0	90	0.0	18	4.0	43.0	7.0	2.00	0.00
BAGEL, mini strwbry crm cheese	1 EACH	240	10	180	2.00	1.08	20.0	100	0.0	13	5.99	40.93	5.99	2.50	0.00
BREAKFAST WRAP, Sunny Fresh	1 each	180	190	399	2.00	0.72	99.9	399	0.0	1	9.99	13.98	9.99	3.99	0.00
FRUIT,FRESH ASSORTED	1 each	64	0	1	2.51	0.19	23.2	134	33.36	12	0.82	16.28	0.25	0.05	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
Notables Breakfast Kit CinTBar	1 EACH	380	0	235	5.00	3.60	320.0	1545	60.0	23	9.0	49.0	19.0	2.00	0.00
CEREAL ASSORTED &S Cheese	1 OZ	170	20	338	1.63	5.52	274.8	599	5.33	4	8.54	20.89	7.11	4.08	0.00
K-5															
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
GRANITE LUNCH Grade Pr	Total														
YOGURT & FRUIT PARFAIT	1 cup	449	25	343	*4.48	1.59	403.8	674	44.79	*57	15.22	79.76	9.7	5.05	*0.00
Goldfish Giant Graham Crackers	1 each	120	0	135	1.00	1.44	100.0	200	1.2	6	2.0	19.0	4.0	1.00	0.00
TURKEY & CHEESE SANDWICH	1 EACH	334	48	1040	2.17	2.31	217.6	725	0.24	*5	24.36	33.98	9.43	2.78	*0.00
FRUIT & VEGETABLE BAR-GS-TH	servings	88	1	95	3.76	0.23	24.2	3876	7.38	*14	0.79	20.44	1.07	0.16	0.00
Sunbutter & J or F String Chee	1 each	490	20	563	3.83	2.78	320.3	217	0.0	*9	18.62	51.58	25.94	5.52	0.00
MILK, CHOCOLATE FAT FREE - TRU	1 EACH	130	5	190	0.00	0.36	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, FAT FREE	1 Each	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		569	36	644	*6.17	3.41	603.0	2969	46.68	*65	21.23	98.24	11.61	4.40	*0.00
% of Calories										*45.7%	14.9%	69.1%	18.4%	7.0%	*0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 15

Generated on: 3/25/2019 1:32:44 PM

	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 - 04/26/2019															
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
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-F	1 serving	79	1	79	1.08	0.50	24.9	67	11.11	*8	0.99	18.1	0.94	0.13	0.00
RID															
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		533	38	681	4.25	*2.03	*426.8	*1360	*24.80	*42	21.71	83.74	13.46	6.46	*0.00
% of Calories										*31.8%	16.3%	62.8%	22.7%	10.9%	*0.0%
Nutrient Guideline		441-569		855		1.43	116.36	456	6.21		3.99			<10.00	

Weighted Average		549	40	693	*6.55	*3.31	*512.4	*2184	*40.24	*51	21.65	91.10	12.36	4.34	*0.00
										*83.9%	15.8%	66.4%	20.3%	7.1%	*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

Apr 1, 2019 thru Apr 26, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

001 - GRANITE STREET SCHOOL

Page 16

Generated on: 3/25/2019 1:32:44 PM

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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	549		441 - 569	100%													
Cholesterol (mg)	40																
Sodium 1 (mg)	693		855														
Sodium 2 (mg)	693		691					2 Correction Required - Sodium too High									
Fiber (g)	6.55				Missing												
Iron (mg)	3.31		1.43	231%	Missing												
Calcium (mg)	512.4		116.36	440%	Missing												
Vitamin A (IU)	2184		456	479%	Missing												
Sugars (g)	51	37.29%			Missing												
Vitamin C (mg)	40.24		6.21	648%	Missing												
Protein (g)	21.65	15.79%	3.99	543%													
Carbohydrate (g)	91.10	66.42%															
Total Fat (g)	12.36	20.28%															
Saturated Fat (g)	4.34	7.13%	<10.00%														
Trans Fat ¹ (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
 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.