

Millinocket School Department

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 14, 2020 thru Sep 25, 2020

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

001 - GRANITE STREET SCHOOL

Generated on: 9/8/2020 2:00:48 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 - 09/14/2020															
SUMMER BREAKFAST	Total														
POP TART,FROSTED STRAWBE RRY,KE	1 EACH	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
GRANITE LUNCH Grade Pr	Total														
MOZZARELLA STICK 6" WG/RF 2	2 Brd. Stick	300	30	440	4.00	2.16	400.0	400	0.0	*0	20.0	34.0	10.0	5.00	0.00
Sauce Marinara cup	1 portion c	40	0	200	2.00	0.00	20.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		416	18	452	6.81	2.19	484.7	4487	11.76	*43	14.94	74.84	7.19	3.46	0.00
% of Calories										*41.0%	14.4%	71.9%	15.6%	7.5%	0.0%
Nutrient Guideline		469-529		674										<10.00	

Tue - 09/15/2020															
SUMMER BREAKFAST	Total														
CEREAL, ASSORTED	1 OZ	103	0	157	2.33	6.60	100.0	633	6.0	3	2.0	21.67	1.83	0.33	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
GRANITE LUNCH Grade Pr	Total														
PIZZA, STUFFED CRUST CHEES	SLICE	398	19	999	4.00	5.45	350.0	500	0.0	*0	18.63	46.0	16.65	5.26	0.00
CELERY STICKS	1/2 CUP	21	0	119	2.38	0.30	59.4	667	4.61	2	1.03	4.41	0.25	0.06	0.00
FRUIT,FRESH ASSORTED	1 each	64	0	1	2.51	0.19	23.2	134	33.36	12	0.82	16.28	0.25	0.05	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		377	16	527	6.43	6.73	480.7	1399	21.12	*31	14.80	65.26	8.09	3.05	0.00
% of Calories										*33.4%	15.7%	69.2%	19.3%	7.3%	0.0%
Nutrient Guideline		469-529		674										<10.00	

Wed - 09/16/2020															
SUMMER BREAKFAST	Total														
CHOC.CHIP (fortified) MUFFINS	1 EACH	170	30	130	2.00	1.08	40.0	8	0.0	2	3.0	28.0	6.0	1.00	0.00
APPLE JUICE K pak unsweetened	4 fl.oz.	66	0	16	0.00	0.00	0.0	0	0.0	14	0.0	15.31	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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														
CHICKEN BURGER	1 EACH	330	30	710	5.00	3.00	100.0	100	84.0	3	21.0	40.0	10.0	1.50	0.00
BROCCOLI,raw: fresh	1/2 CUP	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		399	41	427	3.73	1.75	358.4	669	32.12	32	15.54	63.89	9.52	2.64	0.00
% of Calories										31.6%	15.6%	64.0%	21.5%	5.9%	0.0%
Nutrient Guideline		469-529		674										<10.00	

Thu - 09/17/2020															
SUMMER BREAKFAST	Total														
ANIMAL CRACKERS	1 PACKAG	117	0	112	0.00	0.00	0.0	0	0.0	8	1.96	21.51	3.42	0.98	0.00
YOGURT, TRIX	1 EACH	120	5	55	0.00	0.00	100.0	500	1.2	*N/A*	4.0	23.0	1.5	1.00	*N/A*
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
GRANITE LUNCH Grade Pr	Total														
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
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
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		466	27	552	3.86	0.76	419.1	4399	13.75	*38	16.21	80.35	10.24	4.26	*0.00
% of Calories										*32.2%	13.9%	68.9%	19.8%	8.2%	*0.0%
Nutrient Guideline		469-529		674										<10.00	

Fri - 09/18/2020															
SUMMER BREAKFAST	Total														
POP TART,FROSTED STRAWBE	1 EACH	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
RRY,KE	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		362	10	306	6.31	1.97	408.3	1075	8.75	41	10.36	70.06	5.23	2.54	0.00
% of Calories										45.7%	11.5%	77.5%	13.0%	6.3%	0.0%
Nutrient Guideline		469-529		674										<10.00	

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Sep 14, 2020 thru Sep 25, 2020

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

001 - GRANITE STREET SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/21/2020															
SUMMER BREAKFAST	Total														
POP TART,FROSTED STRAWBE	1 EACH	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
GRANITE LUNCH Grade Pr	Total														
MOZZARELLA STICK 6" WG/RF 2	2 Brd. Stick	300	30	440	4.00	2.16	400.0	400	0.0	*0	20.0	34.0	10.0	5.00	0.00
Sauce Marinara cup	1 portion c	40	0	200	2.00	0.00	20.0	0	0.0	4	1.0	6.99	1.0	0.00	0.00
CARROT STICKS 1/2cup	1/2 CUP	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
FRUIT JUICE,ASSORTED	4 FL OZ	61	0	14	0.00	0.00	0.0	0	16.6	13	0.37	14.31	0.0	0.00	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		416	18	452	6.81	2.19	484.7	4487	11.76	*43	14.94	74.84	7.19	3.46	0.00
% of Calories										*41.0%	14.4%	71.9%	15.6%	7.5%	0.0%
Nutrient Guideline		469-529		674										<10.00	

Tue - 09/22/2020															
SUMMER BREAKFAST	Total														
CEREAL, ASSORTED	1 OZ	103	0	157	2.33	6.60	100.0	633	6.0	3	2.0	21.67	1.83	0.33	0.00
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
GRANITE LUNCH Grade Pr	Total														
PIZZA, STUFFED CRUST CHEES	SLICE	398	19	999	4.00	5.45	350.0	500	0.0	*0	18.63	46.0	16.65	5.26	0.00
CELERY STICKS	1/2 CUP	21	0	119	2.38	0.30	59.4	667	4.61	2	1.03	4.41	0.25	0.06	0.00
FRUIT,FRESH ASSORTED	1 each	64	0	1	2.51	0.19	23.2	134	33.36	12	0.82	16.28	0.25	0.05	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		377	16	527	6.43	6.73	480.7	1399	21.12	*31	14.80	65.26	8.09	3.05	0.00
% of Calories										*33.4%	15.7%	69.2%	19.3%	7.3%	0.0%
Nutrient Guideline		469-529		674										<10.00	

Wed - 09/23/2020															
SUMMER BREAKFAST	Total														
CHOC.CHIP (fortified) MUFFINS	1 EACH	170	30	130	2.00	1.08	40.0	8	0.0	2	3.0	28.0	6.0	1.00	0.00
APPLE JUICE K pak unsweetened	4 fl.oz.	66	0	16	0.00	0.00	0.0	0	0.0	14	0.0	15.31	0.0	0.00	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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GRANITE LUNCH Grade Pr	Total														
CHICKEN BURGER	1 EACH	330	30	710	5.00	3.00	100.0	100	84.0	3	21.0	40.0	10.0	1.50	0.00
BROCCOLI,raw: fresh	1/2 CUP	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, CHOCOLATE 1% Lowfat	1 EACH	160	15	220	0.00	0.50	290.0	750	0.0	26	8.0	27.0	2.5	1.50	0.00
Weighted Daily Average		399	41	427	3.73	1.75	358.4	669	32.12	32	15.54	63.89	9.52	2.64	0.00
% of Calories										31.6%	15.6%	64.0%	21.5%	5.9%	0.0%
Nutrient Guideline		469-529		674										<10.00	

Thu - 09/24/2020															
SUMMER BREAKFAST	Total														
ANIMAL CRACKERS	1 PACKAG	117	0	112	0.00	0.00	0.0	0	0.0	8	1.96	21.51	3.42	0.98	0.00
YOGURT, TRIX	1 EACH	120	5	55	0.00	0.00	100.0	500	1.2	*N/A*	4.0	23.0	1.5	1.00	*N/A*
FRUIT , Fresh GS Breakfast	SERVING	84	0	1	3.35	0.22	8.0	70	7.66	14	0.69	22.04	0.28	0.07	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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% of Calories										*32.2%	13.9%	68.9%	19.8%	8.2%	*0.0%
Nutrient Guideline		469-529		674										<10.00	

Fri - 09/25/2020															
SUMMER BREAKFAST	Total														
POP TART,FROSTED STRAWBE	1 EACH	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
RRY,KE	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1% LOWFAT	1 EACH	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		362	10	306	6.31	1.97	408.3	1075	8.75	41	10.36	70.06	5.23	2.54	0.00
% of Calories										45.7%	11.5%	77.5%	13.0%	6.3%	0.0%
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Weighted Average		404	22	453	5.43	2.68	430.3	2406	17.50	*37 *82.2%	14.37 14.2%	70.88 70.2%	8.06 17.9%	3.19 7.1%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	404		469 - 529	86%		65		Correction Required - Calories are Low
Cholesterol (mg)	22							
Sodium 1 (mg)	453		674					
Sodium 2 (mg)	453		572					
Fiber (g)	5.43							
Iron (mg)	2.68							
Calcium (mg)	430.3							
Vitamin A (IU)	2406							
Sugars (g)	37	36.52%			Missing			
Vitamin C (mg)	17.50							
Protein (g)	14.37	14.22%						
Carbohydrate (g)	70.88	70.15%						
Total Fat (g)	8.06	17.94%						
Saturated Fat (g)	3.19	7.10%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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