

Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/01/2019															
GES Breakfast															
Entrees	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pancake, Mini, Maple,Pillsbury	1 Each	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Applesauce, Comm, Cups	1/2 Cup	44	0	2	0.86	0.00	0.0	77	0.0	9	0.0	12.05	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch															
Entrees	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bosco Stick	1 EA	190	15	420	4.00	1.08	220.0	200	0.0	5	11.0	24.0	6.0	2.50	0.00
Ham Lunch Box	1 ea	275	45	782	3.25	1.13	242.5	6607	7.96	8	19.24	25.92	11.02	4.51	0.00
Alt Lunch Sunbutter Sand	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bean, Bake Casserole	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	51	0	101	3.38	0.61	33.8	9295	10.14	8	1.69	11.83	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo Lite, Cains	Squirt Bottl	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, Heinz, Bag Squirt Bot	LG Squirt Btle	959	0	7671	0.00	0.00	0.0	4794	57.53	192	0.0	239.72	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		446	17	790	8.51	2.05	484.3	7362	27.97	51	18.08	82.83	5.93	2.05	0.00
% of Calories										45.8%	16.2%	74.3%	12.0%	4.1%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<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.

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Gilford School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

Combined: GES Breakfast/GES Lunch

Portion Values - Detailed

003 - Gilford Elementary School

	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 - 10/02/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Omelette, Cheese, GES	1 Each	120	221	181	0.00	0.82	123.9	492	0.0	0	10.35	0.0	8.14	3.73	0.00
Toast, WW,	Serving	105	0	175	2.00	0.90	10.0	174	0.0	1	3.0	14.0	3.71	1.69	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Orange Wedges	1/2 Cup	62	0	0	3.10	0.13	52.1	295	69.81	12	1.23	15.41	0.16	0.02	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fr Tst Sticks, Richs,GES Lun	Serving	311	30	695	4.00	2.78	218.0	420	7.44	10	16.11	39.04	10.52	2.01	0.00
Sausage	2 ea	100	25	170	0.00	0.36	0.0	0	0.0	0	7.0	1.0	7.0	3.00	0.00
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Turkey Lunch Box	1 EA	285	50	843	3.25	1.86	242.5	6597	7.96	6	21.26	23.9	12.54	5.01	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI,raw: fresh	3/4 Cup	16	0	29	1.08	0.39	21.6	108	47.49	1	1.44	2.88	0.18	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
Syrup,1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		638	70	998	4.60	3.45	566.0	1591	32.78	54	28.64	96.75	14.87	4.45	0.00
% of Calories										34.1%	18.0%	60.7%	21.0%	6.3%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

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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)
Thu - 10/03/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples,Fresh	1 EACH	80	0	0	5.00	0.36	0.0	100	4.8	16	0.0	22.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Penne Pasta & Meat Sauce, GES	3/4 CUP	286	44	149	4.34	4.23	54.3	951	10.13	6	20.01	33.51	8.53	2.87	0.00
Roll, Dinner, fantini	1 Each	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
Ham Lunch Box	1 ea	275	45	782	3.25	1.13	242.5	6607	7.96	8	19.24	25.92	11.02	4.51	0.00
Alt Lunch Sunbutter Sand	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ham Lunch Box	1 ea	275	45	782	3.25	1.13	242.5	6607	7.96	8	19.24	25.92	11.02	4.51	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PEAS: frozen, Steamed	3/4 Cup	83	0	0	4.72	1.27	0.0	472	7.08	5	5.9	14.16	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	4763	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo Lite, Cains	Squirt Bottl	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Parm, Grated, Milano's	1 OZ Servi	94	24	213	0.00	0.00	189.0	24	0.0	5	4.73	4.73	4.73	2.36	0.00
Margarine, Smart Balance, PC	Packet	30	0	30	0.00	0.00	0.0	300	0.0	0	0.0	0.0	3.0	1.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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Generated on: 9/27/2019 8:42:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		584	68	718	8.99	4.67	516.5	2170	44.10	45	29.86	87.40	12.59	4.73	0.00
% of Calories										30.7%	20.4%	59.9%	19.4%	7.3%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

Fri - 10/04/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Smoothie	Servings	140	5	72	2.04	0.00	124.9	26	0.0	21	4.0	29.2	1.0	0.75	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
Banana	Serving	103	0	0	2.81	0.34	0.0	94	8.43	18	0.94	28.1	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	315	45	510	5.00	2.70	450.0	500	5.4	2	21.0	39.0	13.0	7.00	0.00
Alt Lunch Yogurt	Serving	290	20	420	1.00	1.08	320.0	720	21.0	17	14.0	42.0	7.5	4.00	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Veggie Sticks	3/4 Cup	33	0	109	2.70	0.49	37.2	4901	9.63	5	0.84	7.94	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 5

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		467	43	738	5.55	2.79	660.1	1990	11.10	34	25.12	71.81	12.40	5.80	0.00
% of Calories										28.9%	21.5%	61.5%	23.9%	11.2%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

Mon - 10/07/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup,1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grilled Chicken Sandwich	1 ea	256	35	554	4.00	2.88	80.0	110	0.6	4	20.0	32.0	5.0	1.50	0.00
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Turkey Lunch Box	1 EA	285	50	843	3.25	1.86	242.5	6597	7.96	6	21.26	23.9	12.54	5.01	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cucumber Slices	3/4 Cup	8	0	0	0.79	0.28	15.8	158	4.73	1	0.79	1.58	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Ketchup, Heinz, Bag Squirt Bot	LG Squirt Btle	959	0	7671	0.00	0.00	0.0	4794	57.53	192	0.0	239.72	0.0	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	4763	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
Cheese, Amer, Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		504	37	861	4.61	2.91	419.7	1578	7.99	44	24.88	80.05	9.30	2.91	0.00
% of Calories										35.0%	19.7%	63.5%	16.6%	5.2%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Gilford School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

Combined: GES Breakfast/GES Lunch

Portion Values - Detailed

003 - Gilford Elementary School

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/08/2019															
GES Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Pancake, Mini, Maple,Pillsbury	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
	Or	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Cereal Assorted w Yogurt	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes															
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Applesauce, Comm, Cups	44	0	2	0.86	0.00	0.0	77	0.0	9	0.0	12.05	0.0	0.00	0.00
	Juice, Apple, Admore	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice,Fr Pch, Admore,	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	MILK,1% White	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK,Chocolate, Skim	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK,Skim	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Mac & Cheese	354	25	274	3.93	1.77	320.4	630	2.15	6	16.48	44.69	11.74	6.04	0.00
	Roll, Dinner, fantini	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
	Alt Lunch Turkey Sand	268	48	867	4.00	2.53	95.0	160	0.0	2	19.64	30.01	7.54	3.51	0.00
	Alt Lunch Sunbutter Sand	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Ham Lunch Box	275	45	782	3.25	1.13	242.5	6607	7.96	8	19.24	25.92	11.02	4.51	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes															
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	PEAS: frozen, Steamed	83	0	0	4.72	1.27	0.0	472	7.08	5	5.9	14.16	0.0	0.00	0.00
	FRUIT ASSORTED	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
	Mustard, Heinz	0	0	4763	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Mayo Lite, Cains	1323	132	3307	0.00	0.00	0.0	132	0.0	26	0.0	52.92	119.07	26.46	0.00
	Margarine, Smart Balance, PC	30	0	30	0.00	0.00	0.0	300	0.0	0	0.0	0.0	3.0	1.00	0.00
	Cheese, Parm, Grated, Milano's	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	MILK,1% White	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK,Chocolate, Skim	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK,Skim	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		573	32	721	6.41	2.42	554.9	2247	7.80	39	25.64	87.52	12.83	5.59	0.00
% of Calories										27.5%	17.9%	61.1%	20.1%	8.8%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/09/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Omelette, Cheese, GES	1 Each	120	221	181	0.00	0.82	123.9	492	0.0	0	10.35	0.0	8.14	3.73	0.00
Toast, WW,	Serving	105	0	175	2.00	0.90	10.0	174	0.0	1	3.0	14.0	3.71	1.69	0.00
Or	servng	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Orange Wedges	1/2 Cup	62	0	0	3.10	0.13	52.1	295	69.81	12	1.23	15.41	0.16	0.02	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Popcorn Chicken	1 EA	193	34	420	2.00	2.00	15.0	108	0.0	0	15.0	13.0	9.0	2.00	0.00
Potatoes, Mashed	.5 Cup	84	0	203	1.43	0.36	1.8	66	21.38	1	1.43	14.97	1.37	0.62	0.00
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Turkey Lunch Box	1 EA	285	50	843	3.25	1.86	242.5	6597	7.96	6	21.26	23.9	12.54	5.01	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CORN: canned, yellow	3/4 CUP	120	0	465	3.00	0.00	0.0	0	5.4	6	3.0	25.5	1.5	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Mayo Lite, Cains	Squirt Bottl	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		474	49	928	5.07	2.70	335.4	1324	30.28	35	23.48	71.55	10.35	2.85	0.00
% of Calories										29.3%	19.8%	60.4%	19.7%	5.4%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

Thu - 10/10/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples,Fresh	1 EACH	80	0	0	5.00	0.36	0.0	100	4.8	16	0.0	22.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Maxx Pizza Stick	1 EA	343	10	888	5.74	1.97	324.0	481	25.82	*2	15.82	40.88	14.13	5.04	0.00
Ham Lunch Box	1 ea	275	45	782	3.25	1.13	242.5	6607	7.96	8	19.24	25.92	11.02	4.51	0.00
Alt Lunch Sunbutter Sand	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chickpeas, Spicy, Roasted, GES	6 oz Portio	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	51	0	101	3.38	0.61	33.8	9295	10.14	8	1.69	11.83	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo Lite, Cains	Squirt Bottl	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, Heinz, Bag Squirt Bot	LG Squirt Btle	959	0	7671	0.00	0.00	0.0	4794	57.53	192	0.0	239.72	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		573	30	1263	10.91	2.95	598.6	8666	61.66	*48	23.72	93.99	13.21	4.73	0.00
% of Calories										*33.4%	16.6%	65.6%	20.8%	7.4%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/11/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Smoothie	Servings	140	5	72	2.04	0.00	124.9	26	0.0	21	4.0	29.2	1.0	0.75	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
Banana	Serving	103	0	0	2.81	0.34	0.0	94	8.43	18	0.94	28.1	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	315	45	510	5.00	2.70	450.0	500	5.4	2	21.0	39.0	13.0	7.00	0.00
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Veggie Sticks	3/4 Cup	33	0	109	2.70	0.49	37.2	4901	9.63	5	0.84	7.94	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		519	44	807	8.19	3.00	680.6	2683	25.61	40	26.01	82.15	13.67	6.02	0.00
% of Calories										31.0%	20.0%	63.3%	23.7%	10.4%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/15/2019															
GES Breakfast															
Entrees	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pancake, Mini, Maple,Pillsbury	1 Each	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Applesauce, Comm, Cups	1/2 Cup	44	0	2	0.86	0.00	0.0	77	0.0	9	0.0	12.05	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch															
Entrees	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Br Cheese Stix, GES	1 each	272	12	409	2.40	1.93	329.1	697	12.07	6	15.31	28.46	11.2	4.00	0.00
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
Alt Lunch Sunbutter Sand	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Turkey Lunch Box	1 EA	285	50	843	3.25	1.86	242.5	6597	7.96	6	21.26	23.9	12.54	5.01	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cucumber Slices	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		454	21	622	5.62	2.30	511.9	2127	29.64	42	20.16	73.29	9.99	3.13	0.00
% of Calories										37.3%	17.8%	64.6%	19.8%	6.2%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Gilford School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

Combined: GES Breakfast/GES Lunch

Portion Values - Detailed

003 - Gilford Elementary School

	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 - 10/16/2019															
GES Breakfast															
Entrees	Total														
.	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Omelette, Cheese, GES	1 Each	120	221	181	0.00	0.82	123.9	492	0.0	0	10.35	0.0	8.14	3.73	0.00
Toast, WW,	Serving	105	0	175	2.00	0.90	10.0	174	0.0	1	3.0	14.0	3.71	1.69	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Orange Wedges	1/2 Cup	62	0	0	3.10	0.13	52.1	295	69.81	12	1.23	15.41	0.16	0.02	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch															
Entrees	Total														
.	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fish Sticks	Serving	182	51	263	2.03	1.09	20.2	0	0.0	1	15.19	18.22	6.07	1.01	0.00
Roll, Dinner, fantini	1 Each	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
Ham Lunch Box	1 ea	275	45	782	3.25	1.13	242.5	6607	7.96	8	19.24	25.92	11.02	4.51	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Beans Sweet and Spicy	3/4 Cup	281	0	669	10.08	3.11	78.8	326	2.47	25	11.72	56.65	1.66	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Tartar Sauce	1 Oz Servings	85	8	228	0.04	0.01	1.0	13	0.23	3	0.03	4.37	7.09	1.58	0.00
Ketchup, Heinz, Bag Squirt Bot	LG Squirt Btle	959	0	7671	0.00	0.00	0.0	4794	57.53	192	0.0	239.72	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
Margarine, Smart Balance, PC	Packet	30	0	30	0.00	0.00	0.0	300	0.0	0	0.0	0.0	3.0	1.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 14

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		496	85	827	7.43	2.86	408.2	2258	38.29	43	23.90	78.31	10.15	3.02	0.00
% of Calories										35.0%	19.3%	63.1%	18.4%	5.5%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

Thu - 10/17/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples,Fresh	1 EACH	80	0	0	5.00	0.36	0.0	100	4.8	16	0.0	22.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Spaghetti & Meat Sauce	4 oz	257	37	250	4.86	8.86	66.6	922	16.46	*8	19.14	38.1	4.14	1.59	*0.00
Roll, Dinner, fantini	1 Each	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
Alt Lunch Salad, Chef, Elem	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Turkey Lunch Box	1 EA	285	50	843	3.25	1.86	242.5	6597	7.96	6	21.26	23.9	12.54	5.01	0.00
Alt Lunch Sunbutter Sand	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PEAS: frozen, Steamed	3/4 Cup	83	0	0	4.72	1.27	0.0	472	7.08	5	5.9	14.16	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	4763	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo Lite, Cains	Squirt Bottl	1323	132	3307	0.00	0.00	0.0	132	0.0	26	0.0	52.92	119.07	26.46	0.00
Cheese, Parm, Grated, Milano's	1 OZ Servi	94	24	213	0.00	0.00	189.0	24	0.0	5	4.73	4.73	4.73	2.36	0.00
Margarine, Smart Balance, PC	Packet	30	0	30	0.00	0.00	0.0	300	0.0	0	0.0	0.0	3.0	1.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		525	53	692	9.42	7.48	417.9	2288	47.97	*43	26.94	86.87	8.68	3.13	*0.00
% of Calories										*32.8%	20.5%	66.2%	14.9%	5.4%	*0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/18/2019															
GES Breakfast															
Entrees	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Smoothie	Servings	140	5	72	2.04	0.00	124.9	26	0.0	21	4.0	29.2	1.0	0.75	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
Banana	Serving	103	0	0	2.81	0.34	0.0	94	8.43	18	0.94	28.1	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch															
Entrees	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	315	45	510	5.00	2.70	450.0	500	5.4	2	21.0	39.0	13.0	7.00	0.00
Alt Lunch Yogurt	Serving	290	20	420	1.00	1.08	320.0	720	21.0	17	14.0	42.0	7.5	4.00	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	51	0	101	3.38	0.61	33.8	9295	10.14	8	1.69	11.83	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		479	43	734	6.72	2.88	664.1	2812	17.84	36	25.48	74.83	12.43	5.80	0.00
% of Calories										29.7%	21.3%	62.5%	23.4%	10.9%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/21/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup,1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Stuffed Crust	1 Each	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
Alt Lunch Sunbutter Sand	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Turkey Lunch Box	1 EA	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GREEN BEANS: fresh,boiled	3/4 Cup	33	0	1	3.00	0.61	41.3	593	9.09	3	1.77	7.39	0.26	0.06	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, Heinz, Bag Squirt Bot	LG Squirt Btle	959	0	7671	0.00	0.00	0.0	4794	57.53	192	0.0	239.72	0.0	0.00	0.00
Relish, PC	Packet	15	0	75	0.00	0.00	0.0	15	0.0	3	0.0	3.0	0.0	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	4763	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		530	25	1059	4.62	2.37	518.9	1742	11.06	44	21.51	82.44	12.84	4.03	0.00
% of Calories										32.8%	16.2%	62.2%	21.8%	6.8%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/22/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pancake, Mini, Maple,Pillsbury	1 Each	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Applesauce, Comm, Cups	1/2 Cup	44	0	2	0.86	0.00	0.0	77	0.0	9	0.0	12.05	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hot Dog	1 each	330	35	590	2.00	2.16	80.0	0	0.0	4	13.0	27.0	19.0	7.00	0.50
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Ham Lunch Box	1 ea	275	45	782	3.25	1.13	242.5	6607	7.96	8	19.24	25.92	11.02	4.51	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bean, Bake Casserole	3/4 Cup	237	0	571	9.00	2.12	76.3	177	2.22	19	10.37	48.06	0.75	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
Ketchup, Heinz, Bag Squirt Bot	LG Squirt Btle	959	0	7671	0.00	0.00	0.0	4794	57.53	192	0.0	239.72	0.0	0.00	0.00
Relish, PC	Packet	15	0	75	0.00	0.00	0.0	15	0.0	3	0.0	3.0	0.0	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	4763	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 19

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		554	36	1042	4.80	2.37	388.6	1453	5.87	45	21.48	80.51	16.51	5.56	0.34
% of Calories										32.7%	15.5%	58.1%	26.8%	9.0%	0.6%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

Wed - 10/23/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Omelette, Cheese, GES	1 Each	120	221	181	0.00	0.82	123.9	492	0.0	0	10.35	0.0	8.14	3.73	0.00
Toast, WW,	Serving	105	0	175	2.00	0.90	10.0	174	0.0	1	3.0	14.0	3.71	1.69	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Orange Wedges	1/2 Cup	62	0	0	3.10	0.13	52.1	295	69.81	12	1.23	15.41	0.16	0.02	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Turkey Lunch Box	1 EA	285	50	843	3.25	1.86	242.5	6597	7.96	6	21.26	23.9	12.54	5.01	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Tots, Ore Ida	1/2 Cup	144	0	256	1.60	0.57	0.0	0	1.92	0	1.6	22.36	5.59	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	4763	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo Lite, Cains	Squirt Bottl	1323	132	3307	0.00	0.00	0.0	132	0.0	26	0.0	52.92	119.07	26.46	0.00
Ketchup, Heinz, Bag Squirt Bot	LG Squirt Btle	959	0	7671	0.00	0.00	0.0	4794	57.53	192	0.0	239.72	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		564	112	1137	3.75	2.90	469.0	1708	74.66	38	21.96	81.21	17.05	4.37	0.00
% of Calories										27.0%	15.6%	57.6%	27.2%	7.0%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/24/2019															
GES Breakfast															
Entrees	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples,Fresh	1 EACH	80	0	0	5.00	0.36	0.0	100	4.8	16	0.0	22.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch															
Entrees	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Corn Dog	1 EA	200	25	460	1.00	1.44	60.0	0	1.2	7	6.0	24.0	8.0	2.00	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Ham Lunch Box	1 ea	275	45	782	3.25	1.13	242.5	6607	7.96	8	19.24	25.92	11.02	4.51	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Side	3/4 Cup	13	0	15	0.79	0.47	15.8	2101	8.61	1	0.79	2.34	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, Heinz, Bag Squirt Bot	LG Squirt Btle	959	0	7671	0.00	0.00	0.0	4794	57.53	192	0.0	239.72	0.0	0.00	0.00
Relish, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	4763	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		420	47	844	3.34	2.25	395.9	2108	28.80	42	16.51	68.13	8.92	2.79	0.00
% of Calories										40.4%	15.7%	64.9%	19.1%	6.0%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/25/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Smoothie	Servings	140	5	72	2.04	0.00	124.9	26	0.0	21	4.0	29.2	1.0	0.75	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
Banana	Serving	103	0	0	2.81	0.34	0.0	94	8.43	18	0.94	28.1	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	315	45	510	5.00	2.70	450.0	500	5.4	2	21.0	39.0	13.0	7.00	0.00
Alt Lunch Yogurt	Serving	290	20	420	1.00	1.08	320.0	720	21.0	17	14.0	42.0	7.5	4.00	0.00
Alt Lunch Sunbutter Sand	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Alt Lunch Salad, Chef, Elem	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Celery Sticks	3/4 Cup	12	0	94	1.64	0.29	32.7	409	7.36	2	0.0	3.27	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		474	42	730	5.47	2.71	664.7	1067	11.43	35	24.95	73.99	12.34	5.89	0.00
% of Calories										29.8%	21.0%	62.4%	23.4%	11.2%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/28/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup,1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hamburger, Ckd Patty GES	1 EACH	307	50	567	3.00	2.08	47.0	0	0.0	2	18.0	24.0	15.58	6.00	0.50
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Turkey Lunch Box	1 EA	285	50	843	3.25	1.86	242.5	6597	7.96	6	21.26	23.9	12.54	5.01	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cucumber Slices	3/4 Cup	8	0	0	0.79	0.28	15.8	158	4.73	1	0.79	1.58	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Ketchup, Heinz, Bag Squirt Bot	LG Squirt Btle	959	0	7671	0.00	0.00	0.0	4794	57.53	192	0.0	239.72	0.0	0.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	4763	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
Cheese, Amer, Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		533	46	868	4.05	2.45	401.0	1516	7.65	43	23.75	75.52	15.30	5.46	0.28
% of Calories										32.2%	17.8%	56.7%	25.8%	9.2%	0.5%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Gilford School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

Combined: GES Breakfast/GES Lunch

Portion Values - Detailed

003 - Gilford Elementary School

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/29/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pancake, Mini, Maple,Pillsbury	1 Each	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Or	1 serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Applesauce, Comm, Cups	1/2 Cup	44	0	2	0.86	0.00	0.0	77	0.0	9	0.0	12.05	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grill Cheese Sand, GES, GMS	1 EACH	382	50	838	4.00	1.80	320.0	711	0.0	4	16.0	32.0	20.23	11.01	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Ham Lunch Box	1 ea	275	45	782	3.25	1.13	242.5	6607	7.96	8	19.24	25.92	11.02	4.51	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Soup, Tomato:Campbell's, HR	1/2 Cup	42	0	215	0.52	0.19	1.3	208	3.12	5	0.52	8.31	0.52	0.26	0.00
Carrot Sticks	3/4 Cup	51	0	101	3.38	0.61	33.8	9295	10.14	8	1.69	11.83	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		576	48	1097	7.93	2.01	569.4	3127	25.83	43	23.33	79.79	18.27	8.91	0.00
% of Calories										30.1%	16.2%	55.4%	28.6%	13.9%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:56 AM

	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)
Wed - 10/30/2019															
GES Breakfast															
Entrees	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Omelette, Cheese, GES	1 Each	120	221	181	0.00	0.82	123.9	492	0.0	0	10.35	0.0	8.14	3.73	0.00
Toast, WW,	Serving	105	0	175	2.00	0.90	10.0	174	0.0	1	3.0	14.0	3.71	1.69	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Orange Wedges	1/2 Cup	62	0	0	3.10	0.13	52.1	295	69.81	12	1.23	15.41	0.16	0.02	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GES Lunch															
Entrees	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pancake, Mini, Maple,Pillsbury	1 Each	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Sausage	2 ea	100	25	170	0.00	0.36	0.0	0	0.0	0	7.0	1.0	7.0	3.00	0.00
Alt Lunch Salad, Chef, Elem	Serving	292	111	670	3.75	2.80	176.2	11182	29.98	10	17.71	30.18	10.65	4.19	0.00
Alt Lunch Sunbutter Sand	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Turkey Lunch Box	1 EA	285	50	843	3.25	1.86	242.5	6597	7.96	6	21.26	23.9	12.54	5.01	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Veggie Sticks	3/4 Cup	33	0	109	2.70	0.49	37.2	4901	9.63	5	0.84	7.94	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
Syrup,1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		567	41	606	4.33	1.80	344.4	2467	13.97	52	18.64	94.86	12.37	3.51	0.00
% of Calories										36.9%	13.2%	67.0%	19.7%	5.6%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 26

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/31/2019															
GES Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Or	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples,Fresh	1 EACH	80	0	0	5.00	0.36	0.0	100	4.8	16	0.0	22.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GES Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Nuggets, GES	Serving	195	16	382	2.44	1.46	32.5	81	0.0	1	10.58	13.02	11.39	2.03	0.00
Roll, Dinner, fantini	1 Each	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
Alt Lunch Ham Sand	Serving	258	43	806	4.00	1.80	95.0	170	0.0	5	17.61	32.04	6.02	3.01	0.00
Alt Lunch Sunbutter Sand	1 Each	542	0	516	12.00	4.68	60.0	10	0.0	8	20.0	42.0	32.0	4.00	0.00
Turkey Lunch Box	1 EA	285	50	843	3.25	1.86	242.5	6597	7.96	6	21.26	23.9	12.54	5.01	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RICE, Brown Alt Name	1/2 CUP	207	0	13	2.33	0.83	18.2	24	0.6	4	4.29	40.82	3.45	0.00	0.00
BROCCOLI,raw: fresh	3/4 Cup	16	0	29	1.08	0.39	21.6	108	47.49	1	1.44	2.88	0.18	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	30	0	30	0.00	0.00	0.0	300	0.0	0	0.0	0.0	3.0	1.00	0.00
Mustard, Heinz	Squirt Bottl	0	0	4763	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo Lite, Cains	Squirt Bottl	1323	132	3307	0.00	0.00	0.0	132	0.0	26	0.0	52.92	119.07	26.46	0.00
BBQ Sauce, Kens Cannbll, BG #	Squirt Bottl	661	0	4410	0.00	0.00	0.0	1102	13.23	121	0.0	165.37	0.0	0.00	0.00
Ketchup, Heinz, Bag Squirt Bot	LG Squirt Btle	959	0	7671	0.00	0.00	0.0	4794	57.53	192	0.0	239.72	0.0	0.00	0.00
Sw & Sour Sauce, PC, Heinz	Packet	47	0	106	0.00	0.00	0.0	47	0.0	9	0.0	10.65	0.0	0.00	0.00
Dressing, Kens Lite, Rch	Lg Squirt B	1935	121	8225	0.00	0.00	483.8	121	0.0	24	24.19	48.39	169.34	24.19	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		4314	38	1490	47.55	3.29	386.6	1217	28.34	778	23.61	1059.8	16.02	3.15	0.00
% of Calories										72.1%	2.2%	98.3%	3.3%	0.7%	0.0%
Nutrient Guideline		499-612		1053									<=30.0	<10.00	

Weighted Average		694	47	890	8.08	2.94	498.0	2523	26.85	*76 *98.8%	23.53 13.6%	125.62 72.4%	12.55 16.3%	4.45 5.8%	*0.03 *0.0%
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 28

Oct 1, 2019 thru Oct 31, 2019

Combined: GES Breakfast/GES Lunch

003 - Gilford Elementary School

Generated on: 9/27/2019 8:42:56 AM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	694		499 - 612		113%				82								Correction Required - Calories too High
Cholesterol (mg)	47																
Sodium 1 (mg)	890		1053														
Sodium 2 (mg)	890		820						70								Correction Required - Sodium too High
Fiber (g)	8.08																
Iron (mg)	2.94																
Calcium (mg)	498.0																
Vitamin A (IU)	2523																
Sugars (g)	76	43.92%				Missing											
Vitamin C (mg)	26.85																
Protein (g)	23.53	13.56%															
Carbohydrate (g)	125.62	72.42%															
Total Fat (g)	12.55	16.27%		<=30.00%													
Saturated Fat (g)	4.45	5.77%		<10.00%													
Trans Fat ¹ (g)	0.03	0.04%				Missing											

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:22 AM

	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)
Tue - 10/01/2019															
GHS Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pork Sandwich BBQ	1 each	315	63	682	4.00	3.00	0.0	39	1.07	7	27.17	34.91	7.98	2.08	0.00
Pizza, Stuffed Crust	1 Each	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
Bean, Bake Casserole	3/4 Cup	237	0	571	9.00	2.12	76.3	177	2.22	19	10.37	48.06	0.75	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Dressing,Ranch,PC, Flav Fresh	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo, PC, Flavor Fresh	Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mustard, Heinz, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce PC, Bullseye	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Caesar 1.5 oz	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Greek 1.5 oz	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Lt Italian 1.5	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Lite Ranch 1.5	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Relish, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		677	64	1156	9.43	3.51	401.3	2154	20.47	33	31.35	98.46	18.39	4.72	0.00
% of Calories										19.6%	18.5%	58.2%	24.4%	6.3%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<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*
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:22 AM

	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)
Wed - 10/02/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, Dinner, fantini	1 Each	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
Shepherd's Pie	1 Cup	320	52	642	3.87	2.64	20.0	79	21.24	7	19.82	36.48	9.66	3.55	0.00
Pizza, Deep Dish	1 Each	320	30	480	3.00	2.70	250.0	500	0.0	10	17.0	35.0	12.0	6.00	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
CORN: canned, yellow	3/4 CUP	120	0	465	3.00	0.00	0.0	0	5.4	6	3.0	25.5	1.5	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Cheese, Amer. Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		619	55	1016	8.50	3.20	365.7	1903	26.08	35	27.24	93.89	15.16	4.38	0.00
% of Calories										22.3%	17.6%	60.6%	22.0%	6.4%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:22 AM

	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)
Thu - 10/03/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills, Pepperoni	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		499	59	590	3.72	2.32	346.6	619	22.79	42	16.05	76.02	14.49	4.40	0.00
% of Calories										33.3%	12.9%	60.9%	26.1%	7.9%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/04/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Turkey Sub, Hot	4 Oz Spdl e(EA)	355	59	1037	3.00	2.39	62.3	0	0.0	4	24.34	39.81	9.45	2.25	0.00
Pizza, Stuffed Crust	1 Each	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
BROCCOLI: frozen, Steamed	3/4 CUP	49	0	32	3.25	0.00	32.5	0	48.71	0	1.62	6.49	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Dressing,Ranch.PC, Flav Fresh	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo, PC, Flavor Fresh	Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mustard, Heinz, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce PC, Bullseye	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Caesar 1.5 oz	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Greek 1.5 oz	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Lt Italian 1.5	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Lite Ranch 1.5	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Relish, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		657	63	1173	8.42	3.14	386.8	1643	26.58	32	29.75	94.75	17.44	4.26	0.00
% of Calories										19.3%	18.1%	57.7%	23.9%	5.8%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

Combined: GHS Breakfast/GHS Lunch

Portion Values - Detailed

001 - Gilford High School

	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)
Mon - 10/07/2019															
GHS Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin,Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin,Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup,1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ham and Cheese Croissant	1 EA	226	43	680	1.00	0.72	95.0	360	0.0	4	14.61	19.04	10.52	5.01	0.00
Pizza, Stuffed Crust	1 Each	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
MARINATED BLACK BEAN SALAD	1/2 CUP	245	0	438	5.31	2.19	49.8	382	19.61	*2	8.14	22.86	1.81	0.31	*0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		631	59	1111	8.08	2.96	369.0	2351	21.91	*28	27.14	87.69	18.46	5.19	*0.00
% of Calories										*17.8%	17.2%	55.6%	26.3%	7.4%	*0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	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)
Tue - 10/08/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

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Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

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GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Sausage	2 ea	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Deep Dish	1 Each	320	30	480	3.00	2.70	250.0	500	0.0	10	17.0	35.0	12.0	6.00	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
BROCCOLI: frozen, Steamed	3/4 CUP	49	0	32	3.25	0.00	32.5	0	48.71	0	1.62	6.49	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		627	50	892	8.66	3.10	372.3	1666	27.28	34	24.58	94.45	17.16	4.30	0.00
% of Calories										21.8%	15.7%	60.3%	24.6%	6.2%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/09/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken & Mashed Potato Bowl	Bowl	417	57	885	4.36	2.30	149.1	223	22.67	5	22.67	45.02	15.44	5.24	0.00
Roll, Dinner, fantini	1 Each	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
Pizza,Deluxe French Bread	1 Each	290	20	600	3.00	2.70	350.0	750	3.6	4	17.0	33.0	11.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
CORN: canned, yellow	3/4 CUP	120	0	465	3.00	0.00	0.0	0	5.4	6	3.0	25.5	1.5	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Cheese, Amer. Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		720	64	1234	10.02	3.60	394.8	1972	31.85	32	30.85	105.50	19.76	5.51	0.00
% of Calories										17.7%	17.1%	58.6%	24.7%	6.9%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	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)
Thu - 10/10/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills, Pepperoni	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		535	62	608	3.77	2.34	361.0	647	26.90	48	16.42	82.93	15.01	4.52	0.00
% of Calories										35.8%	12.3%	62.1%	25.3%	7.6%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

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Generated on: 9/27/2019 8:46:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/11/2019															
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
American Chop Suey	1 CUP	242	51	381	2.42	3.40	53.7	1104	11.75	5	20.11	19.54	9.36	3.40	0.00
Roll, Dinner, fantini	1 Each	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
Pizza,Deluxe French Bread	1 Each	290	20	600	3.00	2.70	350.0	750	3.6	4	17.0	33.0	11.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
PEAS: frozen, Steamed	3/4 Cup	83	0	0	4.72	1.27	0.0	472	7.08	5	5.9	14.16	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Cheese, Parm, Grated, Milano's	1 OZ Servi	94	24	213	0.00	0.00	189.0	24	0.0	5	4.73	4.73	4.73	2.36	0.00
Cheese, Amer, Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		711	73	1141	9.98	4.35	493.8	2989	25.14	34	35.10	99.07	19.59	5.79	0.00
% of Calories										19.0%	19.8%	55.8%	24.8%	7.3%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/14/2019															
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza,Deluxe French Bread	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bean, Bake Casserole	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Parm, Grated, Milano's	1 OZ Servi	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	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)
Tue - 10/15/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Fajitas	Serving	416	84	1017	4.01	3.11	175.2	251	4.37	3	27.72	46.76	12.14	2.71	0.00
Pizza,Deluxe French Bread	1 Each	290	20	600	3.00	2.70	350.0	750	3.6	4	17.0	33.0	11.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
Pepper & Onion Blend	1 Cup	20	0	8	1.00	0.00	0.0	0	0.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Cheese, Parm, Grated, Milano's	1 OZ Servi	94	24	213	0.00	0.00	189.0	24	0.0	5	4.73	4.73	4.73	2.36	0.00
Cheese, Amer. Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		709	88	1284	8.34	3.56	459.6	2007	21.06	31	34.33	99.06	19.32	4.93	0.00
% of Calories										17.7%	19.4%	55.9%	24.5%	6.3%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/16/2019															
GHS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hot Dog , GHS	1 each	431	60	662	5.60	3.92	84.3	253	3.42	6	20.91	35.63	23.22	8.68	0.50
Pizza, Stuffed Crust	1 Each	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
Salad, Side	3/4 Cup	13	0	15	0.79	0.47	15.8	2101	8.61	1	0.79	2.34	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Relish, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		699	66	1112	8.99	3.64	439.3	2695	22.61	35	29.80	97.40	21.84	6.16	0.12
% of Calories										20.0%	17.0%	55.7%	28.1%	7.9%	0.2%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:23 AM

	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)
Thu - 10/17/2019															
GHS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza Breakfast, HM														
	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:24 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills, Pepperoni	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		535	62	608	3.77	2.34	361.0	647	26.90	48	16.42	82.93	15.01	4.52	0.00
% of Calories										35.8%	12.3%	62.1%	25.3%	7.6%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Combined: GHS Breakfast/GHS Lunch

001 - Gilford High 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 - 10/18/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin,Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin,Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes															
.	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice,Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup,1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GHS Lunch															
	Total														
Turkey Dinner	6 Oz Spoo	260	51	563	0.87	0.90	75.7	298	1.68	7	18.7	15.3	12.28	3.83	0.00
Potatoes, Mashed	.5 Cup	84	0	203	1.43	0.36	1.8	66	21.38	1	1.43	14.97	1.37	0.62	0.00
Roll, Dinner, fantini	1 Each	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
PEAS: frozen, Steamed	3/4 Cup	83	0	0	4.72	1.27	0.0	472	7.08	5	5.9	14.16	0.0	0.00	0.00
CRANBERRY SAUCE: canned,swt	1 CUP	440	0	14	3.05	1.14	8.3	91	2.77	88	2.49	111.91	0.42	0.02	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Pizza, Deep Dish	1 Each	320	30	480	3.00	2.70	250.0	500	0.0	10	17.0	35.0	12.0	6.00	0.00
Applesauce, Comm, Cups	1/2 Cup	44	0	2	0.86	0.00	0.0	77	0.0	9	0.0	12.05	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

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Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:24 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		617	62	941	7.31	2.96	485.1	1131	28.49	47	30.82	90.07	13.85	4.47	0.00
% of Calories										30.4%	20.0%	58.3%	20.2%	6.5%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

Mon - 10/21/2019															
GHS Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:24 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Penne Chicken Alfredo	Servings	280	52	497	2.74	1.96	27.8	4	0.03	2	17.67	30.54	9.88	1.98	0.00
Pizza, Deep Dish	1 Each	320	30	480	3.00	2.70	250.0	500	0.0	10	17.0	35.0	12.0	6.00	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
PEAS: frozen, Steamed	3/4 Cup	83	0	0	4.72	1.27	0.0	472	7.08	5	5.9	14.16	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Salsa, Comm, LS, 110186, 2 OZ	2 Oz Cup	20	0	64	0.77	1.27	6.8	309	2.27	4	0.84	3.94	0.11	0.02	0.00
Sour Cream West Creek	1 OZ	57	15	13	0.00	0.05	31.2	156	1.87	1	0.6	0.82	5.58	3.26	0.00
Cheese, Amer, Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		681	69	983	8.58	3.56	403.3	2019	22.10	38	29.94	98.70	19.15	5.27	0.00
% of Calories										22.2%	17.6%	58.0%	25.3%	7.0%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:24 AM

	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)
Tue - 10/22/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:24 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Nuggets, GHS GMS	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RICE, Brown Alt Name	1/2 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, Dinner, fantini	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Stuffed Crust	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GREEN BEANS: fresh,boiled	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing,Ranch,PC, Flav Fresh	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo, PC, Flavor Fresh	Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Relish, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		535	62	608	3.77	2.34	361.0	647	26.90	48	16.42	82.93	15.01	4.52	0.00
% of Calories										35.8%	12.3%	62.1%	25.3%	7.6%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

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Wed - 10/23/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:24 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Nachos	serving	337	0	589	4.06	0.01	41.8	12	0.03	2	4.06	51.2	13.33	2.02	0.00
CHILI CON CARNE As M/MA	1/2 Cup	248	51	334	4.76	3.72	57.0	736	10.46	7	21.88	19.08	9.43	3.35	0.00
Pizza,Deluxe French Bread	1 Each	290	20	600	3.00	2.70	350.0	750	3.6	4	17.0	33.0	11.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
CORN: canned, yellow	3/4 CUP	120	0	465	3.00	0.00	0.0	0	5.4	6	3.0	25.5	1.5	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Salsa, Comm, LS, 110186, 2 OZ	2 Oz Cup	20	0	64	0.77	1.27	6.8	309	2.27	4	0.84	3.94	0.11	0.02	0.00
Sour Cream West Creek	1 OZ	57	15	13	0.00	0.05	31.2	156	1.87	1	0.6	0.82	5.58	3.26	0.00
Cheese, Amer, Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		798	63	1242	11.25	4.02	419.3	2170	27.26	38	32.47	115.17	24.17	6.19	0.00
% of Calories										18.9%	16.3%	57.8%	27.3%	7.0%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:24 AM

	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)
Thu - 10/24/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:24 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills, Pepperoni	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		535	62	608	3.77	2.34	361.0	647	26.90	48	16.42	82.93	15.01	4.52	0.00
% of Calories										35.8%	12.3%	62.1%	25.3%	7.6%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Oct 1, 2019 thru Oct 31, 2019

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001 - Gilford High School

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Fri - 10/25/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grill Cheese Sand, GHS	1 EACH	382	50	838	4.00	1.80	320.0	711	0.0	4	16.0	32.0	20.23	11.01	0.00
Soup, Tomato: Campbell's, LS	1/2 Cup	62	5	42	2.08	0.56	20.8	208	2.49	7	1.56	10.91	1.56	1.04	0.00
Pizza, Stuffed Crust	1 Each	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Veggie Sticks	3/4 Cup	33	0	109	2.70	0.49	37.2	4901	9.63	5	0.84	7.94	0.0	0.00	0.00
BROCCOLI, raw: fresh	3/4 Cup	16	0	29	1.08	0.39	21.6	108	47.49	1	1.44	2.88	0.18	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Dressing, Ranch, PC, Flav Fresh	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo, PC, Flavor Fresh	Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mustard, Heinz, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce PC, Bullseye	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Caesar 1.5 oz	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Greek 1.5 oz	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Lt Italian 1.5	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Lite Ranch 1.5	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Relish, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE, 1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		571	63	1065	9.08	3.11	508.1	6139	29.91	36	25.52	76.84	17.96	7.78	0.00
% of Calories										25.4%	17.9%	53.8%	28.3%	12.3%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<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*
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:24 AM

	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)
Mon - 10/28/2019															
GHS Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hamburger, Raw Patty	1 EACH	367	75	302	3.00	3.70	47.0	0	0.0	2	28.0	24.0	16.58	7.00	1.00
Pizza, Stuffed Crust	1 Each	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
Bean, Bake Casserole	3/4 Cup	237	0	571	9.00	2.12	76.3	177	2.22	19	10.37	48.06	0.75	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Dressing,Ranch,PC, Flav Fresh	Packet	20	0	40	0.00	0.00	0.0	5	0.0	1	0.0	1.0	2.0	0.00	0.00
Cheese, Amer. Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		685	73	975	8.74	3.93	352.6	1753	17.56	31	32.44	91.67	21.13	6.00	0.39
% of Calories										17.9%	19.0%	53.6%	27.8%	7.9%	0.5%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:25 AM

	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)
Tue - 10/29/2019															
GHS Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
General Tso's Chicken	3.6 oz	170	40	361	0.00	0.72	0.0	0	1.2	13	11.0	23.0	3.0	0.50	0.00
Roll, Dinner, fantini	1 Each	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
RICE, Brown Alt Name	1/2 CUP	207	0	13	2.33	0.83	18.2	24	0.6	4	4.29	40.82	3.45	0.00	0.00
Pizza, Deep Dish	1 Each	320	30	480	3.00	2.70	250.0	500	0.0	10	17.0	35.0	12.0	6.00	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
BROCCOLI: frozen, Steamed	3/4 CUP	49	0	32	3.25	0.00	32.5	0	48.71	0	1.62	6.49	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Salsa, Comm, LS, 110186, 2 OZ	2 Oz Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sour Cream West Creek	1 OZ	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		704	58	906	9.08	3.20	329.7	1483	27.53	39	27.19	114.76	15.14	3.25	0.00
% of Calories										22.1%	15.5%	65.2%	19.4%	4.2%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

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Generated on: 9/27/2019 8:46:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/30/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Penne Pasta & Meat Sauce	1 CUP	288	51	364	3.89	4.40	58.4	1103	11.75	6	21.61	29.69	9.55	3.33	0.00
Roll, Dinner, fantini	1 Each	73	0	127	2.00	0.90	30.0	5	0.0	1	3.0	14.0	0.0	0.00	0.00
Pizza,Deluxe French Bread	1 Each	290	20	600	3.00	2.70	350.0	750	3.6	4	17.0	33.0	11.0	4.50	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	179	0	209	2.99	0.54	0.0	149	5.38	0	2.99	29.87	5.97	0.75	0.00
PEAS: frozen, Steamed	3/4 Cup	83	0	0	4.72	1.27	0.0	472	7.08	5	5.9	14.16	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
Cheese, Parm, Grated, Milano's	1 OZ Servi	94	24	213	0.00	0.00	189.0	24	0.0	5	4.73	4.73	4.73	2.36	0.00
Cheese, Amer, Comm Bongards 16	Slice	55	13	135	0.00	0.00	75.0	150	0.0	0	2.5	1.0	4.5	2.50	0.00
LETTUCE,1 leaf	1 leaf	1	0	2	0.07	0.05	1.4	459	0.25	0	0.07	0.14	0.0	0.00	0.00
TOMATO: slice	Slice	3	0	2	0.10	0.07	2.0	100	2.4	0	0.1	0.5	0.0	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		687	66	1028	9.48	4.50	448.3	2437	23.31	34	32.47	98.82	18.27	5.11	0.00
% of Calories										19.7%	18.9%	57.5%	23.9%	6.7%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 42

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:25 AM

	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)
Thu - 10/31/2019															
GHS Breakfast															
	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:25 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GHS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills, Pepperoni	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Wedges Spicy	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		535	62	608	3.77	2.34	361.0	647	26.90	48	16.42	82.93	15.01	4.52	0.00
% of Calories										35.8%	12.3%	62.1%	25.3%	7.6%	0.0%
Nutrient Guideline		707-814		1309									<=30.0	<10.00	

Weighted Average		635	64	949	7.57	3.20	399.1	1835	25.29	*38 *53.9%	26.32 16.6%	93.04 58.6%	17.56 24.9%	5.01 7.1%	*0.02 *0.0%
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 44

Oct 1, 2019 thru Oct 31, 2019

Combined: GHS Breakfast/GHS Lunch

001 - Gilford High School

Generated on: 9/27/2019 8:46:25 AM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	635		707 - 814	90%				72	Correction Required - Calories are Low								
Cholesterol (mg)	64																
Sodium 1 (mg)	949		1309														
Sodium 2 (mg)	949		1007														
Fiber (g)	7.57																
Iron (mg)	3.20																
Calcium (mg)	399.1																
Vitamin A (IU)	1835																
Sugars (g)	38	23.96%				Missing											
Vitamin C (mg)	25.29																
Protein (g)	26.32	16.59%															
Carbohydrate (g)	93.04	58.64%															
Total Fat (g)	17.56	24.90%	<=30.00%														
Saturated Fat (g)	5.01	7.11%	<10.00%														
Trans Fat ¹ (g)	0.02	0.03%				Missing											

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:33 AM

	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)
Tue - 10/01/2019															
GMS Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pork Sandwich BBQ	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Stuffed Crust	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bean, Bake Casserole	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		489	55	510	3.62	2.22	222.2	424	26.20	42	12.88	77.50	13.91	4.31	0.00
% of Calories										34.0%	10.5%	63.4%	25.6%	7.9%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/02/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, Dinner, fantini	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Shepherd's Pie	1 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Deep Dish	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CORN: canned, yellow	3/4 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		455	25	463	3.50	2.36	179.5	359	26.19	43	10.45	77.11	11.33	2.80	0.00
% of Calories										37.9%	9.2%	67.8%	22.4%	5.5%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 5

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	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)
Thu - 10/03/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza Breakfast, HM														
	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills, Pepperoni	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		489	55	510	3.62	2.22	222.2	424	26.20	42	12.88	77.50	13.91	4.31	0.00
% of Calories										34.0%	10.5%	63.4%	25.6%	7.9%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/04/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Turkey Sub, Hot	4 Oz Spdl e(EA)	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Stuffed Crust	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI: frozen, Steamed	3/4 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing,Ranch,PC, Flav Fresh	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo, PC, Flavor Fresh	Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mustard, Heinz, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce PC, Bullseye	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Caesar 1.5 oz	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Greek 1.5 oz	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Lt Italian 1.5	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Lite Ranch 1.5	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Relish, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		466	29	487	3.54	2.44	186.8	371	29.79	43	10.98	78.03	11.89	2.99	0.00
% of Calories										37.1%	9.4%	67.0%	23.0%	5.8%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/07/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

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Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

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GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ham and Cheese Croissant	1 EA	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Stuffed Crust	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MARINATED BLACK BEAN SALAD	1/2 CUP	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		456	30	456	3.70	2.50	182.0	357	26.43	*42	10.38	75.83	12.21	3.01	*0.00
% of Calories										*36.9%	9.1%	66.5%	24.1%	5.9%	*0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	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)
Tue - 10/08/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza Breakfast, HM														
	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Sticks - Richs	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sausage	2 ea	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Deep Dish	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI: frozen, Steamed	3/4 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		479	50	488	3.78	2.41	210.5	400	26.44	41	12.00	76.10	13.93	4.01	0.00
% of Calories										34.3%	10.0%	63.5%	26.2%	7.5%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<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*

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/09/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:34 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken & Mashed Potato Bowl	Bowl	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, Dinner, fantini	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza,Deluxe French Bread	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CORN: canned, yellow	3/4 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		456	30	456	3.70	2.50	182.0	357	26.43	42	10.38	75.83	12.21	3.01	0.00
% of Calories										36.9%	9.1%	66.5%	24.1%	5.9%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<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*
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Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	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)
Thu - 10/10/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza Breakfast, HM														
	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	315	45	510	5.00	2.70	450.0	500	5.4	2	21.0	39.0	13.0	7.00	0.00
Pizza, Gills, Pepperoni	Slice	368	58	688	5.00	2.84	450.0	500	5.4	2	22.9	39.0	17.94	9.28	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	51	0	101	3.38	0.61	33.8	9295	10.14	8	1.69	11.83	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		510	64	799	7.21	3.06	532.4	3165	19.39	30	26.65	72.94	15.48	6.75	0.00
% of Calories										23.9%	20.9%	57.2%	27.3%	11.9%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/11/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
American Chop Suey	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, Dinner, fantini	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza,Deluxe French Bread	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PEAS: frozen, Steamed	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Parm, Grated, Milano's	1 OZ Servi	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		456	30	456	3.70	2.50	182.0	357	26.43	42	10.38	75.83	12.21	3.01	0.00
% of Calories										36.9%	9.1%	66.5%	24.1%	5.9%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Gilford School District

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Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/14/2019															
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza,Deluxe French Bread	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bean, Bake Casserole	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Parm, Grated, Milano's	1 OZ Servi	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

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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)
Tue - 10/15/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza Breakfast, HM														
	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Fajitas	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza,Deluxe French Bread	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pepper & Onion Blend	1 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Parm, Grated, Milano's	1 OZ Servi	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		477	55	498	3.79	2.33	216.7	410	21.96	40	12.50	74.41	14.23	4.32	0.00
% of Calories										33.2%	10.5%	62.3%	26.8%	8.1%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	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)
Wed - 10/16/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hot Dog , GHS	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Stuffed Crust	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Side	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Relish, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		445	25	452	3.68	2.46	175.7	348	21.96	41	10.16	74.03	11.74	2.87	0.00
% of Calories										37.0%	9.1%	66.6%	23.8%	5.8%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	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)
Thu - 10/17/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza Breakfast, HM														
	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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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)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	315	45	510	5.00	2.70	450.0	500	5.4	2	21.0	39.0	13.0	7.00	0.00
Pizza, Gills, Pepperoni	Slice	368	58	688	5.00	2.84	450.0	500	5.4	2	22.9	39.0	17.94	9.28	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	51	0	101	3.38	0.61	33.8	9295	10.14	8	1.69	11.83	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		511	65	800	7.22	3.05	531.7	3151	18.85	30	26.67	72.91	15.57	6.78	0.00
% of Calories										23.8%	20.9%	57.1%	27.4%	11.9%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<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
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/18/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin,Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin,Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice,Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup,1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK,1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK,Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK,Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
GMS Lunch															
Turkey Dinner															
	6 Oz Spoo	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potatoes, Mashed															
	.5 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, Dinner, fantini															
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PEAS: frozen, Steamed															
	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CRANBERRY SAUCE: canned,swt															
	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger															
	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy															
	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Deep Dish															
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Applesauce, Comm, Cups															
	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED															
	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White															
	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim															
	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim															
	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:35 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		445	25	452	3.68	2.46	175.7	348	21.96	41	10.16	74.03	11.74	2.87	0.00
% of Calories										37.0%	9.1%	66.6%	23.8%	5.8%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

Mon - 10/21/2019															
GMS Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:36 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Penne Chicken Alfredo	Servings	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Deep Dish	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PEAS: frozen, Steamed	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa, Comm, LS, 110186, 2 OZ	2 Oz Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sour Cream West Creek	1 OZ	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer. Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		442	25	459	3.58	2.40	181.9	365	22.83	41	10.41	73.91	11.33	2.80	0.00
% of Calories										37.0%	9.4%	67.0%	23.1%	5.7%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:36 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/22/2019															
GMS Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza Breakfast, HM	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:36 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Nuggets, GHS GMS	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RICE, Brown Alt Name	1/2 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, Dinner, fantini	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Stuffed Crust	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GREEN BEANS: fresh,boiled	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing,Ranch,PC, Flav Fresh	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo, PC, Flavor Fresh	Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Relish, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		477	55	498	3.79	2.33	216.7	410	21.96	40	12.50	74.41	14.23	4.32	0.00
% of Calories										33.2%	10.5%	62.3%	26.8%	8.1%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:36 AM

	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)
Wed - 10/23/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:36 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Nachos	1 serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CHILI CON CARNE As M/MA	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza,Deluxe French Bread	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CORN: canned, yellow	3/4 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa, Comm, LS, 110186, 2 OZ	2 Oz Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sour Cream West Creek	1 OZ	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		445	25	452	3.68	2.46	175.7	348	21.96	41	10.16	74.03	11.74	2.87	0.00
% of Calories										37.0%	9.1%	66.6%	23.8%	5.8%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

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Thu - 10/24/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza Breakfast, HM														
	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	315	45	510	5.00	2.70	450.0	500	5.4	2	21.0	39.0	13.0	7.00	0.00
Pizza, Gills, Pepperoni	Slice	368	58	688	5.00	2.84	450.0	500	5.4	2	22.9	39.0	17.94	9.28	0.00
Deli Sandwiches, Assorted	Sandwiche	376	60	1108	4.36	2.75	172.9	2261	7.98	6	23.31	31.51	17.55	6.81	0.03
Salad, Deli, Assorted	SERVING	504	111	1529	7.14	3.79	464.3	14548	17.18	8	36.03	43.28	20.8	8.81	0.00
Chicken Burger, Spicy	1 EACH	356	55	724	4.00	3.60	80.0	510	0.6	2	21.0	41.0	11.0	2.50	0.00
Chicken Burger	1 EACH	376	95	614	5.00	2.88	80.0	110	1.8	2	21.0	40.0	14.0	2.50	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	51	0	101	3.38	0.61	33.8	9295	10.14	8	1.69	11.83	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	60	0	8	0.67	0.00	0.0	0	0.0	12	0.0	15.67	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	88	0	1	4.28	0.26	15.5	145	22.68	16	0.71	23.6	0.09	0.00	0.00
MILK,1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK,Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK,Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		538	66	823	7.86	3.08	563.9	3222	22.37	35	27.54	79.06	15.54	6.77	0.00
% of Calories										26.2%	20.5%	58.8%	26.0%	11.3%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 35

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:36 AM

	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 - 10/25/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:36 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grill Cheese Sand, GHS	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Soup, Tomato:Campbell's, LS	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Stuffed Crust	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Veggie Sticks	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI,raw: fresh	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing,Ranch.PC, Flav Fresh	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ketchup, PC, Red Gold, Lo Sod	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo, PC, Flavor Fresh	Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mustard, Heinz, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce PC, Bullseye	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Margarine, Smart Balance, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Caesar 1.5 oz	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Greek 1.5 oz	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Lt Italian 1.5	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ken's Lite Ranch 1.5	Package	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Relish, PC	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		445	25	452	3.68	2.46	175.7	348	21.96	41	10.16	74.03	11.74	2.87	0.00
% of Calories										37.0%	9.1%	66.6%	23.8%	5.8%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:36 AM

	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)
Mon - 10/28/2019															
GMS Breakfast	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Sandwich	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
Muffin, Chef Pierre Dbl Ch 4OZ	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
Muffin, Chef Pierre Bberry 4 Oz	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
Pizza, Tony's Breakfast	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Cereal Assorted w Yogurt	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
French Toast Sticks - Richs	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
Bagel, Mini, Cinnamon Cream Ch	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Parfait	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
Granola, GES	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato - Hash Brown - Ore Ida	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
RAISINS, Sun Maid	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
Juice, Apple, Admore	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
Juice, Orange, Admore	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Juice, Fr Pch, Admore,	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
Syrup, 1.5 oz Ind, Flavor Fresh	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
MILK, 1% White	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
MILK, Chocolate, Skim	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
MILK, Skim	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

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Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle 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)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hamburger, Raw Patty	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Stuffed Crust	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bean, Bake Casserole	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing,Ranch,PC, Flav Fresh	Packet	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		445	25	452	3.68	2.46	175.7	348	21.96	41	10.16	74.03	11.74	2.87	0.00
% of Calories										37.0%	9.1%	66.6%	23.8%	5.8%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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002 - Gilford Middle School

Generated on: 9/27/2019 8:44:36 AM

	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)
Tue - 10/29/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza Breakfast, HM														
	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
General Tso's Chicken	3.6 oz	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, Dinner, fantini	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RICE, Brown Alt Name	1/2 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Deep Dish	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI: frozen, Steamed	3/4 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa, Comm, LS, 110186, 2 OZ	2 Oz Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sour Cream West Creek	1 OZ	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		477	55	498	3.79	2.33	216.7	410	21.96	40	12.50	74.41	14.23	4.32	0.00
% of Calories										33.2%	10.5%	62.3%	26.8%	8.1%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/30/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza, Tony's Breakfast														
	1 each	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Penne Pasta & Meat Sauce	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, Dinner, fantini	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza,Deluxe French Bread	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PEAS: frozen, Steamed	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Parm, Grated, Milano's	1 OZ Servi	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheese, Amer, Comm Bongards 16	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
LETTUCE,1 leaf	1 leaf	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
TOMATO: slice	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		445	25	452	3.68	2.46	175.7	348	21.96	41	10.16	74.03	11.74	2.87	0.00
% of Calories										37.0%	9.1%	66.6%	23.8%	5.8%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

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Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

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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)
Thu - 10/31/2019															
GMS Breakfast															
Entrees															
	Total														
	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Breakfast Sandwich														
	1 EACH	272	113	605	1.00	2.06	183.2	289	90.02	2	13.36	23.06	14.0	4.57	0.00
	Muffin, Chef Pierre Dbl Ch 4OZ														
	1 Each	380	25	230	4.00	2.70	20.0	0	0.0	31	5.0	59.0	14.0	3.50	0.00
	Muffin, Chef Pierre Bberry 4 Oz														
	Serving	380	25	230	3.00	1.44	20.0	0	0.0	31	4.0	59.0	14.0	2.50	0.00
	Pizza Breakfast, HM														
	Slices	352	141	679	2.50	1.23	277.8	469	0.02	3	19.13	27.63	17.78	8.30	0.00
	Cereal Assorted w Yogurt														
	Servings	203	5	213	2.33	5.40	166.7	1133	10.6	18	4.67	43.0	1.67	0.67	0.00
	French Toast Sticks - Richs														
	Serving	247	0	302	3.66	1.83	32.9	18	0.0	7	6.4	36.56	9.14	1.37	0.00
	Bagel, Mini, Cinnamon Cream Ch														
	1 Each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
	Parfait														
	Servings	149	5	72	2.48	0.00	124.9	38	0.0	23	4.0	30.63	1.73	0.75	0.00
	Granola, GES														
	Serving	89	0	25	0.99	0.71	19.8	30	0.0	6	1.98	16.87	1.49	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Side Dishes														
	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	.														
	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Potato - Hash Brown - Ore Ida														
	1 Each	100	0	200	1.00	0.00	0.0	0	0.0	0	1.0	13.0	5.0	0.50	0.00
	RAISINS, Sun Maid														
	box	120	0	5	2.00	1.08	20.0	0	0.0	27	1.0	29.0	0.0	0.00	0.00
	Juice, Apple, Admore														
	1/2 Cup	60	0	15	0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
	Juice, Orange, Admore														
	1/2 Cup	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
	Juice, Fr Pch, Admore,														
	1/2 Cup	60	0	10	0.00	0.00	20.0	75	0.0	13	0.0	14.0	0.0	0.00	0.00
	Syrup, 1.5 oz Ind, Flavor Fresh														
	1 Each	120	0	5	0.00	0.00	0.0	0	0.0	14	0.0	29.0	0.0	0.00	0.00
	MILK, 1% White														
	Carton	110	15	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	2.5	1.50	0.00
	MILK, Chocolate, Skim														
	Carton	130	5	240	0.00	0.00	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
	MILK, Skim														
	Carton	80	5	125	0.00	0.00	300.0	500	6.0	12	8.0	13.0	0.0	0.00	0.00

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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
GMS Lunch	Total														
Entrees	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Gills, Pepperoni	Slice	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwiches, Assorted	Sandwiche	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Deli, Assorted	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger, Spicy	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Burger	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Side Dishes	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.	Serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Carrot Sticks	3/4 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT ASSORTED	1/2 Cup	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,1% White	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Chocolate, Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK,Skim	Carton	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		477	55	498	3.79	2.33	216.7	410	21.96	40	12.50	74.41	14.23	4.32	0.00
% of Calories										33.2%	10.5%	62.3%	26.8%	8.1%	0.0%
Nutrient Guideline		496-598		903									<=30.0	<10.00	

Weighted Average		469	41	519	4.19	2.49	240.8	758	23.51	*40 *76.7%	13.30 11.3%	75.20 64.1%	13.04 25.0%	3.87 7.4%	*0.00 *0.0%
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Gilford School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2019 thru Oct 31, 2019

Combined: GMS Breakfast/GMS Lunch

002 - Gilford Middle School

Generated on: 9/27/2019 8:44:37 AM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	469		496 - 598	95%				27	Correction Required - Calories are Low									
Cholesterol (mg)	41																	
Sodium 1 (mg)	519		903															
Sodium 2 (mg)	519		728															
Fiber (g)	4.19																	
Iron (mg)	2.49																	
Calcium (mg)	240.8																	
Vitamin A (IU)	758																	
Sugars (g)	40	34.07%				Missing												
Vitamin C (mg)	23.51																	
Protein (g)	13.30	11.33%																
Carbohydrate (g)	75.20	64.09%																
Total Fat (g)	13.04	25.00%	<=30.00%															
Saturated Fat (g)	3.87	7.41%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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