

Grants Pass School District No. 7

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2021 thru Jan 29, 2021

GPSD ELEMENTARY LUNCH

Generated on: 12/28/2020 7:21:27 AM

	Portion Size	Carb (g)
Mon - 01/04/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD QUESADILLA, CHEESE@	1 each	39.75
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
Weighted Daily Average		837.44
% of Calories		53.1%
Nutrient Guideline		

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Page 2

Jan 1, 2021 thru Jan 29, 2021

GPSD ELEMENTARY LUNCH

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	Portion Size	Carb (g)
Tue - 01/05/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD CHICKEN NUGGETS WG@	5 EACH	15.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
GPSD POTATO - PATTY	1 EACH	17.25
Weighted Daily Average		829.94
% of Calories		52.2%
Nutrient Guideline		

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Base Menu Spreadsheet

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Page 3

Jan 1, 2021 thru Jan 29, 2021

GPSD ELEMENTARY LUNCH

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	Portion Size	Carb (g)
Wed - 01/06/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD SPAGHETTI AND MEAT SAUCE	1 CUP	36.58
GPSD SPAGHETTI W/MEATBALLS	SERVINGS	58.48
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
Weighted Daily Average		892.75
% of Calories		53.0%
Nutrient Guideline		

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Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GPSD ELEMENTARY LUNCH

Portion Values - Detailed

Page 4

Generated on: 12/28/2020 7:21:27 AM

	Portion Size	Carb (g)
Thu - 01/07/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD PANCAKES MINI MAPLE@	PKG	41.03
GPSD PANCAKES MINI STRAWBERRY@	PKG	42.03
GPSD SAUSAGE PATTY LUNCH	1 EACH	2.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
GPSD COOKIE SUGAR	1 EACH	18.0
GPSD COOKIE, CARNIVAL	1 EACH	18.0
Weighted Daily Average		918.75
% of Calories		53.9%
Nutrient Guideline		

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Page 5

Jan 1, 2021 thru Jan 29, 2021

GPSD ELEMENTARY LUNCH

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	Portion Size	Carb (g)
Fri - 01/08/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD PANCAKES MINI MAPLE@	PKG	41.03
GPSD PANCAKES MINI STRAWBERRY@	PKG	42.03
GPSD SAUSAGE PATTY LUNCH	1 EACH	2.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
GPSD COOKIE SUGAR	1 EACH	18.0
GPSD COOKIE, CARNIVAL	1 EACH	18.0
Weighted Daily Average		918.75
% of Calories		53.9%
Nutrient Guideline		

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Page 6

Jan 1, 2021 thru Jan 29, 2021

GPSD ELEMENTARY LUNCH

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	Portion Size	Carb (g)
Mon - 01/11/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD SANDWICH CHICKEN BREADED@	1 EACH	41.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
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GPSD MILK 1%	8 OZ	11.0
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GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
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GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
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GPSD FRUIT BERRY CUP	1/2 CUP	20.0
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GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
Weighted Daily Average		838.69
% of Calories		52.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
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GPSD SANDWICH TURKEY@	1 each	28.13
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GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
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GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
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GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
GPSD COOKIE SUGAR	1 EACH	18.0
GPSD COOKIE, CARNIVAL	1 EACH	18.0
Weighted Daily Average		860.69
% of Calories		53.1%
Nutrient Guideline		

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Grants Pass School District No. 7

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Jan 1, 2021 thru Jan 29, 2021

GPSD ELEMENTARY LUNCH

Generated on: 12/28/2020 7:21:27 AM

	Portion Size	Carb (g)
Wed - 01/13/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD CHICKEN TENDER GRILLED US	SERVING	0.0
GPSD MUFFIN,CORN	1 EACH	23.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
Weighted Daily Average		820.69
% of Calories		52.9%
Nutrient Guideline		

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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Grants Pass School District No. 7

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GPSD ELEMENTARY LUNCH

Portion Values - Detailed

Page 9

Generated on: 12/28/2020 7:21:27 AM

	Portion Size	Carb (g)
Thu - 01/14/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD BREADSTICK BOSCO 6"	SERVING	15.25
GPSD SAUCE SPAGHETTI~	1/4 CUP	6.25
GPSD SOUP THREE SISTERS	1 CUP	20.73
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
GPSD SALSA PICANTE	1/8 CUP	2.0
MARINATED BLACK BEAN SALAD	1/2 CUP	22.86
Weighted Daily Average		864.77
% of Calories		53.3%
Nutrient Guideline		

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Grants Pass School District No. 7

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GPSD ELEMENTARY LUNCH

Portion Values - Detailed

Page 10

Generated on: 12/28/2020 7:21:27 AM

	Portion Size	Carb (g)
Fri - 01/15/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD BURGER CHEESE	1 EACH	29.0
GPSD HAMBURGER@	1 EACH	28.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
GPSD POTATO OVEN FRIES USDA@	1/2 CUP	15.0
Weighted Daily Average		869.69
% of Calories		51.6%
Nutrient Guideline		

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Grants Pass School District No. 7

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GPSD ELEMENTARY LUNCH

Portion Values - Detailed

Page 11

Generated on: 12/28/2020 7:21:27 AM

	Portion Size	Carb (g)
Tue - 01/19/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD CHICKEN STRIPS@	SERVING	16.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
GPSD POTATO - PATTY	1 EACH	17.25
Weighted Daily Average		830.94
% of Calories		52.2%
Nutrient Guideline		

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Grants Pass School District No. 7

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GPSD ELEMENTARY LUNCH

Portion Values - Detailed

Page 12

Generated on: 12/28/2020 7:21:28 AM

	Portion Size	Carb (g)
Wed - 01/20/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD CHICKEN/GRAVY/MASHED POT	SERVINGS	6.63
GPSD ROLL HAWAIIAN	1 EACH	18.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
Weighted Daily Average		822.32
% of Calories		53.1%
Nutrient Guideline		

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Grants Pass School District No. 7

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GPSD ELEMENTARY LUNCH

Portion Values - Detailed

Page 13

Generated on: 12/28/2020 7:21:28 AM

	Portion Size	Carb (g)
Thu - 01/21/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD BURGER CHEESE	1 EACH	29.0
GPSD HAMBURGER@	1 EACH	28.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
GPSD POTATO OVEN FRIES USDA@	1/2 CUP	15.0
Weighted Daily Average		869.69
% of Calories		51.6%
Nutrient Guideline		

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Grants Pass School District No. 7

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Jan 1, 2021 thru Jan 29, 2021

GPSD ELEMENTARY LUNCH

Generated on: 12/28/2020 7:21:28 AM

	Portion Size	Carb (g)
Fri - 01/22/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD CORN DOG WG@	1 each	30.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
GPSD POTATO - PATTY	1 EACH	17.25
Weighted Daily Average		844.94
% of Calories		53.3%
Nutrient Guideline		

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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Grants Pass School District No. 7

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

GPSD ELEMENTARY LUNCH

Portion Values - Detailed

Page 15

Generated on: 12/28/2020 7:21:28 AM

	Portion Size	Carb (g)
Mon - 01/25/2021		
GPSD ELEMENTARY LUNC	Total	
GPSD SANDWICH CHICKEN BREADED@	1 EACH	41.0
GPSD SANDWICH HAM/CHEESE USDA@	1 EACH	30.0
GPSD SANDWICH TURKEY BACON@	1 EACH	38.88
GPSD SANDWICH EGG SALAD	1 sandwich	27.12
GPSD SANDWICH TURKEY@	1 each	28.13
GPSD SANDWICH CHEESE HOMEMADE	1 EACH	32.0
GPSD SANDWICH TURKEY/HAM	1 EACH	31.75
GPSD SANDWICH, TUNA	1 EACH	28.03
GPSD UNCRUSTABLES PB & JELLY@	1 EACH	32.0
GPSD WRAP CHICKEN BACON@	1 EACH	31.59
GPSD WRAP HAM DELI	1 EACH	34.52
GPSD WRAP HAM ROLL UP	1 EACH	31.0
GPSD WRAP POP CHICKEN - MS@	1 EACH	43.15
GPSD WRAP TURKEY@	1 EACH	31.14
GPSD WRAP TURKEY BACON@	1 EACH	32.34
GPSD MILK 1%	8 OZ	11.0
GPSD MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD MILK FAT FREE SKIM	8 OZ	11.0
GPSD FRUIT APPLE WHOLE	1 EACH	21.0
GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.0
GPSD FRUIT PEARS,RAW	1 EACH	23.0
GPSD FRUIT NECTARINE FRESH	1 EACH	15.0
GPSD FRUIT PEACH FRESH	1 EACH	14.0
GPSD PLUM FRESH	1 EACH	8.0
GPSD FRUIT BANANA	1 EACH	27.0
GPSD FRUIT ORANGES,FRESH	1 EACH	15.39
GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
GPSD FRUIT BERRY CUP	1/2 CUP	20.0
GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	15.0
GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.0
GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.0
GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.0
GPSD CARROTS,RAW,BABY	1/2 CUP	5.98
GPSD CELERY,FRESH,RAW@	1/2 CUP	2.21
GPSD TOMATOES, CHERRY@	1/2 CUP	3.46
GPSD BROCCOLI,RAW	1/2 CUP	2.36
GPSD CAULIFLOWER RAW@	1/2 CUP	2.49
GPSD CUCUMBER,RAW	1/2 CUP	1.29
Weighted Daily Average		838.69
% of Calories		52.7%
Nutrient Guideline		

Weighted Average		857.25
		52.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	857.25	52.83%						

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