

Grants Pass School District No. 7

No.	Description	Portion Size	Carbohydrates (Grams)
004879	GPSD FRUIT APPLE WHOLE	EACH	21.00
005123	GPSD FRUIT APPLESAUCE CUP USDA	1/2 CUP	14.00
005017	GPSD FRUIT BANANA	EACH	23.07
004795	GPSD FRUIT BLUEBERRIES USDA	CUP	18.80
005246	GPSD FRUIT CHERRIES DRIED USDA	1/4 CUP	32.00
005247	GPSD FRUIT CRANBERRIES USDA%	1/4 CUP	25.00
005084	GPSD FRUIT MANDARIN ORANGES 15	1/2 CUP	17.00
005074	GPSD FRUIT MANDARIN ORANGES 15	1/4 CUP	8.50
004790	GPSD FRUIT MIXED, CND, EXTRA L	1/2 CUP	17.88
005179	GPSD FRUIT MIXED, CND, EXTRA L	1/4 CUP	7.50
005336	GPSD FRUIT NECTARINE FRESH	EACH	15.00
004904	GPSD FRUIT ORANGES, FRESH	EACH	15.39
005335	GPSD FRUIT PEACH FRESH	EACH	14.00
005333	GPSD FRUIT PEACHES SLICED	1/4 CUP	6.99
005334	GPSD FRUIT PEACHES SLICED	1/2 CUP	13.99
005330	GPSD FRUIT PEACHES, DICED, USD	1/4 CUP	7.00
005331	GPSD FRUIT PEACHES, DICED, USD	1/2 CUP	14.00
004856	GPSD FRUIT PEACHES, FRZN CUP,	4 OZ	18.96
005137	GPSD FRUIT PEARS, CANNED USDA	1/4 CUP	7.00
004817	GPSD FRUIT PEARS, CANNED USDA	1/2 CUP	14.00
004967	GPSD FRUIT PEARS, RAW	EACH	22.82
005250	GPSD FRUIT PINEAPPLE FRESH	1/2 CUP	11.00
005083	GPSD FRUIT PINEAPPLE TIDBITS,	1/4 CUP	6.88
005169	GPSD FRUIT PINEAPPLE TIDBITS@	1/2 CUP	17.00
005337	GPSD FRUIT PLUM FRESH	EACH	8.00
005183	GPSD FRUIT RAISINS, BOXES@	1/2 CUP	30.00
004855	GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	21.93
004857	GPSD FRUIT STRAWBERRIES IQF	1/2 CUP	8.73
004968	GPSD FRUIT, KIWI FRESH	EACH	11.00

**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*

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.