

Grants Pass School District No. 7

Aug 30, 2017 thru Aug 30, 2017

Base Menu Spreadsheet

GPSD VEGETABLES

Portion Values - Detailed

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Generated on: 9/29/2017 8:30:51 AM

| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Wed - 08/30/2017 | | |
| GPSD VEGETABLES | Total | |
| GPSD BEANS REFRIED@ | 1/2 CUP | 18.71 |
| GPSD BEANS, BAKED@ | 1/2 CUP | 29.0 |
| GPSD BEANS, BLACK USDA | 1/2 CUP | 20.0 |
| GPSD BEANS, GARBANZO USDA | 1/2 CUP | 17.0 |
| GPSD BEANS, GREEN USDA | 1/4 CUP | 1.5 |
| GPSD BROCCOLI,RAW | 1/4 CUP | 1.18 |
| GPSD CARROTS,RAW,BABY | 1/4 CUP | 2.99 |
| GPSD CARROTS,RAW,BABY | 1/2 CUP | 5.98 |
| GPSD CELERY,FRESH,RAW@ | 1/4 CUP | 1.1 |
| GPSD CAULIFLOWER RAW@ | 1/4 CUP | 1.24 |
| GPSD CORN, CANNED USDA | 1/2 CUP | 17.74 |
| GPSD CORN, CANNED USDA | 1/4 CUP | 8.87 |
| GPSD CUCUMBER,RAW | 1/4 CUP | 0.64 |
| GPSD JICAMA STICKS | 1/2 cup | 6.0 |
| GPSD PEAS, GREEN | 1/2 CUP | 11.0 |
| GPSD PEAS, GREEN | 1/4 CUP | 11.0 |
| GPSD PEPPERS SWT BELL VARIETY | 1/4 CUP | 1.0 |
| GPSD PICKLE, DILL CHIPS 1/8 " | 1 OZ | 0.0 |
| GPSD POTATO - PATTY | 1 EACH | 17.25 |
| GPSD POTATO OVEN FRIES USDA@ | 1/2 CUP | 15.0 |
| GPSD POTATO, TATER TOTS | SERVING | 14.0 |
| GPSD TOMATOES, CHERRY@ | 1/4 CUP | 1.73 |
| GPSD VEG. PEAS/CARROTS | 1/2 CUP | 5.51 |
| GPSD ROMAINE SLAW MIX | 1/2 CUP | 2.5 |
| SALAD,TOSSSED: no dressing | 1 CUP | 8.73 |
| Weighted Daily Average | | 219.67 |
| % of Calories | | 70.1% |
| Nutrient Guideline | | |

| | |
|------------------|--------|
| Weighted Average | 219.67 |
| | 70.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* |
|------------------|----------|-----------|---------------|--------------|-----------|------------|----------|--------------------------|
| Carbohydrate (g) | 219.67 | 70.08% | | | | | | |

*Data comparisons are not available for one or two day selections

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.