

Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

	Portion Size	Carb (g)
Wed - 05/01/2024		
GPSD HIGH SCHOOL BRE	Total	
All American Breakfast w/ Baco	Serving	*32.49
All American Breakfast w/ Saus	Serving	33.48
GP YOGURT TRIX RASPBERRY 4 OZ	1 EACH	15.05
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
Pears, fresh	1 EACH	25.28
GPSD HIGH SCHOOL LUN	Total	
GP WAFFLE WG BULK 1.3 OZ	1 EACH	24.0
GP Chicken Tenders	serving	5.41
GP CHEESEBURGER	SERVING	29.02
GP HAMBURGER	1 EACH	28.01
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's 10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP Southwest Wrap HS	1 each	61.51
GP Chicken Caesar Salad	1 each	6.4
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04

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

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BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Cucumber Slices	1/4 cup	0.94
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONNAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*62.41
% of Calories		*53.0%
Nutrient Guideline		

Thu - 05/02/2024		
	Total	
GPSD HIGH SCHOOL BRE		
GP Breakfast On A Bun	1 each	*2.03
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0

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Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GPSD HIGH SCHOOL LUN	Total	
GP Popcorn Chicken Bowl	serving	41.0
GP CORN, Steamed	1/2 cup	17.03
GP Jalapeno Popper Grilled Chz	1 each	*31.14
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's 10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP BBQ Chicken Salad	1 each	62.65
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04
Cucumber Slices	1/4 cup	0.94
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES, FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONNAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*70.71
% of Calories		*58.4%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/03/2024		
GPSD HIGH SCHOOL BRE	Total	
GP PANCAKE WG	2 EACH	30.0
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0
GPSD HIGH SCHOOL LUN	Total	
GP Mac and Cheese w/Roll	1 each	41.02
GP Cajun Chicken	2 oz	1.27
GP BROCCOLI Steamed HS	1/2 cup	5.8
GP Buffalo chicken Wrap	1 each	34.93
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP CORN, Steamed	1/2 cup	17.03
GP Seasoned Flatbread	1 each	30.29
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP Southwest Salad	1 each	47.15
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29

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BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Carrots, baby, snack bag	1 Snack bag	3.74
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP CARROTS, RAW, BABY 1/2c	1/2 CUP	5.79
GP PEPPERS, SWEET 1/2c.	1/2 CUP	5.61
GP BEANS, KIDNEY USDA 1/2 CUP	1/2 CUP	23.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONNAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*71.82
% of Calories		*68.4%
Nutrient Guideline		

Mon - 05/06/2024		
GPSD HIGH SCHOOL BRE	Total	
GP FRENCH TOAST STICK WG	3 EACH	37.0
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	owl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0

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Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GPSD HIGH SCHOOL LUN	Total	
GP BEEF TERIYAKI	SERVING	23.32
GP CHEESEBURGER	SERVING	29.02
GP HAMBURGER	1 EACH	28.01
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's 10-SL Pepperoni	1 each	34.0
GP Veggie Pizza	Slice	*47.22
GP RICE BROWN COOKED USDA	1/2 CUP	24.0
GP Seasoned Flatbread	1 each	30.29
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP Garden Salad	1 each	12.7
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP CARROTS, RAW, BABY 1/2c	1/2 CUP	5.79
GP PEPPERS, SWEET 1/2c.	1/2 CUP	5.61
GP BEANS, KIDNEY USDA 1/2 CUP	1/2 CUP	23.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES, FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONNAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*72.79
% of Calories		*67.4%
Nutrient Guideline		

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BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/07/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Breakfast Monte Cristo	1 each	67.43
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0
GPSD HIGH SCHOOL LUN	Total	
GP Burrit, Chicken & CHEESE HS	SERVING	34.49
GP Burrito, BEEF & CHEESE HS	SERVING	37.8
GP CHICKEN CLUB SANDWICH	1 EACH	*42.82
GP Seasoned Flatbread	1 each	30.29
GP Aztec Rice	2/3 cup	19.22
GP Beans, REFRIED	1/2 CUP	24.08
GP Seasoned Flatbread	1 each	30.29
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP Hawaiian Pizza	1 each	36.26
GP Chicken Caesar Wrap	1 each	34.94
GP Cobb Salad	1 each	*11.58
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP TOMATO, FRESH, CHERRY 1/2c.	1/2 CUP	3.46

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BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04
Cucumber Slices	1/4 cup	0.94
GP BEANS, BLACK USDA	1/2 CUP	19.17
GP CORN, CANNED USDA 1/2 CUP	1/2 CUP	11.15
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*79.75
% of Calories		*63.9%
Nutrient Guideline		

Wed - 05/08/2024		
GPSD HIGH SCHOOL BRE	Total	
Bacon, Egg, and Toast	serving	*28.49
GP YOGURT TRIX RASPBERRY 4 OZ	1 EACH	15.05
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY GRAHAMS	BOWL	43.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
Banana, Petite	1 each	23.07
GPSD FRUIT STRAW CUP, FRZN	4.5 OZ	20.93
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GPSD HIGH SCHOOL LUN	Total	
GP CORN DOG WG	1 EACH	30.0
GP Chicken & Waffle Panini	1 each	65.2
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP Combo Pizza	1 each	34.2
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP BBQ Chicken Salad	1 each	62.65
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Spiral Fries	1/2 cup	21.81
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
Cucumber Slices	1/4 cup	0.94
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES, FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*61.57
% of Calories		*60.9%
Nutrient Guideline		

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 05/09/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Breakfast Toaster	1 each	*28.02
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0
GPSD HIGH SCHOOL LUN	Total	
GP BBQ wings & Roll	serving	23.02
GP TURKEY & BACON Panini	1 EACH	*29.14
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's 10-SL Pepperoni	1 each	34.0
GP Meat Lovers Pizza	1 each	34.44
GP Potato Wedges, McCain	1/2 cup	17.65
GP Seasoned Flatbread	1 each	30.29
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP CARROTS, RAW, BABY 1/2c	1/2 CUP	5.79
GP PEPPERS, SWEET 1/2c.	1/2 CUP	5.61
GP BEANS, KIDNEY USDA 1/2 CUP	1/2 CUP	23.0

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*71.23
% of Calories		*63.3%
Nutrient Guideline		

Fri - 05/10/2024	Total	
GPSD HIGH SCHOOL BRE	1 EACH	41.58
GP CINNAMON ROLL W/ICING	1 EACH	15.0
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.05
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	47.91
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	46.92
GP BENEFIT BAR OAT CHOC CHIP	BOWL	45.0
GPSD CEREAL HONEY NUT SCOOTERS	1 EACH	47.0
GP CEREAL MARSHMALLOW MATEYS	bowl	46.0
GPSD CEREAL, MINI SPOONERS	1 EACH	87.59
GPSD SMOOTHIE BERRY	1 EACH	91.86
GPSD SMOOTHIE MANGO	8 OZ	13.0
GP MILK 1%	8 OZ	21.0
GP MILK FAT FREE CHOCOLATE	1 each	14.0
GP JUICE, APPLE SC	1 each	20.0
GP JUICE, GRAPE SC	1 EACH	15.0
GP JUICE, ORANGE SC	1 EACH	16.16
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	21.0
GP FRUIT APPLE FRESH 163CT.	4 OZ	168.0
GP FRUIT PEACHES FRZ CUP USDA		

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GPSD HIGH SCHOOL LUN	Total	
GP HOT DOG W/ BUN -TURKEY	1 EACH	29.0
Vegetarian Chili	1/2 cup	10.06
GP Bacon Cheeseburger	SERVING	*28.01
GP Bacon Hamburger	1 EACH	*28.01
GP HAMBURGER	1 EACH	28.01
GP CHEESEBURGER	SERVING	29.02
GP Chicken Filet Sandwich	1 each	34.63
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP Sausage Pizza	1 each	34.26
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP Protein BOX - EGG/FLATBREAD	SERVING	32.37
GP Chicken Caesar Salad	1 each	6.4
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GP Crinkle Fries	1/2 cup	20.77
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
Cucumber Slices	1/4 cup	0.94
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*71.67
% of Calories		*67.6%
Nutrient Guideline		

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/13/2024		
GPSD HIGH SCHOOL BRE	Total	
GP PANCAKE WRAP ON A STICK WG	1 EACH	17.0
GP Cinnamon Pear Topping	1/2 cup	14.91
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0
GPSD HIGH SCHOOL LUN	Total	
GP Orange Chicken	#8 scoop	19.13
GP CHICKEN SANDWICH SPICY WG	1 EACH	42.01
GP Fried Rice HS	1 cup	34.71
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP Garden Salad	1 each	12.7
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

	Portion Size	Carb (g)
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP CARROTS, RAW, BABY 1/2c	1/2 CUP	5.79
GP PEPPERS, SWEET 1/2c.	1/2 CUP	5.61
GP BEANS, KIDNEY USDA 1/2 CUP	1/2 CUP	23.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average % of Calories		*70.46 *65.9%
Nutrient Guideline		

Tue - 05/14/2024		
GPSD HIGH SCHOOL BRE	Total	
GP SANDWICH MUFF/SAUS/EGG/CHZ	1 EACH	27.01
GP YOGURT TRIX RASPBERRY 4 OZ	1 EACH	15.05
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
Pears, fresh	1 EACH	25.28

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May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GPSD HIGH SCHOOL LUN	Total	
GP Chicken Crisпитos	1 each	*N/A*
GP CHICKEN SANDWICH	1 EACH	41.81
GP Crinkle Fries	1/2 cup	20.77
GP Aztec Rice	2/3 cup	19.22
GP Charro Beans	1/2 cup	*34.31
GP Seasoned Flatbread	1 each	30.29
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP Hawaiian Pizza	1 each	36.26
GP Chicken Caesar Wrap	1 each	34.94
GP Cobb Salad	1 each	*11.58
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP TOMATO, FRESH, CHERRY 1/2c.	1/2 CUP	3.46
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04
Cucumber Slices	1/4 cup	0.94
GP BEANS, BLACK USDA	1/2 CUP	19.17
GP CORN, CANNED USDA 1/2 CUP	1/2 CUP	11.15
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*56.80
% of Calories		*58.5%
Nutrient Guideline		

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/15/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Breakfast Taco Bowl	servings	54.02
GP YOGURT TRIX RASPBERRY 4 OZ	1 EACH	15.05
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
Pears, fresh	1 EACH	25.28
GPSD HIGH SCHOOL LUN	Total	
GP WAFFLE WG BULK 1.3 OZ	1 EACH	24.0
GP Chicken Tenders	serving	5.41
GP CHEESEBURGER	SERVING	29.02
GP HAMBURGER	1 EACH	28.01
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP Southwest Wrap HS	1 each	61.51
GP Chicken Caesar Salad	1 each	6.4
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04
Cucumber Slices	1/4 cup	0.94

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONNAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		60.97
% of Calories		56.6%
Nutrient Guideline		

Thu - 05/16/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Bagel, Bacon Egg & cheese	1 each	*36.01
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GPSD HIGH SCHOOL LUN	Total	
GP Popcorn Chicken Bowl	serving	41.0
GP CORN, Steamed	1/2 cup	17.03
GP Jalapeno Popper Grilled Chz	1 each	*31.14
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's 10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP BBQ Chicken Salad	1 each	62.65
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04
Cucumber Slices	1/4 cup	0.94
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES, FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*75.51
% of Calories		*60.2%
Nutrient Guideline		

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/17/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Maple glazed DONUT	1 each	33.51
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0
GPSD HIGH SCHOOL LUN	Total	
GP Mac and Cheese w/Roll	1 each	41.02
GP Cajun Chicken	2 oz	1.27
GP BROCCOLI Steamed HS	1/2 cup	5.8
GP Buffalo chicken Wrap	1 each	34.93
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP CORN, Steamed	1/2 cup	17.03
GP Seasoned Flatbread	1 each	30.29
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP Southwest Salad	1 each	47.15
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Carrots, baby, snack bag	1 Snack bag	3.74
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP CARROTS, RAW, BABY 1/2c	1/2 CUP	5.79
GP PEPPERS, SWEET 1/2c.	1/2 CUP	5.61
GP BEANS, KIDNEY USDA 1/2 CUP	1/2 CUP	23.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONNAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*72.32
% of Calories		*66.7%
Nutrient Guideline		

Mon - 05/20/2024		
GPSD HIGH SCHOOL BRE	Total	
GP BISCUIT AND GRAVY	SERVING	26.13
GP YOGURT TRIX RASPBERRY 4 OZ	1 EACH	15.05
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	owl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
Pears, fresh	1 EACH	25.28

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GPSD HIGH SCHOOL LUN	Total	
GP Chicken Tenders	serving	5.41
GP CHEESEBURGER	SERVING	29.02
GP HAMBURGER	1 EACH	28.01
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's 10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP Southwest Wrap HS	1 each	61.51
GP Chicken Caesar Salad	1 each	6.4
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04
Cucumber Slices	1/4 cup	0.94
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES, FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		57.29
% of Calories		58.4%
Nutrient Guideline		

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/21/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Ham and Cheese Croissant	1 each	38.52
GP YOGURT TRIX RASPBERRY 4 OZ	1 EACH	15.05
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
Pears, fresh	1 EACH	25.28
GPSD HIGH SCHOOL LUN	Total	
GP Beef Tamale	1 each	30.94
GP CHICKEN CLUB SANDWICH	1 EACH	*42.82
GP Seasoned Flatbread	1 each	30.29
GP Aztec Rice	2/3 cup	19.22
GP Beans, REFRIED	1/2 CUP	24.08
GP Seasoned Flatbread	1 each	30.29
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP Chicken Caesar Wrap	1 each	34.94
GP Cobb Salad	1 each	*11.58
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP TOMATO, FRESH, CHERRY 1/2c.	1/2 CUP	3.46
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Cucumber Slices	1/4 cup	0.94
GP BEANS, BLACK USDA	1/2 CUP	19.17
GP CORN, CANNED USDA 1/2 CUP	1/2 CUP	11.15
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*58.44
% of Calories		*57.5%
Nutrient Guideline		

Wed - 05/22/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Breakfast On A Bun	1 each	*2.03
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0

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May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GPSD HIGH SCHOOL LUN	Total	
GP CORN DOG WG	1 EACH	30.0
GP Chicken & Waffle Panini	1 each	65.2
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP Combo Pizza	1 each	34.2
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP BBQ Chicken Salad	1 each	62.65
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Spiral Fries	1/2 cup	21.81
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
Cucumber Slices	1/4 cup	0.94
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES, FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*73.75
% of Calories		*60.0%
Nutrient Guideline		

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 05/23/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Breakfast On A Bun	1 each	*2.03
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0
GPSD HIGH SCHOOL LUN	Total	
GP BBQ wings & Roll	serving	23.02
GP TURKEY & BACON Panini	1 EACH	*29.14
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's 10-SL Pepperoni	1 each	34.0
GP Meat Lovers Pizza	1 each	34.44
GP Potato Wedges, McCain	1/2 cup	17.65
GP Seasoned Flatbread	1 each	30.29
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP CARROTS, RAW, BABY 1/2c	1/2 CUP	5.79
GP PEPPERS, SWEET 1/2c.	1/2 CUP	5.61
GP BEANS, KIDNEY USDA 1/2 CUP	1/2 CUP	23.0

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*67.56
% of Calories		*62.8%
Nutrient Guideline		

Fri - 05/24/2024		
GPSD HIGH SCHOOL BRE	Total	
GP PANCAKE WG	2 EACH	30.0
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GPSD HIGH SCHOOL LUN	Total	
GP HOT DOG W/ BUN -TURKEY	1 EACH	29.0
Vegetarian Chili	1/2 cup	10.06
GP Bacon Cheeseburger	SERVING	*28.01
GP Bacon Hamburger	1 EACH	*28.01
GP HAMBURGER	1 EACH	28.01
GP CHEESEBURGER	SERVING	29.02
GP Chicken Filet Sandwich	1 each	34.63
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP Sausage Pizza	1 each	34.26
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP Protein BOX - EGG/FLATBREAD	SERVING	32.37
GP Chicken Caesar Salad	1 each	6.4
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GP Crinkle Fries	1/2 cup	20.77
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
Cucumber Slices	1/4 cup	0.94
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONNAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*70.04
% of Calories		*68.8%
Nutrient Guideline		

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/28/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Ham and Cheese Croissant	1 each	38.52
GP YOGURT TRIX RASPBERRY 4 OZ	1 EACH	15.05
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
Pears, fresh	1 EACH	25.28
GPSD HIGH SCHOOL LUN	Total	
GP Chicken Crisпитos	2 each	*N/A*
GP CHICKEN SANDWICH	1 EACH	41.81
GP Crinkle Fries	1/2 cup	20.77
GP Aztec Rice	2/3 cup	19.22
GP Charro Beans	1/2 cup	*34.31
GP Seasoned Flatbread	1 each	30.29
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP Hawaiian Pizza	1 each	36.26
GP Chicken Caesar Wrap	1 each	34.94
GP Cobb Salad	1 each	*11.58
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP TOMATO, FRESH, CHERRY 1/2c.	1/2 CUP	3.46
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Cucumber Slices	1/4 cup	0.94
GP BEANS, BLACK USDA	1/2 CUP	19.17
GP CORN, CANNED USDA 1/2 CUP	1/2 CUP	11.15
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONNAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*58.31
% of Calories		*59.2%
Nutrient Guideline		

Wed - 05/29/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Ham and Cheese Croissant	1 each	38.52
GP YOGURT TRIX RASPBERRY 4 OZ	1 EACH	15.05
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
Pears, fresh	1 EACH	25.28

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GPSD HIGH SCHOOL LUN	Total	
GP WAFFLE WG BULK 1.3 OZ	1 EACH	24.0
GP Chicken Tenders	serving	5.41
GP CHEESEBURGER	SERVING	29.02
GP HAMBURGER	1 EACH	28.01
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP Southwest Wrap HS	1 each	61.51
GP Chicken Caesar Salad	1 each	6.4
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04
Cucumber Slices	1/4 cup	0.94
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		58.94
% of Calories		58.0%
Nutrient Guideline		

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 05/30/2024		
GPSD HIGH SCHOOL BRE	Total	
GP Breakfast Toaster	1 each	*28.02
GP YOG TRIX STRAW/BANA 4 OZ HS	1 EACH	15.0
GP YOG TRIX RASPBERRY 4 OZ HS	1 EACH	15.05
GP BENEFIT BAR APPLE CINNAMON	1 EACH	47.91
GP BENEFIT BAR BANANA CHOC CHU	1 EACH	47.91
GP BENEFIT BAR OAT CHOC CHIP	1 EACH	46.92
GPSD CEREAL HONEY NUT SCOOTERS	BOWL	45.0
GP CEREAL MARSHMALLOW MATEYS	1 EACH	47.0
GPSD CEREAL, MINI SPOONERS	bowl	46.0
GPSD SMOOTHIE BERRY	1 EACH	87.59
GPSD SMOOTHIE MANGO	1 EACH	91.86
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT PEACHES FRZ CUP USDA	4 OZ	168.0
GPSD HIGH SCHOOL LUN	Total	
GP Popcorn Chicken Bowl	serving	41.0
GP CORN, Steamed	1/2 cup	17.03
GP Jalapeno Popper Grilled Chz	1 each	*31.14
GP Wild Mike's Cheese Pizza 10	1 each	34.06
GP Wild Mike's10-SL Pepperoni	1 each	34.0
GP PIZZA CHEESE 5" WILD MIKES	1 EACH	36.0
GP SANDWICH TURKEY/HAM HS	1 EACH	36.42
GP SANDWICH TURKEY HS	1 EACH	34.2
GP SANDWICH HAM HS	1 EACH	36.37
GP TURKEY & BACON Wrap	1 EACH	*33.25
GP Chicken Caesar Wrap	1 each	34.94
GP Southwest Wrap HS	1 each	61.51
GP BBQ Chicken Salad	1 each	62.65
GP YOGURT PARF BLUE-CHERRY HS	1 EACH	52.18
GP YOGURT PARF BLUE-STRAW HS	1 EACH	50.89
GP YOGURT PARF BLUE-PEACH HS	1 EACH	53.01
GPSD PBJ COMBO PACK	1 EACH	51.0
GP Seasoned Flatbread	1 each	30.29
Carrots, baby, snack bag	1 Snack bag	3.74
GP BROCCOLI Steamed HS	SERVING	11.6
GP Salad Mix Romaine	1 cup	1.0

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Grants Pass School District No. 7

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

Combined: GPSD HIGH SCHOOL
BREAKFAST/GPSD HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
GP BROCCOLI, RAW 1/2c.	1/2 CUP	2.92
GP CELERY, FRESH, RAW 1/2c.	1/2 CUP	1.84
GP Shredded Carrot	1/2 c	2.95
GP Salad Bar Red Cabbage	1/2 cup	3.04
Cucumber Slices	1/4 cup	0.94
GP BEANS, GARBANZO USDA 1/2c.	1/2 CUP	19.38
GP FRUIT APPLE FRESH 163CT.	1 EACH	21.0
GP FRUIT ORANGES,FRESH 138CT.	1 EACH	16.16
GP FRUIT PEARS, RAW 140CT.	1 EACH	27.51
GP JUICE, APPLE SC	1 each	14.0
GP JUICE, GRAPE SC	1 each	20.0
GP JUICE, ORANGE SC	1 EACH	15.0
GP MILK 1%	8 OZ	13.0
GP MILK FAT FREE CHOCOLATE	8 OZ	21.0
GPSD DRESSING ITALIAN PKT.	1PKT	2.0
GPSD DRESSING RANCH 1.5 OZ	1 EACH	1.98
GPSD DRESSING THOUSAND ISLAND	PKT	7.0
GPSD DRESSING, RANCH CUPS	1 EACH	1.0
GPSD MUSTARD PKT	1 EACH	*N/A*
GPSD MAYONAISE PKT	1 EACH	0.0
GPSD KETCHUP PKT	1 EACH	3.0
GPSD SAUCE BBQ	2 TBSP	12.0
Weighted Daily Average		*74.38
% of Calories		*59.0%
Nutrient Guideline		

Weighted Average	*67.46
	*61.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	67.46	61.59%			Missing			

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

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