

Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 3, 2018 thru Apr 30, 2018

Combined: ELEM. HOT BREAKFAST/ELEMENTARY LUNCH K-8

002 - BRYCE VALLEY ELEMENTARY

Generated on: 3/23/2018 9:08:50 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 04/03/2018											
ELEM. HOT BREAKFAST	Total	40									
BAGEL: PLAIN WW	1 EACH	40	229	0	459	*N/A*	7.65	46.82	0.96	0.00	0.000
CREAM CHEESE:PPI	PPI	40	100	30	100	*N/A*	2.0	2.0	9.0	6.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8											
CHICKEN NUGGETS	Total	115									
TATOR TOTS	SERV	115	200	15	550	*N/A*	12.0	4.0	12.0	2.50	0.000
BREADSTICK, CHEESE FILLED SEC	1 CUP	115	181	0	474	*N/A*	2.26	22.58	9.03	2.26	0.000
PEACHES	1 EACH	115	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
APPLE SLICES	1/2 CUP	100	63	0	9	*N/A*	0.0	15.3	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	1/2	1	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MILK 1% LOWFAT	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
Weighted Daily Average	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
% of Calories			690	43	1331	*18	27.32	80.71	25.84	9.65	0.000
Nutrient Guideline			539-605		1021	*10.3%	15.8%	46.8%	33.7%	12.6%	<10.00

Wed - 04/04/2018											
ELEM. HOT BREAKFAST	Total	40									
FRENCH TOAST STIX	3 stick	40	260	0	520	*N/A*	5.0	37.0	11.0	2.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SYRUP,PANCAKE: PPI'S	PACKET	40	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
ELEMENTARY LUNCH K-8											
SCALLOPED POT W/ HAM - ELEM	Total	115									
ROLL, W.G. RICH 1 OZ.	1/2	115	220	29	1228	*0	16.07	23.21	7.22	3.78	0.000
GREEN BEANS	1 OZ.	115	137	9	10	*N/A*	4.57	23.45	3.17	0.75	0.000
FRUIT COCKTAIL	1/2 CUP	100	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
ORANGE SLICES	1/2 CUP	100	69	0	7	*N/A*	0.48	18.07	0.08	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	1/2 CUP	100	42	0	0	*N/A*	0.85	10.58	0.11	0.02	0.000
MILK 1% LOWFAT	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 3, 2018 thru Apr 30, 2018

Combined: ELEM. HOT BREAKFAST/ELEMENTARY LUNCH K-8

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			602	33	1311	*18	26.36	101.68	10.91	4.02	0.000
% of Calories						*11.7%	17.5%	67.5%	16.3%	6.0%	
Nutrient Guideline			539-605		1021					<10.00	

Thu - 04/05/2018											
ELEM. HOT BREAKFAST	Total	40									
BREAKFAST SANDWICH	1 EACH	40	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	40	155	0	3	*12	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115									
PIZZA W/ PEPPERONI: MAX	slice	115	390	20	1000	*N/A*	18.0	42.0	16.0	5.00	0.000
SALAD, TOSSED	1/2 cup	115	62	0	105	*6	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	70	13	0	4	0	0.65	2.9	0.15	0.00	0.000
KIWI	.5 CUP	100	54	0	3	8	1.01	12.97	0.46	0.03	0.000
PINEAPPLE CHUNKS	1/2 CUP	100	66	0	1	*N/A*	0.45	16.95	0.15	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			654	65	1187	*30	29.53	101.42	15.57	4.96	0.000
% of Calories						*18.5%	18.1%	62.1%	21.4%	6.8%	
Nutrient Guideline			539-605		1021					<10.00	

Fri - 04/06/2018											
ELEM. HOT BREAKFAST	Total	40									
NOTABLES, ASST.	1 EA	40	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			541	6	412	*47	12.21	110.72	6.64	1.78	0.000
% of Calories						*35.0%	9.0%	81.8%	11.0%	3.0%	
Nutrient Guideline			539-605		1021					<10.00	

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Portion Values - Detailed

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Apr 3, 2018 thru Apr 30, 2018

Combined: ELEM. HOT BREAKFAST/ELEMENTARY LUNCH K-8

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 04/09/2018											
ELEM. HOT BREAKFAST	Total	40									
MUFFIN	2 OZ	40	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
YOGURT	6 oz	40	80	5	75	*N/A*	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115									
ORANGE CHICKEN (Elem)	2 oz	115	91	26	177	6	6.86	12.0	1.71	0.29	0.000
RICE	1/2 CUP	115	216	0	10	*N/A*	5.04	44.79	1.76	0.35	0.000
BROCCOLI: frozen, boiled	1/2 CUP	100	15	0	6	*N/A*	1.68	2.89	0.07	0.01	0.000
APPLE CRISP	1/2 cup	115	194	15	71	*14	1.96	33.78	6.25	3.62	0.000
MANDARIN ORANGES	1/2 cup	110	66	0	12	*N/A*	0.82	15.61	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			648	44	450	*33	22.32	120.22	9.04	3.54	0.000
% of Calories						*20.2%	13.8%	74.3%	12.6%	4.9%	
Nutrient Guideline			539-605		1021					<10.00	

Tue - 04/10/2018											
ELEM. HOT BREAKFAST	Total	40									
PIZZA BAGEL	1 EACH	40	179	15	468	*N/A*	8.96	18.93	6.97	2.99	0.000
YOGURT	6 oz	40	80	5	75	*N/A*	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	115									
SPAGHETTI WITH MEAT SAUCE	3/4 CUP	115	288	44	584	*N/A*	18.2	27.18	10.28	3.32	0.000
BREADSTICK, CHEESE FILLED	1 EACH	115	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
GREEN BEANS	1/2 CUP	100	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	100	80	0	0	16	1.0	19.0	0.0	0.00	0.000
APPLE SLICES	1/2	100	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Portion Values - Detailed

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Apr 3, 2018 thru Apr 30, 2018

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002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			663	62	1066	*35	32.76	92.16	17.21	7.83	0.000
% of Calories						*21.3%	19.8%	55.6%	23.4%	10.6%	
Nutrient Guideline			539-605		1021					<10.00	

Wed - 04/11/2018											
ELEM. HOT BREAKFAST	Total	40									
PANCAKE ON A STICK, Blueberry	1 EACH	40	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	40	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	40	155	0	3	*12	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115									
HAMBURGER GRAVY	2 OZ.	115	165	37	320	*N/A*	12.1	6.97	9.59	2.76	0.000
MASHED POTATOES:flakes, (ELEM)	1/2 CUP	115	89	0	371	*N/A*	1.98	17.86	1.49	0.00	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	115	137	9	10	*N/A*	4.57	23.45	3.17	0.75	0.000
CORN	1/2 cup	100	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	110	122	0	4	31	0.68	33.05	0.17	0.01	0.000
ORANGE SLICES	1/2 CUP	100	42	0	0	*N/A*	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			720	43	860	*42	26.16	122.99	15.55	3.91	0.000
% of Calories						*23.5%	14.5%	68.3%	19.4%	4.9%	
Nutrient Guideline			539-605		1021					<10.00	

Thu - 04/12/2018											
ELEM. HOT BREAKFAST	Total	40									
BREAKFAST ROUNDS	1 Each	40	170	1	190	*N/A*	3.0	33.0	4.5	1.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000

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002 - BRYCE VALLEY ELEMENTARY

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	115									
CHICKEN SANDWICH	1 EACH	115	373	40	807	*N/A*	21.19	35.26	16.67	3.54	0.000
FRENCH FRIES	1/2 CUP	115	94	0	182	*N/A*	1.34	12.15	4.66	1.34	0.000
PEARS	1/2 CUP	100	116	0	4	*N/A*	0.77	30.23	0.25	0.00	0.000
APPLE SLICES	1/2	100	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average % of Calories			658	36	963	*25 *15.2%	26.48 16.1%	101.68 61.8%	17.51 24.0%	4.01 5.5%	0.000
Nutrient Guideline			539-605		1021					<10.00	

Fri - 04/13/2018											
ELEM. HOT BREAKFAST	Total	40									
NOTABLES, ASST.	1 EA	40	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average % of Calories			541	6	412	*47 *35.0%	12.21 9.0%	110.72 81.8%	6.64 11.0%	1.78 3.0%	0.000
Nutrient Guideline			539-605		1021					<10.00	

Mon - 04/16/2018											
ELEM. HOT BREAKFAST	Total	40									
MAPLE BITES	4 EACH	40	238	0	258	16	3.97	43.66	5.95	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	115									
MAC & CHEESE; W.G. ELEM	3/4 CUP	115	306	30	747	*N/A*	18.68	32.12	11.95	5.98	0.000
BISCUITS: WHOLE GRN,PURCHASED	1 each	115	190	0	650	*N/A*	4.0	24.0	8.0	5.00	0.000
GREEN BEANS	1/2	100	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT COCKTAIL	1/2 CUP	100	69	0	7	*N/A*	0.48	18.07	0.08	0.01	0.000
KIWI	.5 CUP	100	54	0	3	8	1.01	12.97	0.46	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			677	28	1357	*27	27.70	104.29	16.94	8.29	0.000
% of Calories						*15.9%	16.4%	61.6%	22.5%	11.0%	
Nutrient Guideline			539-605		1021					<10.00	

Tue - 04/17/2018											
ELEM. HOT BREAKFAST	Total	40									
FRENCH TOAST STIX	3 stick	40	260	0	520	*N/A*	5.0	37.0	11.0	2.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SYRUP,PANCAKE: PPI'S	PACKET	40	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
ELEMENTARY LUNCH K-8	Total	115									
SOFT SHELL TACO(BEEF)	1 EACH	115	249	33	446	*3	13.24	25.45	10.23	3.89	0.000
REFRIED BEANS: ELEM	1/2 cup	100	217	0	1069	*N/A*	12.88	36.32	2.78	0.93	0.000
LETTUCE, SHREDDED	1 OZ	90	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED, CHEDDAR	1 OZ	90	106	27	406	*N/A*	6.28	0.45	8.86	5.58	0.000
CORN	1/2 cup	110	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
PEACHES	1/2 CUP	100	63	0	9	*N/A*	0.0	15.3	0.0	0.00	0.000
BANANA, HALF	1/2 EACH	80	45	0	1	*N/A*	0.55	11.53	0.17	0.06	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			760	46	1657	*20	33.09	116.49	18.40	7.39	0.000
% of Calories						*10.4%	17.4%	61.3%	21.8%	8.8%	
Nutrient Guideline			539-605		1021					<10.00	

Wed - 04/18/2018											
ELEM. HOT BREAKFAST	Total	40									
BREAKFAST SANDWICH	1 EACH	40	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	40	155	0	3	*12	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 3, 2018 thru Apr 30, 2018

Combined: ELEM. HOT BREAKFAST/ELEMENTARY LUNCH K-8

002 - BRYCE VALLEY ELEMENTARY

Generated on: 3/23/2018 9:08:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	115									
CHICKEN ALFREDO	2 OZ	115	269	92	40	*1	*23.93	33.93	5.34	1.23	0.000
BREADSTICK, CHEESE FILLED	1 EACH	115	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
BROCCOLI: frozen, boiled	1/2 CUP	100	15	0	6	*N/A*	1.68	2.89	0.07	0.01	0.000
APPLESAUCE	1/2 cup	100	50	0	15	*N/A*	1.0	13.0	0.0	0.00	0.000
GRAPES,Fresh	1/2 CUP	110	76	0	2	18	0.71	19.45	0.4	0.13	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			657	137	653	*34	*38.29	98.62	14.55	6.63	0.000
% of Calories						*21.0%	*23.3%	60.0%	19.9%	9.1%	
Nutrient Guideline			539-605		1021					<10.00	

Thu - 04/19/2018											
	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEM. HOT BREAKFAST	Total	40									
APPLE CINNAMON TEXAS TOAST	SLICE	40	259	*N/A*	299	17	7.96	44.79	5.97	1.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115									
HAMBURGER ON A BUN HS	1 EACH	115	338	71	291	*N/A*	27.63	22.12	15.4	5.46	0.000
FRENCH FRIES	1/2 CUP	115	94	0	182	*N/A*	1.34	12.15	4.66	1.34	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
PEARS	1/2 CUP	100	116	0	4	*N/A*	0.77	30.23	0.25	0.00	0.000
ORANGE SLICES	1/2 CUP	100	42	0	0	*N/A*	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			647	*58	716	*22	32.99	92.39	16.91	5.44	0.000
% of Calories						*13.6%	20.4%	57.2%	23.5%	7.6%	
Nutrient Guideline			539-605		1021					<10.00	

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Garfield County School District

Apr 3, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Combined: ELEM. HOT BREAKFAST/ELEMENTARY LUNCH K-8

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Fri - 04/20/2018											
ELEM. HOT BREAKFAST	Total	40									
NOTABLES, ASST.	1 EA	40	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			541	6	412	*47	12.21	110.72	6.64	1.78	0.000
% of Calories						*35.0%	9.0%	81.8%	11.0%	3.0%	
Nutrient Guideline			539-605		1021					<10.00	

Mon - 04/23/2018											
ELEM. HOT BREAKFAST	Total	40									
MUFFIN	2 OZ	40	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
YOGURT	6 oz	40	80	5	75	*N/A*	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115									
CORN DOG	1 EACH	115	281	40	1084	*N/A*	9.03	32.11	12.04	3.01	0.000
POTATO WEDGES, SAVORY ELEM	2 OZ	115	100	0	173	*N/A*	1.33	12.0	4.67	1.33	0.000
GREEN BEANS	1/2 CUP	100	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
APPLESAUCE	1/2 cup	100	50	0	15	*N/A*	1.0	13.0	0.0	0.00	0.000
KIWI	.5 CUP	100	54	0	3	8	1.01	12.97	0.46	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			582	44	1261	*23	19.95	92.14	14.47	3.62	0.000
% of Calories						*15.7%	13.7%	63.3%	22.4%	5.6%	
Nutrient Guideline			539-605		1021					<10.00	

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Garfield County School District

Apr 3, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Combined: ELEM. HOT BREAKFAST/ELEMENTARY LUNCH K-8

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 04/24/2018											
ELEM. HOT BREAKFAST	Total	40									
PIZZA BAGEL	1 EACH	40	179	15	468	*N/A*	8.96	18.93	6.97	2.99	0.000
YOGURT	6 oz	40	80	5	75	*N/A*	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8											
CHICKEN PARMESAN	Total	115									
TEXAS GARLIC TOAST	1 EACH	115	228	32	461	*0	12.13	12.9	14.1	3.45	0.000
BROCCOLI: frozen, boiled	1 each	115	80	0	180	1	3.0	15.0	2.0	0.00	0.000
BABY CARROTS	1/2 CUP	110	15	0	6	*N/A*	1.68	2.89	0.07	0.01	0.000
PEARS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
ORANGE SLICES	1/2 CUP	100	116	0	4	*N/A*	0.77	30.23	0.25	0.00	0.000
VANILLA PUDDING	1/2 CUP	100	42	0	0	*N/A*	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	1/2 cup	115	135	0	302	*1	1.03	23.47	4.05	0.82	0.000
MILK 1% LOWFAT	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			689	34	1080	*19	26.60	110.32	17.36	4.10	0.000
% of Calories						*11.0%	15.4%	64.0%	22.7%	5.3%	
Nutrient Guideline			539-605		1021					<10.00	

Wed - 04/25/2018											
ELEM. HOT BREAKFAST	Total	40									
PANCAKE ON A STICK, Blueberry	1 EACH	40	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	40	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	40	155	0	3	*12	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8											
BEEF DIPPERS	Total	115									
TATOR TOTS	4 each	115	160	35	440	*N/A*	14.0	6.0	9.0	3.48	0.000
BISCUITS: WHOLE GRN,PURCHASED	1 CUP	115	181	0	474	*N/A*	2.26	22.58	9.03	2.26	0.000
CARROTS:frozen, boiled	1 each	115	190	0	650	*N/A*	4.0	24.0	8.0	5.00	0.000
PEACHES, DICED, CUP, FROZEN	3/4 CUP	100	41	0	0	*N/A*	0.64	8.46	0.74	0.13	0.000
APPLE SLICES	4.4 OZ	100	80	0	0	16	1.0	19.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	1/2	100	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MILK 1% LOWFAT	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Garfield County School District

Apr 3, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Combined: ELEM. HOT BREAKFAST/ELEMENTARY LUNCH K-8

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			772	35	1427	*38	26.28	112.36	24.06	9.37	0.000
% of Calories						*19.9%	13.6%	58.3%	28.1%	10.9%	
Nutrient Guideline			539-605		1021					<10.00	

Thu - 04/26/2018											
ELEM. HOT BREAKFAST	Total	40									
BAGEL: PLAIN WW	1 EACH	40	229	0	459	*N/A*	7.65	46.82	0.96	0.00	0.000
CREAM CHEESE:PPI	PPI	40	100	30	100	*N/A*	2.0	2.0	9.0	6.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	115									
PIZZA RIPPERS, PEPPERONI, ELEM	2 OZ.	115	151	15	276	*N/A*	7.53	15.05	5.52	2.01	0.000
SALAD, TOSSED (SEC)	1 CUP	115	62	0	105	*6	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	70	13	0	4	0	0.65	2.9	0.15	0.00	0.000
APPLESAUCE	1/2 cup	105	50	0	15	*N/A*	1.0	13.0	0.0	0.00	0.000
PINEAPPLE CHUNKS	1/2 CUP	105	66	0	1	*N/A*	0.45	16.95	0.15	0.01	0.000
BUTTERSCOTCH PUDD.	1/2 cup	115	135	0	302	*1	1.03	23.47	4.05	0.82	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			582	24	840	*23	21.00	101.46	10.47	3.84	0.000
% of Calories						*15.6%	14.4%	69.7%	16.2%	5.9%	
Nutrient Guideline			539-605		1021					<10.00	

Fri - 04/27/2018											
ELEM. HOT BREAKFAST	Total	40									
NOTABLES, ASST.	1 EA	40	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			541	6	412	*47	12.21	110.72	6.64	1.78	0.000
% of Calories						*35.0%	9.0%	81.8%	11.0%	3.0%	
Nutrient Guideline			539-605		1021					<10.00	

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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 3, 2018 thru Apr 30, 2018

Combined: ELEM. HOT BREAKFAST/ELEMENTARY LUNCH K-8

002 - BRYCE VALLEY ELEMENTARY

Generated on: 3/23/2018 9:08:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 04/30/2018											
ELEM. HOT BREAKFAST	Total	40									
APPLE CINNAMON TEXAS TOAST	SLICE	40	259	*N/A*	299	17	7.96	44.79	5.97	1.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115									
SLOPPY JOE	1 EACH	115	303	46	515	*10	19.02	34.45	10.48	3.51	0.000
BAKED BEANS :BountifulHarvest:	1/2 cup	100	140	0	471	*N/A*	6.11	27.91	0.0	0.00	0.000
FRUIT COCKTAIL	1/2 CUP	100	69	0	7	*N/A*	0.48	18.07	0.08	0.01	0.000
BANANA, HALF	1/2 EACH	70	45	0	1	*N/A*	0.55	11.53	0.17	0.06	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	110	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SUGAR COOKIE :WG:	1 EACH	115	107	0	84	*N/A*	1.53	18.39	3.45	1.15	0.000
Weighted Daily Average			681	*40	1006	*30	30.13	114.39	12.24	3.87	0.000
% of Calories						*17.3%	17.7%	67.2%	16.2%	5.1%	
Nutrient Guideline			539-605		1021					<10.00	

Weighted Average			642	*40	941	*31	*24.79	105.31	14.18	4.88	0.000
						*43.8%	*15.4%	65.6%	19.9%	6.8%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	642		539 - 605	106%			38	Correction Required - Calories too High
Cholesterol (mg)	40				Missing			
Sodium (mg)	941		1021					
Sugars (g)	31	19.48%			Missing			
Protein (g)	24.79	15.44%			Missing			
Carbohydrate (g)	105.31	65.58%						
Total Fat (g)	14.18	19.87%						
Saturated Fat (g)	4.88	6.84%	<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.

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.