

Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 2, 2017 thru Oct 31, 2017

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 10/02/2017										
ELEM. HOT BREAKFAST	Total	35								
PANCAKES	1 EACH	35	96	7	189	2.14	15.48	2.8	0.48	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	30	110	10	130	8.0	13.0	2.5	1.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	5	118	0	29	0.0	29.87	0.0	0.00	0.000
ELEMENTARY LUNCH K-8	Total	110								
BURRITO, BEAN & CHEESE	1 EACH	110	285	3	453	9.12	43.87	8.13	1.73	0.000
NACHO CHIPS	1 CUP	110	134	0	93	2.01	19.22	5.86	0.80	0.000
NACHO CHEESE SAUCE	3 TBSP	110	149	24	714	12.31	4.95	9.39	5.45	0.000
PEACHES	1/2 CUP	110	63	0	9	0.0	15.3	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			681	30	1211	28.26	98.80	19.17	6.60	0.000
% of Calories						16.6%	58.0%	25.3%	8.7%	
Nutrient Guideline			546-609		1042				<10.00	

Tue - 10/03/2017										
ELEM. HOT BREAKFAST	Total	35								
BREAKFAST ROUNDS	1 Each	35	170	1	190	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	4OZ.	35	181	0	151	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	110								
CHICKEN NOODLE SOUP	3/4 CUP	110	164	52	1176	12.93	19.7	3.58	0.85	0.000
BREADSTICK, CHEESE FILLED	1 EACH	110	170	25	330	8.0	13.0	10.0	6.00	0.000
BABY CARROTS	1/2 cup	110	40	0	88	0.73	9.34	0.15	0.03	0.000
FRUIT COCKTAIL	1/2 CUP	110	69	0	7	0.48	18.07	0.08	0.01	0.000
APPLE CRISP	1/2 cup	110	194	15	71	1.96	33.78	6.25	3.62	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000

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.

Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 2

Oct 2, 2017 thru Oct 31, 2017

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			719	76	1525	28.76	116.28	16.64	8.39	0.000
% of Calories						16.0%	64.7%	20.8%	10.5%	
Nutrient Guideline			546-609		1042				<10.00	

Wed - 10/04/2017										
ELEM. HOT BREAKFAST	Total	35								
POP TART STRAW.<OR> CINN. WG	1 each	35	180	0	185	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	110								
COUNTRY FRIED STEAK	3 OZ	110	291	31	427	14.52	13.06	20.27	5.39	0.000
MASHED POTATOES:flakes, (ELEM)	1/2 CUP	110	89	0	371	1.98	17.86	1.49	0.00	0.000
COUNTRY GRAVY	1/4 cup	110	44	0	219	0.99	4.93	1.97	1.48	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	110	137	9	10	4.57	23.45	3.17	0.75	0.000
GREEN BEANS	1/2	110	20	0	110	0.9	4.0	0.0	0.00	0.000
APPLESAUCE	1/2 cup	110	50	0	15	1.0	13.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			695	39	1137	28.65	94.91	22.61	6.92	0.000
% of Calories						16.5%	54.6%	29.3%	9.0%	
Nutrient Guideline			546-609		1042				<10.00	

Thu - 10/05/2017										
ELEM. HOT BREAKFAST	Total	35								
PIZZA BAGEL	1 EACH	35	179	15	468	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000

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.

Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 2, 2017 thru Oct 31, 2017

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	110								
HOT HAM & CHEESE	1 EACH	110	230	38	756	16.31	23.04	8.49	3.73	0.000
TATOR TOTS	1 CUP	110	181	0	474	2.26	22.58	9.03	2.26	0.000
BROCCOLI: frozen, boiled	1/2 CUP	110	15	0	6	1.68	2.89	0.07	0.01	0.000
PEARS	1/2 CUP	110	116	0	4	0.77	30.23	0.25	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			607	38	1227	26.41	92.18	15.54	5.45	0.000
% of Calories						17.4%	60.8%	23.1%	8.1%	
Nutrient Guideline			546-609		1042				<10.00	

Fri - 10/06/2017										
ELEM. HOT BREAKFAST	Total	35								
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			541	6	411	12.21	110.58	6.68	1.81	0.000
% of Calories						9.0%	81.8%	11.1%	3.0%	
Nutrient Guideline			546-609		1042				<10.00	

Mon - 10/09/2017										
ELEM. HOT BREAKFAST	Total	35								
POP TART STRAW.<OR> CINN. WG	1 each	35	180	0	185	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000

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.

Garfield County School District

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 4

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	110								
HAMBURGER ON A BUN ELEM.	1 EACH	110	266	48	271	20.43	22.12	10.77	3.64	0.000
FRENCH FRIES	1 CUP	110	189	0	364	2.67	24.3	9.31	2.67	0.000
BABY CARROTS	1/2 cup	110	40	0	88	0.73	9.34	0.15	0.03	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	110	80	0	0	1.0	19.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			659	46	825	29.87	95.10	17.54	5.95	0.000
% of Calories						18.1%	57.8%	24.0%	8.1%	
Nutrient Guideline			546-609		1042				<10.00	

Tue - 10/10/2017										
ELEM. HOT BREAKFAST	Total	35								
FRENCH TOAST STIX W/SYRUP	SERVING	35	378	0	549	5.0	66.87	11.0	2.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	110								
CHICKEN FAJITA ELEM.	2 OZ.	110	243	62	582	15.69	23.47	10.07	3.51	0.000
REFRIED BEANS: ELEM	1/2 cup	110	217	0	1069	12.88	36.32	2.78	0.93	0.000
CORN	1/2 cup	110	80	0	110	2.0	17.0	1.0	0.00	0.000
KIWI	1 CUP	110	108	0	5	2.02	25.95	0.92	0.05	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			735	53	1645	34.23	121.93	14.19	4.07	0.000
% of Calories						18.6%	66.4%	17.4%	5.0%	
Nutrient Guideline			546-609		1042				<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.

Garfield County School District

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 5

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 10/11/2017										
ELEM. HOT BREAKFAST	Total	35								
MUFFIN	2 OZ	35	169	30	199	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8										
CHILI	1 CUP	110	185	26	542	14.35	21.33	5.06	1.83	0.000
CRACKERS	3 PACKETS	110	75	0	169	1.7	13.33	1.56	0.30	0.000
VEGGIE STIX	1/2 cup	110	11	0	25	0.68	2.14	0.1	0.03	0.000
CINNAMON ROLL	ROLL	110	229	3	108	2.71	44.88	4.63	1.44	0.000
GRAPES,Fresh	1/2 CUP	110	76	0	2	0.71	19.45	0.4	0.12	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			649	38	909	26.00	111.52	11.88	3.97	0.000
% of Calories						16.0%	68.7%	16.5%	5.5%	
Nutrient Guideline			546-609		1042				<10.00	

Thu - 10/12/2017										
ELEM. HOT BREAKFAST	Total	35								
PIZZA BAGEL	1 EACH	35	179	15	468	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8										
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	110	301	30	552	15.05	30.11	11.04	4.01	0.000
SALAD, TOSSED	1/2 cup	110	62	0	105	3.47	13.35	0.53	0.07	0.000
TOMATO, CHERRY	1/2 CUP	110	13	0	4	0.65	2.9	0.15	0.00	0.000
PINEAPPLE CHUNKS	1/2 CUP	110	66	0	1	0.45	16.95	0.15	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
BUTTERSCOTCH PUDD.	1/2 cup	110	135	0	302	1.03	23.47	4.05	0.82	0.000

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.

Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Oct 2, 2017 thru Oct 31, 2017

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			633	32	1017	26.13	98.28	14.09	4.64	0.000
% of Calories						16.5%	62.1%	20.0%	6.6%	
Nutrient Guideline			546-609		1042				<10.00	

Fri - 10/13/2017										
ELEM. HOT BREAKFAST	Total	35								
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			541	6	411	12.21	110.58	6.68	1.81	0.000
% of Calories						9.0%	81.8%	11.1%	3.0%	
Nutrient Guideline			546-609		1042				<10.00	

Mon - 10/16/2017										
ELEM. HOT BREAKFAST	Total	35								
BREAKFAST ROUNDS	1 Each	35	170	1	190	3.0	33.0	4.5	1.00	0.000
YOGURT	6 oz	35	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	110								
PULLED PORK IN BBQ SAUCE	2 OZ	110	216	20	609	13.51	32.74	4.01	0.80	0.000
HOAGIE BUN, 4" WG	1 EA	110	110	*N/A*	190	5.0	21.0	1.6	*N/A*	0.000
BAKED BEANS :BountifulHarvest:	1/2 cup	110	140	0	471	6.11	27.91	0.0	0.00	0.000
COLE SLAW	1/2 CUP	110	168	12	131	1.12	6.52	15.92	1.74	0.000
MANDARIN ORANGES	1/2 cup	110	66	0	12	0.82	15.61	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			743	*31	1309	30.39	118.41	17.75	*2.35	0.000
% of Calories						16.4%	63.8%	21.5%	*2.8%	
Nutrient Guideline			546-609		1042				<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.

Garfield County School District

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 7

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 10/17/2017										
ELEM. HOT BREAKFAST	Total	35								
PANCAKE ON A STICK, Plain	1 EACH	35	240	20	320	6.0	22.0	14.0	5.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	110								
HAMBURGER GRAVY	3 OZ.	110	165	37	320	12.1	6.97	9.59	2.76	0.000
MASHED POTATOES:flakes, (ELEM)	1/2 CUP	110	89	0	371	1.98	17.86	1.49	0.00	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	110	137	9	10	4.57	23.45	3.17	0.75	0.000
GREEN BEANS	1/2	110	20	0	110	0.9	4.0	0.0	0.00	0.000
FRUIT COCKTAIL	1/2 CUP	110	69	0	7	0.48	18.07	0.08	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			575	45	871	24.96	86.53	14.58	4.06	0.000
% of Calories						17.4%	60.2%	22.8%	6.3%	
Nutrient Guideline			546-609		1042				<10.00	

Wed - 10/18/2017										
ELEM. HOT BREAKFAST	Total	35								
MUFFIN	2 OZ	35	169	30	199	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	110								
SOFT SHELL TACO(BEEF)	1 EACH	110	241	33	429	13.07	26.0	9.21	3.18	0.000
REFRIED BEANS: ELEM	1/2 cup	110	217	0	1069	12.88	36.32	2.78	0.93	0.000
CORN	1/2 cup	110	80	0	110	2.0	17.0	1.0	0.00	0.000
PEACHES	1/2 CUP	110	63	0	9	0.0	15.3	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000

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.

Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 8

Oct 2, 2017 thru Oct 31, 2017

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			668	42	1493	31.92	106.59	12.83	4.26	0.000
% of Calories						19.1%	63.8%	17.3%	5.7%	
Nutrient Guideline			546-609		1042				<10.00	

Thu - 10/19/2017										
ELEM. HOT BREAKFAST	Total	35								
FRENCH TOAST STIX	3 stick	35	260	0	520	5.0	37.0	11.0	2.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	110								
NEW YORK SUB SANDWICH ELEM	1 EACH	110	225	*40	1161	19.5	24.4	6.7	*2.66	0.000
POTATO CHIPS, BAKED, LAYS	1 OZ	110	125	0	196	1.78	21.4	3.12	0.45	0.000
VEGGIE STIX	1/2 cup	110	11	0	25	0.68	2.14	0.1	0.03	0.000
APPLESAUCE	1/2 cup	110	50	0	15	1.0	13.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
RANGER COOKIE	1 Each	110	120	5	100	1.0	16.0	6.0	3.50	0.000
Weighted Daily Average			618	*40	1434	27.69	95.14	15.06	*5.70	0.000
% of Calories						17.9%	61.6%	21.9%	*8.3%	
Nutrient Guideline			546-609		1042				<10.00	

Tue - 10/24/2017										
ELEM. HOT BREAKFAST	Total	35								
POP TART STRAW.<OR> CINN. WG	1 each	35	180	0	185	2.0	36.92	2.74	1.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000

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.

Garfield County School District

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 9

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	110								
TOMATO SOUP	1/2 cup	110	45	0	223	1.13	8.5	0.85	0.28	0.000
CHEESE SAND. WW BREAD (I.W.)	1 EA	110	0	28	448	11.2	29.11	13.44	6.72	0.000
BABY CARROTS	1/2 cup	110	40	0	88	0.73	9.34	0.15	0.03	0.000
PICKLES,DILL	1/8 cup	110	2	0	170	0.12	0.5	0.03	0.01	0.000
PEARS	1/2 CUP	110	116	0	4	0.77	30.23	0.25	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			350	27	925	19.37	95.70	12.15	5.76	0.000
% of Calories						22.2%	109.5%	31.3%	14.8%	
Nutrient Guideline			546-609		1042				<10.00	

Wed - 10/25/2017										
ELEM. HOT BREAKFAST	Total	35								
BREAKFAST ROUNDS	1 Each	35	170	1	190	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	4OZ.	35	181	0	151	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	110								
CHICKEN ALFREDO	2 OZ	110	269	92	40	*23.93	33.93	5.34	1.23	0.000
BREAD STICKS,PLAIN : WW ELEM.	1 EA	110	70	0	120	2.5	13.5	1.0	0.00	0.000
BROCCOLI: frozen, boiled	1/2 CUP	110	15	0	6	1.68	2.89	0.07	0.01	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	110	80	0	0	1.0	19.0	0.0	0.00	0.000
BROWNIE, FUDGE	SERVING	110	140	0	140	2.0	25.0	3.0	1.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			672	76	487	*34.08	116.58	8.55	2.12	0.000
% of Calories						*20.3%	69.4%	11.4%	2.8%	
Nutrient Guideline			546-609		1042				<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.

Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 10

Oct 2, 2017 thru Oct 31, 2017

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 10/26/2017										
ELEM. HOT BREAKFAST	Total	35								
FRENCH TOAST STIX	3 stick	35	260	0	520	5.0	37.0	11.0	2.00	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8										
CORN DOG	1 EACH	110	281	40	1084	9.03	32.11	12.04	3.01	0.000
POTATO WEDGES, SAVORY ELEM	2 OZ	110	100	0	173	1.33	12.0	4.67	1.33	0.000
GREEN BEANS	1/2	110	20	0	110	0.9	4.0	0.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	110	122	0	4	0.68	33.05	0.17	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			640	36	1345	18.57	105.56	15.78	3.97	0.000
% of Calories						11.6%	65.9%	22.2%	5.6%	
Nutrient Guideline			546-609		1042				<10.00	

Fri - 10/27/2017										
ELEM. HOT BREAKFAST	Total	35								
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			541	6	411	12.21	110.58	6.68	1.81	0.000
% of Calories						9.0%	81.8%	11.1%	3.0%	
Nutrient Guideline			546-609		1042				<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.

Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 11

Oct 2, 2017 thru Oct 31, 2017

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 10/30/2017										
ELEM. HOT BREAKFAST	Total	35								
PANCAKES	1 EACH	35	200	5	300	5.0	32.5	4.0	1.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	110								
CHICKEN SANDWICH	1 EACH	110	373	40	807	21.19	35.26	16.67	3.54	0.000
FRENCH FRIES	1/2 CUP	110	94	0	182	1.34	12.15	4.66	1.34	0.000
VEGGIE CUP	1 CUP	110	17	0	26	1.0	3.59	0.18	0.03	0.000
MANDARIN ORANGES	1/2 cup	110	66	0	12	0.82	15.61	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			647	38	1032	27.99	93.43	17.61	4.26	0.000
% of Calories						17.3%	57.8%	24.5%	5.9%	
Nutrient Guideline			546-609		1042				<10.00	

Tue - 10/31/2017										
ELEM. HOT BREAKFAST	Total	35								
PIZZA BAGEL	1 EACH	35	179	15	468	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	110								
MAC & CHEESE; W.G. ELEM	3/4 CUP	110	306	30	747	18.68	32.12	11.95	5.98	0.000
GREEN BEANS	1/2	110	20	0	110	0.9	4.0	0.0	0.00	0.000
BABY CARROTS	1/2 cup	110	40	0	88	0.73	9.34	0.15	0.03	0.000
GRAPES,Fresh	1/2 CUP	110	76	0	2	0.71	19.45	0.4	0.12	0.000
BANANA, HALF	1/2 EACH	50	45	0	1	0.55	11.53	0.17	0.06	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000

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.

Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 12

Oct 2, 2017 thru Oct 31, 2017

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 9/22/2017 10:44:51 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			546	32	1005	26.60	85.64	11.55	5.57	0.000
% of Calories						19.5%	62.7%	19.0%	9.2%	
Nutrient Guideline			546-609		1042				<10.00	

Weighted Average			623	*37	1031	*25.33 *16.3%	103.22 66.3%	13.88 20.1%	*4.47 *6.5%	0.000
------------------	--	--	-----	-----	------	------------------	-----------------	----------------	----------------	-------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	623		546 - 609	102%			14	Correction Required - Calories too High
Cholesterol (mg)	37				Missing			
Sodium (mg)	1031		1042					
Protein (g)	25.33	16.26%			Missing			
Carbohydrate (g)	103.22	66.28%						
Total Fat (g)	13.88	20.05%						
Saturated Fat (g)	4.47	6.46%	<10.00%		Missing			

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.