

# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 1, 2018 thru Feb 28, 2018

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 1/18/2018 3:19:35 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 02/01/2018										
ELEM. HOT BREAKFAST	Total	40								
PANCAKES	1 EACH	40	200	5	300	5.0	32.5	4.0	1.50	0.000
SYRUP, PANCAKE: PPI'S	PACKET	40	118	0	29	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	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	5	110	10	130	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8										
HAMBURGER ON A BUN HS	1 EACH	115	338	71	291	27.63	22.12	15.4	5.46	0.000
FRENCH FRIES	1/2 CUP	115	94	0	182	1.34	12.15	4.66	1.34	0.000
PICKLES, DILL	1/8 cup	100	2	0	170	0.12	0.5	0.03	0.01	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	0.0	0.01	0.0	0.00	0.000
PEARS	1/2 CUP	100	116	0	4	0.77	30.23	0.25	0.00	0.000
ORANGE SLICES	1/2 CUP	100	42	0	0	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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			646	60	722	32.07	92.67	16.44	5.61	0.000
% of Calories						19.9%	57.4%	22.9%	7.8%	
Nutrient Guideline			539-604		1019				<10.00	

Fri - 02/02/2018										
ELEM. HOT BREAKFAST	Total	40								
CEREAL-ASST	1 cup	10	148	0	204	1.86	30.86	1.89	0.12	0.000
CHEESE ,STRING	1 each	10	80	15	190	7.0	1.0	5.0	3.00	0.000
APPLES, Fresh	1 each	5	53	0	1	0.26	13.95	0.17	0.03	0.000
ORANGES	1 EACH	5	62	0	0	1.23	15.39	0.16	0.03	0.000
YOGURT, ASST.	4OZ.	10	181	0	151	6.02	38.13	0.0	0.00	0.000
MUFFIN	2 OZ	10	169	30	199	2.98	27.85	5.97	0.99	0.000
NOTABLES, ASST	1 EACH	10	320	0	240	3.0	65.0	6.0	1.50	0.000
JUICE, ASSORTED,	1/2 cup	20	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	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			373	18	408	13.46	67.01	5.35	1.80	0.000
% of Calories						14.4%	71.9%	12.9%	4.3%	
Nutrient Guideline			539-604		1019				<10.00	

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Page 2

Feb 1, 2018 thru Feb 28, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 02/05/2018										
ELEM. HOT BREAKFAST	Total	40								
PIZZA BAGEL	1 EACH	40	179	15	468	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	20	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	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	10	110	10	130	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	115								
CHICKEN NUGGETS	SERV	115	200	15	550	12.0	4.0	12.0	2.50	0.000
TATOR TOTS	1 CUP	115	181	0	474	2.26	22.58	9.03	2.26	0.000
BREADSTICK, CHEESE FILLED SEC	1 EACH	115	170	25	330	8.0	13.0	10.0	6.00	0.000
PEACHES	1/2 CUP	100	63	0	9	0.0	15.3	0.0	0.00	0.000
APPLE SLICES	1/2	100	57	0	1	0.28	15.05	0.19	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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			671	39	1304	27.18	78.09	25.30	8.98	0.000
% of Calories						16.2%	46.6%	33.9%	12.1%	
Nutrient Guideline			539-604		1019				<10.00	

Tue - 02/06/2018										
ELEM. HOT BREAKFAST	Total	40								
FRENCH TOAST STIX	3 stick	40	260	0	520	5.0	37.0	11.0	2.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SYRUP, PANCAKE: PPI'S	PACKET	40	118	0	29	0.0	29.87	0.0	0.00	0.000
ELEMENTARY LUNCH K-8	Total	115								
COUNTRY FRIED STEAK	3 OZ	115	291	31	427	14.52	13.06	20.27	5.39	0.000
MASHED POTATOES: flakes, (ELEM)	1/2 CUP	115	89	0	371	1.98	17.86	1.49	0.00	0.000
COUNTRY GRAVY	1/4 cup	115	44	0	219	0.99	4.93	1.97	1.48	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	115	137	9	10	4.57	23.45	3.17	0.75	0.000
BUTTER: individual	PAT	100	36	11	32	0.04	0.0	4.06	2.57	0.000
CORN	1/2 cup	100	80	0	110	2.0	17.0	1.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	110	122	0	4	0.68	33.05	0.17	0.01	0.000
ORANGE SLICES	1/2 CUP	100	42	0	0	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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

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Page 3

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002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			843	42	1170	28.17	126.96	26.52	8.01	0.000
% of Calories						13.4%	60.3%	28.3%	8.6%	
Nutrient Guideline			539-604		1019				<10.00	

Wed - 02/07/2018										
ELEM. HOT BREAKFAST	Total	40								
BREAKFAST SANDWICH	1 EACH	40	259	173	726	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	30	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	30	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115								
CHILI	1 CUP	115	185	26	542	14.35	21.33	5.06	1.83	0.000
CRACKERS	3 PACKETS	115	75	0	169	1.7	13.33	1.56	0.30	0.000
BABY CARROTS	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03	0.000
CINNAMON ROLL :SEC:	ROLL	115	348	10	265	5.64	63.83	8.38	2.67	0.000
PEARS	1/2 CUP	100	116	0	4	0.77	30.23	0.25	0.00	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	105	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			788	77	1145	29.50	138.62	14.32	4.80	0.000
% of Calories						15.0%	70.3%	16.3%	5.5%	
Nutrient Guideline			539-604		1019				<10.00	

Thu - 02/08/2018										
ELEM. HOT BREAKFAST	Total	40								
POP TART STRAW.<OR> CINN. WG	1 each	40	180	0	185	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	20	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000

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Page 4

Feb 1, 2018 thru Feb 28, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	115								
PIZZA W/ PEPPERONI: MAX	slice	115	390	20	1000	18.0	42.0	16.0	5.00	0.000
SALAD, TOSSED (SEC)	1 CUP	115	62	0	105	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	75	13	0	4	0.65	2.9	0.15	0.00	0.000
KIWI	.5 CUP	100	54	0	3	1.01	12.97	0.46	0.03	0.000
PINEAPPLE CHUNKS	1/2 CUP	100	66	0	1	0.45	16.95	0.15	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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			614	22	1069	26.78	95.90	14.36	4.60	0.000
% of Calories						17.4%	62.4%	21.0%	6.7%	
Nutrient Guideline			539-604		1019				<10.00	

Fri - 02/09/2018										
ELEM. HOT BREAKFAST	Total	40								
CEREAL-ASST	1 cup	20	148	0	204	1.86	30.86	1.89	0.12	0.000
CHEESE ,STRING	1 each	10	80	15	190	7.0	1.0	5.0	3.00	0.000
APPLES,Fresh	1 each	5	53	0	1	0.26	13.95	0.17	0.03	0.000
ORANGES	1 EACH	5	62	0	0	1.23	15.39	0.16	0.03	0.000
YOGURT, ASST.	4OZ.	10	181	0	151	6.02	38.13	0.0	0.00	0.000
MUFFIN	2 OZ	10	169	30	199	2.98	27.85	5.97	0.99	0.000
NOTABLES, ASST	1 EACH	10	320	0	240	3.0	65.0	6.0	1.50	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	20	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	20	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			405	20	441	13.98	72.77	6.41	2.21	0.000
% of Calories						13.8%	71.8%	14.2%	4.9%	
Nutrient Guideline			539-604		1019				<10.00	

Mon - 02/12/2018										
ELEM. HOT BREAKFAST	Total	40								
MUFFIN	2 OZ	40	169	30	199	2.98	27.85	5.97	0.99	0.000
YOGURT	6 oz	25	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000

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Page 5

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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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	115								
SCALLOPED POT W/ HAM - ELEM	1/2	115	220	29	1228	16.07	23.21	7.22	3.78	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	115	137	9	10	4.57	23.45	3.17	0.75	0.000
BUTTER: individual	PAT	100	36	11	32	0.04	0.0	4.06	2.57	0.000
GREEN BEANS	1/2 CUP	105	20	0	110	0.9	4.0	0.0	0.00	0.000
FRUIT COCKTAIL	1/2 CUP	100	69	0	7	0.48	18.07	0.08	0.01	0.000
ORANGE SLICES	1/2 CUP	100	42	0	0	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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			569	49	1255	26.56	90.04	12.26	5.46	0.000
% of Calories						18.7%	63.3%	19.4%	8.6%	
Nutrient Guideline			539-604		1019				<10.00	

Tue - 02/13/2018										
ELEM. HOT BREAKFAST	Total	40								
PIZZA BAGEL	1 EACH	40	179	15	468	8.96	18.93	6.97	2.99	0.000
YOGURT	6 oz	8	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	3	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	115								
Orange Chicken <OR>	2 oz	115	91	26	177	6.86	12.0	1.71	0.29	0.000
RICE	1/2 CUP	115	216	0	10	5.04	44.79	1.76	0.35	0.000
BROCCOLI: frozen, boiled	1/2 CUP	105	15	0	6	1.68	2.89	0.07	0.01	0.000
FORTUNE COOKIE	1 EACH	115	32	0	11	0.2	21.0	0.2	0.00	0.000
MANDARIN ORANGES	1/2 cup	105	66	0	12	0.82	15.61	0.0	0.00	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	105	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			492	28	421	20.01	101.76	4.93	1.43	0.000
% of Calories						16.2%	82.7%	9.0%	2.6%	
Nutrient Guideline			539-604		1019				<10.00	

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Page 6

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002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 02/14/2018										
ELEM. HOT BREAKFAST	Total	40								
PANCAKE ON A STICK, Blueberry	1 EACH	40	250	15	320	6.0	23.0	15.0	4.50	0.000
SYRUP, PANCAKE: PPI'S	PACKET	40	118	0	29	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	30	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	30	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115								
SPAGHETTI WITH MEAT SAUCE	3/4 CUP	115	288	44	584	18.2	27.18	10.28	3.32	0.000
BREADSTICK, CHEESE FILLED	1 EACH	115	170	25	330	8.0	13.0	10.0	6.00	0.000
CORN	1/2 cup	110	80	0	110	2.0	17.0	1.0	0.00	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	110	80	0	0	1.0	19.0	0.0	0.00	0.000
APPLE SLICES	1/2	100	57	0	1	0.28	15.05	0.19	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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			740	61	1020	31.65	107.55	20.07	8.27	0.000
% of Calories						17.1%	58.1%	24.4%	10.1%	
Nutrient Guideline			539-604		1019				<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 02/15/2018										
ELEM. HOT BREAKFAST	Total	40								
BREAKFAST SANDWICH	1 EACH	40	259	173	726	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	30	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	30	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115								
NEW YORK SUB SANDWICH ELEM	1 EACH	115	225	*40	1161	19.5	24.4	6.7	*2.66	0.000
POTATO CHIPS: ASST.BAKED	BAG	115	120	0	200	2.0	20.65	3.16	0.50	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	0.0	0.01	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	0.12	0.5	0.03	0.01	0.000
VEGGIE CUP	1 CUP	105	17	0	26	1.0	3.59	0.18	0.03	0.000
APPLESAUCE	1/2 cup	100	50	0	15	1.0	13.0	0.0	0.00	0.000
KIWI, SEC.	1 CUP	100	108	0	5	2.02	25.95	0.92	0.05	0.000
RANGER COOKIE	1 Each	115	120	5	100	1.0	16.0	6.0	3.50	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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

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# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Feb 1, 2018 thru Feb 28, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			683	*84	1585	31.65	109.48	15.39	*6.21	0.000
% of Calories						18.5%	64.1%	20.3%	*8.2%	
Nutrient Guideline			539-604		1019				<10.00	

Fri - 02/16/2018										
ELEM. HOT BREAKFAST	Total	40								
CEREAL-ASST	1 cup	20	148	0	204	1.86	30.86	1.89	0.12	0.000
CHEESE ,STRING	1 each	15	80	15	190	7.0	1.0	5.0	3.00	0.000
APPLES,Fresh	1 each	5	53	0	1	0.26	13.95	0.17	0.03	0.000
ORANGES	1 EACH	5	62	0	0	1.23	15.39	0.16	0.03	0.000
YOGURT, ASST.	4OZ.	15	181	0	151	6.02	38.13	0.0	0.00	0.000
MUFFIN	2 OZ	10	169	30	199	2.98	27.85	5.97	0.99	0.000
NOTABLES, ASST	1 EACH	10	320	0	240	3.0	65.0	6.0	1.50	0.000
JUICE, ASSORTED,	1/2 cup	30	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			454	19	510	15.52	82.89	6.15	2.01	0.000
% of Calories						13.7%	73.1%	12.2%	4.0%	
Nutrient Guideline			539-604		1019				<10.00	

Tue - 02/20/2018										
ELEM. HOT BREAKFAST	Total	40								
MUFFIN	2 OZ	40	169	30	199	2.98	27.85	5.97	0.99	0.000
YOGURT	6 oz	30	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	40	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	30	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115								
TOMATO SOUP	1 CUP	115	179	20	1002	5.69	26.6	5.96	2.83	0.000
CHEESE SANDWICH ON WG BREAD	SANDWICH	115	267	28	449	11.23	29.19	13.47	6.74	0.000
CARROTS:frozen, boiled	1/2 CUP	100	41	0	0	0.64	8.46	0.74	0.13	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	0.12	0.5	0.03	0.01	0.000
PEACHES	1/2 CUP	100	63	0	9	0.0	15.3	0.0	0.00	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	105	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

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# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 8

Feb 1, 2018 thru Feb 28, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			639	50	1432	23.42	102.49	16.86	7.65	0.000
% of Calories						14.7%	64.2%	23.8%	10.8%	
Nutrient Guideline			539-604		1019				<10.00	

Wed - 02/21/2018										
ELEM. HOT BREAKFAST	Total	40								
PANCAKES	1 EACH	40	200	5	300	5.0	32.5	4.0	1.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	40	118	0	29	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	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	5	110	10	130	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	115								
HAMBURGER GRAVY	4 OZ.	115	168	25	459	11.26	6.32	11.23	3.06	0.000
MASHED POTATOES:flakes, (ELEM)	1/2 CUP	115	89	0	371	1.98	17.86	1.49	0.00	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	115	137	9	10	4.57	23.45	3.17	0.75	0.000
BUTTER: individual	PAT	100	36	11	32	0.04	0.0	4.06	2.57	0.000
CORN	1/2 cup	115	80	0	110	2.0	17.0	1.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	110	122	0	4	0.68	33.05	0.17	0.01	0.000
ORANGE SLICES	1/2 CUP	100	42	0	0	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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			711	39	986	25.21	118.81	16.64	5.05	0.000
% of Calories						14.2%	66.9%	21.1%	6.4%	
Nutrient Guideline			539-604		1019				<10.00	

Thu - 02/22/2018										
ELEM. HOT BREAKFAST	Total	40								
BREAKFAST ROUNDS	1 Each	40	170	1	190	3.0	33.0	4.5	1.00	0.000
YOGURT	6 oz	40	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	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	5	110	10	130	8.0	13.0	2.5	1.50	0.000

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**Garfield County School District**

**Feb 1, 2018 thru Feb 28, 2018**

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 9

Generated on: 1/18/2018 3:19:36 PM

	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	115								
CHICKEN SANDWICH	1 EACH	115	373	40	807	21.19	35.26	16.67	3.54	0.000
FRENCH FRIES	1/2 CUP	115	94	0	182	1.34	12.15	4.66	1.34	0.000
PEARS	1/2 CUP	100	116	0	4	0.77	30.23	0.25	0.00	0.000
APPLE SLICES	1/2	100	57	0	1	0.28	15.05	0.19	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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			662	37	980	27.63	101.53	17.54	4.05	0.000
% of Calories						16.7%	61.3%	23.9%	5.5%	
Nutrient Guideline			539-604		1019				<10.00	

Fri - 02/23/2018										
ELEM. HOT BREAKFAST	Total	40								
CEREAL-ASST	1 cup	20	148	0	204	1.86	30.86	1.89	0.12	0.000
CHEESE ,STRING	1 each	10	80	15	190	7.0	1.0	5.0	3.00	0.000
APPLES,Fresh	1 each	5	53	0	1	0.26	13.95	0.17	0.03	0.000
ORANGES	1 EACH	5	62	0	0	1.23	15.39	0.16	0.03	0.000
YOGURT, ASST.	4OZ.	10	181	0	151	6.02	38.13	0.0	0.00	0.000
MUFFIN	2 OZ	10	169	30	199	2.98	27.85	5.97	0.99	0.000
NOTABLES, ASST	1 EACH	10	320	0	240	3.0	65.0	6.0	1.50	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	20	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	20	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			405	20	441	13.98	72.77	6.41	2.21	0.000
% of Calories						13.8%	71.8%	14.2%	4.9%	
Nutrient Guideline			539-604		1019				<10.00	

Mon - 02/26/2018										
ELEM. HOT BREAKFAST	Total	40								
PANCAKE ON A STICK, Plain	1 EACH	40	240	20	320	6.0	22.0	14.0	5.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	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	10	110	10	130	8.0	13.0	2.5	1.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	40	118	0	29	0.0	29.87	0.0	0.00	0.000

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# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 10

Feb 1, 2018 thru Feb 28, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	115								
MAC & CHEESE; W.G. ELEM	3/4 CUP	115	306	30	747	18.68	32.12	11.95	5.98	0.000
BISCUITS: WHOLE GRN,PURCHASED	1 each	115	190	0	650	4.0	24.0	8.0	5.00	0.000
BUTTER: individual	PAT	100	36	11	32	0.04	0.0	4.06	2.57	0.000
GREEN BEANS	1/2	100	20	0	110	0.9	4.0	0.0	0.00	0.000
FRUIT COCKTAIL	1/2 CUP	100	69	0	7	0.48	18.07	0.08	0.01	0.000
KIWI	.5 CUP	100	54	0	3	1.01	12.97	0.46	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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			715	40	1397	28.11	101.90	21.74	11.32	0.000
% of Calories						15.7%	57.0%	27.4%	14.3%	
Nutrient Guideline			539-604		1019				<10.00	

Tue - 02/27/2018										
ELEM. HOT BREAKFAST	Total	40								
FRENCH TOAST STIX	3 stick	40	260	0	520	5.0	37.0	11.0	2.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SYRUP.PANCAKE: PPI'S	PACKET	40	118	0	29	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	13.24	25.45	10.23	3.89	0.000
REFRIED BEANS: ELEM	1/2 cup	100	217	0	1069	12.88	36.32	2.78	0.93	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED, CHEDDAR	1 OZ	100	106	27	406	6.28	0.45	8.86	5.58	0.000
CORN	1/2 cup	100	80	0	110	2.0	17.0	1.0	0.00	0.000
PEACHES	1/2 CUP	100	63	0	9	0.0	15.3	0.0	0.00	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	105	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			736	47	1674	33.12	108.90	18.91	7.78	0.000
% of Calories						18.0%	59.1%	23.1%	9.5%	
Nutrient Guideline			539-604		1019				<10.00	

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# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

Page 11

Feb 1, 2018 thru Feb 28, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 02/28/2018										
ELEM. HOT BREAKFAST	Total	40								
BREAKFAST SANDWICH	1 EACH	40	259	173	726	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	30	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	30	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115								
CHICKEN ALFREDO	2 OZ	115	269	92	40	*23.93	33.93	5.34	1.23	0.000
BREADSTICK, CHEESE FILLED SEC	1 EACH	115	170	25	330	8.0	13.0	10.0	6.00	0.000
BROCCOLI: frozen, boiled	1/2 CUP	100	15	0	6	1.68	2.89	0.07	0.01	0.000
APPLESAUCE	1/2 cup	100	50	0	15	1.0	13.0	0.0	0.00	0.000
GRAPES,Fresh	1/2 CUP	100	76	0	2	0.71	19.45	0.4	0.13	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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			639	137	651	*38.14	93.91	14.57	6.66	0.000
% of Calories						*23.9%	58.8%	20.5%	9.4%	
Nutrient Guideline			539-604		1019				<10.00	

Weighted Average			620	*47	979	*25.59	98.11	14.75	*5.48	0.000
						*16.5%	63.3%	21.4%	*8.0%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	620		539 - 604	103%			16	Correction Required - Calories too High
Cholesterol (mg)	47				Missing			
Sodium (mg)	979		1019					
Protein (g)	25.59	16.50%			Missing			
Carbohydrate (g)	98.11	63.27%						
Total Fat (g)	14.75	21.40%						
Saturated Fat (g)	5.48	7.95%	<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.