

Garfield County School District

May 1, 2018 thru May 25, 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 - 05/01/2018											
ELEM. HOT BREAKFAST	Total	40									
PANCAKES	1 EACH	40	200	5	300	*N/A*	5.0	32.5	4.0	1.50	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	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									
Teriyaki Chicken	2 oz	115	75	33	266	*N/A*	9.97	4.98	1.66	0.42	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
MANDARIN ORANGES	1/2 cup	100	66	0	12	*N/A*	0.82	15.61	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
FORTUNE COOKIE	1 EACH	115	32	0	11	*N/A*	0.2	21.0	0.2	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			566	31	487	*25	22.68	119.03	4.13	1.10	0.000
% of Calories						*17.6%	16.0%	84.2%	6.6%	1.8%	
Nutrient Guideline			539-604		1019					<10.00	

Wed - 05/02/2018											
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

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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
HASH BROWN POTATO (Elem)	1 EACH	115	130	0	250	*N/A*	1.0	14.0	8.0	2.00	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
BABY CARROTS	1/2 cup	110	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
BLUEBERRIES	1/2 CUP SE RVING	100	40	0	1	*N/A*	0.32	9.5	0.5	0.04	0.000
ORANGE SLICES	1/2 CUP	110	42	0	0	*N/A*	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			699	43	1276	*17	28.67	98.27	21.72	5.89	0.000
% of Calories						*10.0%	16.4%	56.3%	28.0%	7.6%	
Nutrient Guideline			539-604		1019					<10.00	

Thu - 05/03/2018											
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									
HAMBURGER ON A BUN ELEM.	1 EACH	115	266	48	271	*N/A*	20.43	22.12	10.77	3.64	0.000
FRENCH FRIES	1/2 CUP	115	94	0	182	*N/A*	1.34	12.15	4.66	1.34	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
APPLESAUCE	1/2 cup	110	50	0	15	*N/A*	1.0	13.0	0.0	0.00	0.000
ORANGE SLICES	1/2 CUP	110	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
RANGER COOKIE	1 Each	115	120	5	100	*N/A*	1.0	16.0	6.0	3.50	0.000

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Weighted Daily Average			702	45	905	*18	28.36	106.40	19.16	6.96	0.000
% of Calories						*10.1%	16.2%	60.7%	24.6%	8.9%	
Nutrient Guideline			539-604		1019					<10.00	

Fri - 05/04/2018											
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			539-604		1019					<10.00	

Mon - 05/07/2018											
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									
CHICKEN FAJITA ELEM.	2 OZ.	115	243	62	582	*1	15.69	23.47	10.07	3.51	0.000
REFRIED BEANS: ELEM	1/2 cup	115	217	0	1069	*N/A*	12.88	36.32	2.78	0.93	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED	1 OZ	100	106	27	406	*N/A*	6.28	0.45	8.86	5.58	0.000
VEGGIE STIX	1/2 cup	110	11	0	25	*1	0.68	2.14	0.1	0.03	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	110	80	0	0	16	1.0	19.0	0.0	0.00	0.000
APPLE SLICES	1/2	110	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			750	113	1868	*41	39.00	110.09	18.30	8.11	0.000
% of Calories						*22.0%	20.8%	58.7%	22.0%	9.7%	
Nutrient Guideline			539-604		1019					<10.00	

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Tue - 05/08/2018											
ELEM. HOT BREAKFAST	Total	40									
POP TART STRAW.<OR> CINN. WG	1 each	40	180	0	185	*N/A*	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	40	80	15	190	*N/A*	7.0	1.0	5.0	3.00	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											
COUNTRY FRIED STEAK	3 OZ	115	291	31	427	*N/A*	14.52	13.06	20.27	5.39	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
COUNTRY GRAVY	1/4 cup	115	44	0	219	*0	0.99	4.93	1.97	1.48	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	110	80	0	110	*N/A*	2.0	17.0	1.0	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
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			768	39	1116	*18	29.28	113.08	23.03	6.83	0.000
% of Calories						*9.2%	15.3%	58.9%	27.0%	8.0%	
Nutrient Guideline			539-604		1019					<10.00	

Wed - 05/09/2018											
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

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ELEMENTARY LUNCH K-8	Total	115									
NEW YORK SUB SANDWICH ELEM	1 EACH	115	225	*40	1161	*3	19.5	24.4	6.7	*2.66	0.000
POTATO CHIPS, BAKED, LAYS	1 OZ	115	125	0	196	4	1.78	21.4	3.12	0.45	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
GRAPES,Fresh	1/2 CUP	110	76	0	2	18	0.71	19.45	0.4	0.13	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
Weighted Daily Average			581	*44	1421	*36	27.47	99.42	9.54	*2.82	0.000
% of Calories						*24.5%	18.9%	68.5%	14.8%	*4.4%	
Nutrient Guideline			539-604		1019					<10.00	

Thu - 05/10/2018											
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									
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	110	62	0	105	*6	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	100	13	0	4	0	0.65	2.9	0.15	0.00	0.000
PINEAPPLE CHUNKS	1/2 CUP	100	66	0	1	*N/A*	0.45	16.95	0.15	0.01	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			643	25	1137	*29	28.63	100.95	14.60	4.68	0.000
% of Calories						*18.2%	17.8%	62.8%	20.4%	6.6%	
Nutrient Guideline			539-604		1019					<10.00	

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Fri - 05/11/2018											
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			539-604		1019					<10.00	

Mon - 05/14/2018											
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									
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 CUP	100	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
PEACHES	1/2 CUP	100	63	0	9	*N/A*	0.0	15.3	0.0	0.00	0.000
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			722	32	1380	*28	27.59	109.72	19.07	9.46	0.000
% of Calories						*15.5%	15.3%	60.8%	23.8%	11.8%	
Nutrient Guideline			539-604		1019					<10.00	

Tue - 05/15/2018											
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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Garfield County School District

May 1, 2018 thru May 25, 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
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
PEARS	1/2 CUP	100	116	0	4	*N/A*	0.77	30.23	0.25	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			644	92	508	*23	*35.00	101.86	13.29	5.77	0.000
% of Calories						*14.6%	*21.7%	63.2%	18.6%	8.1%	
Nutrient Guideline			539-604		1019					<10.00	

Wed - 05/16/2018											
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									
NEW YORK SUB SANDWICH ELEM	1 EACH	115	225	*40	1161	*3	19.5	24.4	6.7	*2.66	0.000
POTATO CHIPS: ASST.BAKED	BAG	115	120	0	200	*1	2.0	20.65	3.16	0.50	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
BANANA, HALF	1/2 EACH	70	45	0	1	*N/A*	0.55	11.53	0.17	0.06	0.000
ORANGE SLICES	1/2 CUP	110	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
RANGER COOKIE	1 Each	115	120	5	100	*N/A*	1.0	16.0	6.0	3.50	0.000
Weighted Daily Average			640	*39	1493	*25	27.42	104.41	13.82	*5.12	0.000
% of Calories						*15.4%	17.2%	65.3%	19.4%	*7.2%	
Nutrient Guideline			539-604		1019					<10.00	

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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 25, 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
Thu - 05/17/2018											
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									
BURRITO, BEAN & CHEESE	1 EACH	115	285	3	453	4	9.12	43.87	8.13	1.73	0.000
NACHO CHIPS	1 CUP	115	134	0	93	0	2.01	19.22	5.86	0.80	0.000
NACHO CHEESE SAUCE	3 TBSP	115	149	24	714	*N/A*	12.31	4.95	9.39	5.45	0.000
APPLESAUCE	1/2 cup	110	50	0	15	*N/A*	1.0	13.0	0.0	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			736	25	1263	*21	28.26	112.54	20.49	6.57	0.000
% of Calories						*11.3%	15.3%	61.1%	25.0%	8.0%	
Nutrient Guideline			539-604		1019					<10.00	

Fri - 05/18/2018											
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			539-604		1019					<10.00	

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Garfield County School District

May 1, 2018 thru May 25, 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
Mon - 05/21/2018											
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	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	40	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	115									
TOMATO SOUP	1/2 cup	115	45	0	223	*N/A*	1.13	8.5	0.85	0.28	0.000
CHEESE SANDWICH ON WG BREAD	SANDWICH	115	267	28	449	1	11.23	29.19	13.47	6.74	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	*N/A*	0.12	0.5	0.03	0.01	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	110	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
SUGAR COOKIE :WG:	1 EACH	115	107	0	84	*N/A*	1.53	18.39	3.45	1.15	0.000
Weighted Daily Average			716	74	1124	*33	26.03	121.29	16.97	7.62	0.000
% of Calories						*18.4%	14.5%	67.8%	21.3%	9.6%	
Nutrient Guideline			539-604		1019					<10.00	

Tue - 05/22/2018											
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									
CHICKEN NUGGETS	SERV	115	200	15	550	*N/A*	12.0	4.0	12.0	2.50	0.000
BAKED BEANS :BountifulHarvest:	1/2 cup	110	140	0	471	*N/A*	6.11	27.91	0.0	0.00	0.000
BROCCOLI: frozen, boiled	1/2 CUP	100	15	0	6	*N/A*	1.68	2.89	0.07	0.01	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	110	80	0	0	16	1.0	19.0	0.0	0.00	0.000
ORANGE SLICES	1/2 CUP	110	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
RANGER COOKIE	1 Each	115	120	5	100	*N/A*	1.0	16.0	6.0	3.50	0.000

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Garfield County School District

May 1, 2018 thru May 25, 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
Weighted Daily Average			655	*20	1073	*33	26.74	97.81	15.26	4.85	0.000
% of Calories						*20.4%	16.3%	59.7%	21.0%	6.7%	
Nutrient Guideline			539-604		1019					<10.00	

Wed - 05/23/2018											
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									
HAMBURGER ON A BUN ELEM.	1 EACH	115	266	48	271	*N/A*	20.43	22.12	10.77	3.64	0.000
POTATO CHIPS: BAKED	BAG	115	120	0	200	*1	2.0	20.65	3.16	0.50	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
BABY CARROTS	1/2 cup	110	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
FRUIT COCKTAIL	1/2 CUP	100	69	0	7	*N/A*	0.48	18.07	0.08	0.01	0.000
APPLE SLICES	1/2	110	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			620	50	773	*26	28.13	101.10	12.43	3.50	0.000
% of Calories						*17.1%	18.1%	65.2%	18.0%	5.1%	
Nutrient Guideline			539-604		1019					<10.00	

Thu - 05/24/2018											
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

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May 1, 2018 thru May 25, 2018

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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
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
FRENCH FRIES	1/2 CUP	115	94	0	182	*N/A*	1.34	12.15	4.66	1.34	0.000
GREEN BEANS	1/2 CUP	100	20	0	110	*N/A*	0.9	4.0	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	110	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
Chocolate Chip Cookies :WG:	1 Each	115	129	0	120	*N/A*	1.99	22.91	3.98	1.00	0.000
Weighted Daily Average			715	40	1418	*18	22.76	117.22	17.63	4.87	0.000
% of Calories						*9.9%	12.7%	65.6%	22.2%	6.1%	
Nutrient Guideline			539-604		1019					<10.00	

Fri - 05/25/2018											
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			539-604		1019					<10.00	

Weighted Average			648	*39	994	*31	*24.99	108.22	14.00	*4.80	0.000
						*42.4%	*15.4%	66.8%	19.4%	*6.7%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	648		539 - 604	107%			44	Correction Required - Calories too High
Cholesterol (mg)	39				Missing			
Sodium (mg)	994		1019					
Sugars (g)	31	18.85%			Missing			
Protein (g)	24.99	15.42%			Missing			
Carbohydrate (g)	108.22	66.76%						
Total Fat (g)	14.00	19.43%						
Saturated Fat (g)	4.80	6.67%	<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.