

Garfield County School District

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 1

Generated on: 12/14/2017 9:35:48 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 01/02/2018										
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								
CORN DOG	1 EACH	115	281	40	1084	9.03	32.11	12.04	3.01	0.000
POTATO WEDGES, SAVORY ELEM	2 OZ	115	100	0	173	1.33	12.0	4.67	1.33	0.000
GREEN BEANS	1/2 CUP	100	20	0	110	0.9	4.0	0.0	0.00	0.000
APPLESAUCE	1/2 cup	100	50	0	15	1.0	13.0	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
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			593	37	1277	18.68	95.94	13.76	3.78	0.000
% of Calories						12.6%	64.7%	20.9%	5.7%	
Nutrient Guideline			539-605		1021				<10.00	

Wed - 01/03/2018										
ELEM. HOT BREAKFAST	Total	40								
PANCAKES	1 EACH	40	96	7	189	2.14	15.48	2.8	0.48	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
ELEMENTARY LUNCH K-8	Total	115								
CHICKEN PARMESAN	1 EACH	115	228	32	461	12.13	12.9	14.1	3.45	0.000
BREAD STICKS,PLAIN : WW ELEM.	1 EA	115	70	0	120	2.5	13.5	1.0	0.00	0.000
BROCCOLI: frozen, boiled	1/2 CUP	100	15	0	6	1.68	2.89	0.07	0.01	0.000
BABY CARROTS	1/2 cup	90	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	0.13	0.000
BANANA, HALF	1/2 EACH	50	45	0	1	0.55	11.53	0.17	0.06	0.000
VANILLA PUDDING	1/2 cup	115	135	0	302	1.03	23.47	4.05	0.82	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

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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 2

Generated on: 12/14/2017 9:35:48 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			616	31	940	22.52	97.78	15.75	3.63	0.000
% of Calories						14.6%	63.5%	23.0%	5.3%	
Nutrient Guideline			539-605		1021				<10.00	

Thu - 01/04/2018										
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								
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
CARROTS:frozen, boiled	1/2 CUP	100	41	0	0	0.64	8.46	0.74	0.13	0.000
ORANGE SLICES	1/2 CUP	100	42	0	0	0.85	10.58	0.11	0.02	0.000
APPLESAUCE	1/2 cup	100	50	0	15	1.0	13.0	0.0	0.00	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			645	59	785	32.64	88.15	18.56	5.82	0.000
% of Calories						20.3%	54.7%	25.9%	8.1%	
Nutrient Guideline			539-605		1021				<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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 3

Generated on: 12/14/2017 9:35:49 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Fri - 01/05/2018										
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			539-605		1021				<10.00	

Mon - 01/08/2018										
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								
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
GREEN BEANS	1/2 CUP	100	20	0	110	0.9	4.0	0.0	0.00	0.000
BABY CARROTS	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03	0.000
GRAPES,Fresh	1/2 CUP	115	76	0	2	0.71	19.45	0.4	0.13	0.000
APPLESAUCE	1/2 cup	100	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	15	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			688	102	1176	33.93	97.28	18.40	8.29	0.000
% of Calories						19.7%	56.5%	24.1%	10.8%	
Nutrient Guideline			539-605		1021				<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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 4

Generated on: 12/14/2017 9:35:49 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 01/09/2018										
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
ELEMENTARY LUNCH K-8	Total	115								
TERIYAKI CHICKEN (SEC)	5.2 OZ	115	180	80	640	24.0	12.0	4.0	1.00	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	100	15	0	6	1.68	2.89	0.07	0.01	0.000
MANDARIN ORANGES	1/2 cup	110	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
FORTUNE COOKIE	1 EACH	115	32	0	11	0.2	21.0	0.2	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	15	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			583	67	746	33.13	108.25	6.22	1.88	0.000
% of Calories						22.7%	74.2%	9.6%	2.9%	
Nutrient Guideline			539-605		1021				<10.00	

Wed - 01/10/2018										
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
ELEMENTARY LUNCH K-8	Total	115								
BEEFY MAC	3/4 CUP	115	325	37	220	19.89	49.58	5.84	1.63	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	115	137	9	10	4.57	23.45	3.17	0.75	0.000
CORN	1/2 cup	100	80	0	110	2.0	17.0	1.0	0.00	0.000
PEARS	1/2 CUP	90	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	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	15	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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 5

Generated on: 12/14/2017 9:35:49 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			694	48	479	29.83	126.39	9.48	2.25	0.000
% of Calories						17.2%	72.9%	12.3%	2.9%	
Nutrient Guideline			539-605		1021				<10.00	

Thu - 01/11/2018										
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								
BEEF DIPPERS	4 each	115	160	35	440	14.0	6.0	9.0	3.48	0.000
TATOR TOTS	1 CUP	115	181	0	474	2.26	22.58	9.03	2.26	0.000
BISCUITS: WHOLE GRN,PURCHASED	1 each	115	190	0	650	4.0	24.0	8.0	5.00	0.000
VEGGIE CUP	1 CUP	100	17	0	26	1.0	3.59	0.18	0.03	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	100	80	0	0	1.0	19.0	0.0	0.00	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			628	35	1439	25.48	81.38	21.53	8.92	0.000
% of Calories						16.2%	51.8%	30.9%	12.8%	
Nutrient Guideline			539-605		1021				<10.00	

Fri - 01/12/2018										
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

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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 6

Generated on: 12/14/2017 9:35:49 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			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			539-605		1021				<10.00	

Wed - 01/17/2018										
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								
CHICKEN CHILI	1 CUP	115	258	52	493	26.47	30.88	4.38	0.80	0.000
BREADSTICK, CHEESE FILLED	1 EACH	115	170	25	330	8.0	13.0	10.0	6.00	0.000
CARROTS:frozen, boiled	3/4 CUP	100	41	0	0	0.64	8.46	0.74	0.13	0.000
FRUIT COCKTAIL	1/2 CUP	100	69	0	7	0.48	18.07	0.08	0.01	0.000
APPLE SLICES	1/2	100	57	0	1	0.28	15.05	0.19	0.03	0.000
BUTTERSCOTCH PUDD.	1/2 cup	115	135	0	302	1.03	23.47	4.05	0.82	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			775	67	1104	37.15	119.27	18.51	7.10	0.000
% of Calories						19.2%	61.6%	21.5%	8.2%	
Nutrient Guideline			539-605		1021				<10.00	

Thu - 01/18/2018										
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

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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 7

Generated on: 12/14/2017 9:35:49 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	115								
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	115	301	30	552	15.05	30.11	11.04	4.01	0.000
SALAD, TOSSED	1/2 cup	115	62	0	105	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	90	13	0	4	0.65	2.9	0.15	0.00	0.000
APPLESAUCE	1/2 cup	100	50	0	15	1.0	13.0	0.0	0.00	0.000
PINEAPPLE CHUNKS	1/2 CUP	100	66	0	1	0.45	16.95	0.15	0.01	0.000
Chocolate Chip Cookies :WG:	1 Each	115	129	0	120	1.99	22.91	3.98	1.00	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	15	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			673	73	953	29.06	106.93	14.69	5.04	0.000
% of Calories						17.3%	63.5%	19.6%	6.7%	
Nutrient Guideline			539-605		1021				<10.00	

Fri - 01/19/2018										
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			539-605		1021				<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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 8

Generated on: 12/14/2017 9:35:49 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 01/22/2018										
ELEM. HOT BREAKFAST	Total	40								
MUFFIN	2 OZ	40	169	30	199	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	40	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
ELEMENTARY LUNCH K-8	Total	115								
BURRITO, BEAN & CHEESE	1 EACH	115	285	3	453	9.12	43.87	8.13	1.73	0.000
NACHO CHIPS	1 CUP	115	134	0	93	2.01	19.22	5.86	0.80	0.000
NACHO CHEESE SAUCE	3 TBSP	115	149	24	714	12.31	4.95	9.39	5.45	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	100	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
Weighted Daily Average			698	37	1210	28.05	101.38	20.57	7.12	0.000
% of Calories						16.1%	58.1%	26.5%	9.2%	
Nutrient Guideline			539-605		1021				<10.00	

Tue - 01/23/2018										
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	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	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								
CHICKEN ALFREDO	2 OZ	115	269	92	40	*23.93	33.93	5.34	1.23	0.000
BREAD STICKS,PLAIN : WW ELEM.	1 EA	115	70	0	120	2.5	13.5	1.0	0.00	0.000
BROCCOLI: frozen, boiled	1/2 CUP	100	15	0	6	1.68	2.89	0.07	0.01	0.000
GRAPES,Fresh	1/2 CUP	115	76	0	2	0.71	19.45	0.4	0.13	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	100	80	0	0	1.0	19.0	0.0	0.00	0.000
BROWNIE, FUDGE	SERVING	115	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

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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 9

Generated on: 12/14/2017 9:35:49 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			712	74	537	*32.63	125.09	10.40	2.44	0.000
% of Calories						*18.3%	70.2%	13.1%	3.1%	
Nutrient Guideline			539-605		1021				<10.00	

Wed - 01/24/2018										
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								
TACO SOUP	3/4 CUP	115	285	27	490	20.5	39.99	5.25	1.83	0.000
SALAD, TOSSED	1/2 cup	115	62	0	105	3.47	13.35	0.53	0.08	0.000
TORTILLA CHIPS	1/2 OZ	115	71	0	50	0.95	8.03	3.68	0.47	0.000
CHEESE	1 EACH	100	106	27	406	6.28	0.45	8.86	5.58	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	100	122	0	4	0.68	33.05	0.17	0.01	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	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	8 OZ. CARTO	10	110	10	130	8.0	13.0	2.5	1.50	0.000
Weighted Daily Average			712	44	997	32.34	116.86	14.27	5.94	0.000
% of Calories						18.2%	65.6%	18.0%	7.5%	
Nutrient Guideline			539-605		1021				<10.00	

Thu - 01/25/2018										
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

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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 10

Generated on: 12/14/2017 9:35:49 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	115								
NEW YORK SUB SANDWICH HS	1 EACH	115	300	53	1551	26.0	32.9	8.35	3.41	0.000
POTATO CHIPS, BAKED, LAYS	1 OZ	115	125	0	196	1.78	21.4	3.12	0.45	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
BABY CARROTS	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03	0.000
APPLESAUCE	1/2 cup	100	50	0	15	1.0	13.0	0.0	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	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	115	120	5	100	1.0	16.0	6.0	3.50	0.000
Weighted Daily Average			691	50	1783	33.06	110.22	14.59	5.91	0.000
% of Calories						19.1%	63.8%	19.0%	7.7%	
Nutrient Guideline			539-605		1021				<10.00	

Fri - 01/26/2018										
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			539-605		1021				<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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 11

Generated on: 12/14/2017 9:35:49 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 01/29/2018										
ELEM. HOT BREAKFAST	Total	40								
PANCAKES	1 EACH	40	96	7	189	2.14	15.48	2.8	0.48	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
ELEMENTARY LUNCH K-8	Total	115								
CHICKEN FAJITA ELEM.	2 OZ.	115	243	62	582	15.69	23.47	10.07	3.51	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	90	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	115	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
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	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	15	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			709	71	1697	34.76	106.17	16.95	7.20	0.000
% of Calories						19.6%	59.9%	21.5%	9.1%	
Nutrient Guideline			539-605		1021				<10.00	

Tue - 01/30/2018										
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

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

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 12

Generated on: 12/14/2017 9:35:49 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	115								
PULLED PORK IN BBQ SAUCE	2 OZ	115	216	20	609	13.51	32.74	4.01	0.80	0.000
HOAGIE BUN, 4" WG	1 EA	115	110	*N/A*	190	5.0	21.0	1.6	*N/A*	0.000
BAKED BEANS :BountifulHarvest:	1/2 cup	100	140	0	471	6.11	27.91	0.0	0.00	0.000
COLE SLAW	1/2 CUP	100	168	12	131	1.12	6.52	15.92	1.74	0.000
MANDARIN ORANGES	1/2 cup	115	66	0	12	0.82	15.61	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	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			758	*28	1300	28.39	124.45	17.67	*2.41	0.000
% of Calories						15.0%	65.7%	21.0%	*2.9%	
Nutrient Guideline			539-605		1021				<10.00	

Wed - 01/31/2018										
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								
MAC & CHEESE; W.G. ELEM	3/4 CUP	115	306	30	747	18.68	32.12	11.95	5.98	0.000
GREEN BEANS	1/2 CUP	115	20	0	110	0.9	4.0	0.0	0.00	0.000
BABY CARROTS	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03	0.000
BREAD STICKS,PLAIN : WW ELEM.	1 EA	115	70	0	120	2.5	13.5	1.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	115	122	0	4	0.68	33.05	0.17	0.01	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	15	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			647	73	1144	29.79	107.13	12.85	5.73	0.000
% of Calories						18.4%	66.3%	17.9%	8.0%	
Nutrient Guideline			539-605		1021				<10.00	

Weighted Average			623	*49	968	*26.92 *17.3%	100.40 64.5%	13.43 19.4%	*4.59 *6.6%	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 13

Jan 2, 2018 thru Jan 31, 2018

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 12/14/2017 9:35:49 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)		
Calories	623		539 - 605	103%			18	Correction Required - Calories too High		
Cholesterol (mg)	49				Missing					
Sodium (mg)	968		1021							
Protein (g)	26.92	17.28%			Missing					
Carbohydrate (g)	100.40	64.46%								
Total Fat (g)	13.43	19.40%								
Saturated Fat (g)	4.59	6.62%	<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.