

Garfield County School District

Dec 3, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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Generated on: 11/19/2018 10:33:23 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 12/03/2018											
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
YOGURT, ASST.	4OZ.	40	181	0	151	*N/A*	6.02	38.13	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	40	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	105									
MAC & CHEESE; W.G. ELEM	3/4 CUP	105	306	30	747	*N/A*	18.68	32.12	11.95	5.98	0.000
GREEN BEANS Sec.	1/2	105	27	0	147	*N/A*	1.2	5.33	0.0	0.00	0.000
BABY CARROTS	1/2 cup	105	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
FRUIT, ASST	1/2 each	105	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			607	28	995	*19	27.15	103.61	10.51	4.81	0.000
% of Calories						*12.4%	17.9%	68.2%	15.6%	7.1%	
Nutrient Guideline			535-602		1007					<10.00	

Tue - 12/04/2018											
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	40	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	105									
CHICKEN PARMESAN	1 EACH	105	228	32	461	*0	12.13	12.9	14.1	3.45	0.000
BREADSTICK, CHEESE FILLED	1 EACH	105	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
CORN	1/2 cup	105	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
APPLE SLICES	1/2	105	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MANDARIN ORANGES	1/2 cup	105	66	0	12	*N/A*	0.82	15.61	0.0	0.00	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			673	51	954	*27	28.19	94.50	20.71	8.10	0.000
% of Calories						*16.1%	16.8%	56.2%	27.7%	10.8%	
Nutrient Guideline			535-602		1007					<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

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Portion Values - Detailed

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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
Wed - 12/05/2018											
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
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	40	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											
CHILI	1 CUP	105	185	26	542	*5	14.35	21.33	5.06	1.83	0.000
CRACKERS	3 PACKETS	105	75	0	169	0	1.7	13.33	1.56	0.30	0.000
BABY CARROTS	1/2 cup	105	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
CINNAMON ROLL	ROLL	105	229	3	108	*N/A*	2.71	44.88	4.63	1.44	0.000
FRUIT, ASST	1 EACH	105	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average % of Calories			670	31	935	*22 *13.4%	24.91 14.9%	115.27 68.8%	12.81 17.2%	4.00 5.4%	0.000
Nutrient Guideline			535-602		1007					<10.00	

Thu - 12/06/2018											
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	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	40	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											
CORN DOG	1 EACH	105	281	40	1084	*N/A*	9.03	32.11	12.04	3.01	0.000
TATOR TOTS	1 CUP	105	181	0	474	*N/A*	2.26	22.58	9.03	2.26	0.000
CARROTS:frozen, boiled	3/4 CUP	105	41	0	0	*N/A*	0.64	8.46	0.74	0.13	0.000
FRUIT, ASST	1 EACH	105	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average % of Calories			653	83	1517	*19 *11.6%	21.96 13.5%	98.25 60.2%	18.97 26.2%	5.18 7.1%	0.000
Nutrient Guideline			535-602		1007					<10.00	

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Fri - 12/07/2018											
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	40	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			556	7	435	*50	13.21	113.22	6.64	1.78	0.000
% of Calories						*35.7%	9.5%	81.4%	10.7%	2.9%	
Nutrient Guideline			535-602		1007					<10.00	

Mon - 12/10/2018											
ELEM. HOT BREAKFAST	Total	40									
FRENCH TOAST STIX W/SYRUP	SERVING	40	378	0	549	*N/A*	5.0	66.87	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	40	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											
TOMATO SOUP	1/2 cup	105	45	0	223	*N/A*	1.13	8.5	0.85	0.28	0.000
CHEESE SANDWICH ON WG BREAD	SANDWICH	105	267	28	449	1	11.23	29.19	13.47	6.74	0.000
BABY CARROTS	1/2 cup	105	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
PICKLES,DILL	1/8 cup	105	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
FRUIT, ASST	1 EACH	105	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
Chocolate Chip Cookies :WG:	1 Each	105	129	0	120	*N/A*	1.99	22.91	3.98	1.00	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			673	26	1100	*20	21.53	114.00	16.84	6.54	0.000
% of Calories						*11.7%	12.8%	67.8%	22.5%	8.8%	
Nutrient Guideline			535-602		1007					<10.00	

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Tue - 12/11/2018											
ELEM. HOT BREAKFAST	Total	40									
MUFFIN	2 OZ	40	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
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	40	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	105									
CHICKEN PARMESAN	1 EACH	105	228	32	461	*0	12.13	12.9	14.1	3.45	0.000
NOODLES, EGG, DRY, ENRICHE	1 CUP	105	146	32	8	1	5.38	27.08	1.69	0.45	0.000
BREAD STICKS,PLAIN : WW ELEM.	1 EA	105	70	0	120	*N/A*	2.5	13.5	1.0	0.00	0.000
GREEN BEANS	1/2 cup	105	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT, ASST	1 EACH	105	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			623	64	802	*19	27.05	94.12	15.61	4.09	0.000
% of Calories						*12.5%	17.4%	60.5%	22.6%	5.9%	
Nutrient Guideline			535-602		1007					<10.00	

Wed - 12/12/2018											
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
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	40	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	105									
SOFT SHELL TACO(BEEF)	1 EACH	105	249	33	446	*3	13.24	25.45	10.23	3.89	0.000
LETTUCE, SHREDDED	1 OZ	105	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED	1 OZ	105	106	27	406	*N/A*	6.28	0.45	8.86	5.58	0.000
SALSA	2 oz	105	18	0	266	*N/A*	1.77	3.54	0.0	0.00	0.000
REFRIED BEANS: ELEM	1/2 cup	105	217	0	1069	*N/A*	12.88	36.32	2.78	0.93	0.000
CORN	1/2 cup	105	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
FRUIT, ASST	1 EACH	105	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Weighted Daily Average			753	53	1981	*21	37.81	109.73	18.92	8.51	0.000
% of Calories						*11.1%	20.1%	58.3%	22.6%	10.2%	
Nutrient Guideline			535-602		1007					<10.00	

Thu - 12/13/2018											
ELEM. HOT BREAKFAST	Total	40									
BREAKFAST BURRITO	1 EACH	40	280	35	570	1	10.0	30.0	11.0	4.00	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	40	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	105									
NEW YORK SUB SANDWICH ELEM	1 EACH	105	225	*40	1161	*3	19.5	24.4	6.7	*2.66	0.000
POTATO CHIPS: ASST.BAKED	BAG	105	120	0	200	*1	2.0	20.65	3.16	0.50	0.000
VEGGIE STIX	1/2 cup	105	11	0	25	*1	0.68	2.14	0.1	0.03	0.000
FRUIT, ASST	1 EACH	105	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
RANGER COOKIE	1 Each	105	120	5	100	*N/A*	1.0	16.0	6.0	3.50	0.000
Weighted Daily Average			640	*48	1421	*23	28.69	98.56	15.03	*6.11	0.000
% of Calories						*14.1%	17.9%	61.6%	21.1%	*8.6%	
Nutrient Guideline			535-602		1007					<10.00	

Fri - 12/14/2018											
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	40	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			556	7	435	*50	13.21	113.22	6.64	1.78	0.000
% of Calories						*35.7%	9.5%	81.4%	10.7%	2.9%	
Nutrient Guideline			535-602		1007					<10.00	

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Mon - 12/17/2018											
ELEM. HOT BREAKFAST	Total	40									
PANCAKE ON A STICK, Plain	1 EACH	40	240	20	320	*N/A*	6.0	22.0	14.0	5.00	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	40	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	105									
BURRITO, BEAN & CHEESE	1 EACH	105	285	3	453	4	9.12	43.87	8.13	1.73	0.000
NACHO CHIPS	1 CUP	105	134	0	93	0	2.01	19.22	5.86	0.80	0.000
NACHO CHEESE SAUCE	3 TBSP	105	107	17	487	*2	9.01	4.31	6.18	3.63	0.000
CORN	1/2 cup	105	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
FRUIT, ASST	1 EACH	105	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			722	25	1104	*24	26.84	111.72	19.62	6.00	0.000
% of Calories						*13.1%	14.9%	61.9%	24.4%	7.5%	
Nutrient Guideline			535-602		1007					<10.00	

Tue - 12/18/2018											
ELEM. HOT BREAKFAST	Total	40									
MUFFIN	2 OZ	40	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
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	40	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	105									
Teriyaki Chicken	2 oz	105	75	33	266	*N/A*	9.97	4.98	1.66	0.42	0.000
RICE	1/2 CUP	105	216	0	10	*N/A*	5.04	44.79	1.76	0.35	0.000
BROCCOLI: frozen, boiled	1/2 CUP	105	15	0	6	*N/A*	1.68	2.89	0.07	0.01	0.000
FRUIT, ASST	1 EACH	105	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
FORTUNE COOKIE	1 EACH	105	32	0	11	*N/A*	0.2	21.0	0.2	0.00	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			531	42	508	*19	24.13	105.84	6.13	1.83	0.000
% of Calories						*14.2%	18.2%	79.7%	10.4%	3.1%	
Nutrient Guideline			535-602		1007					<10.00	

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Garfield County School District

Dec 3, 2018 thru Dec 21, 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
Wed - 12/19/2018											
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	40	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											
SCALLOPED POT W/ HAM - ELEM	1/2	105	220	29	1228	*0	16.07	23.21	7.22	3.78	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	105	137	9	10	*N/A*	4.57	23.45	3.17	0.75	0.000
GREEN BEANS	1/2 cup	105	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT, ASST	1 EACH	105	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			563	33	1308	*19	26.13	91.43	10.98	3.99	0.000
% of Calories						*13.4%	18.6%	65.0%	17.6%	6.4%	
Nutrient Guideline			535-602		1007					<10.00	

Thu - 12/20/2018											
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
YOGURT, ASST.	4OZ.	40	181	0	151	*N/A*	6.02	38.13	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	40	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											
PIZZA W/ PEPPERONI: MAX	slice	105	390	20	1000	*N/A*	18.0	42.0	16.0	5.00	0.000
SALAD, TOSSED	1/2 cup	105	62	0	105	*6	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	105	13	0	4	0	0.65	2.9	0.15	0.00	0.000
FRUIT, ASST	1 EACH	105	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
BUTTERSCOTCH PUDD.	1/2 cup	105	135	0	302	*1	1.03	23.47	4.05	0.82	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Garfield County School District

Dec 3, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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Generated on: 11/19/2018 10:33:24 AM

	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			749	21	1305	*24	28.39	123.37	16.68	4.71	0.000
% of Calories						*12.7%	15.2%	65.9%	20.0%	5.7%	
Nutrient Guideline			535-602		1007					<10.00	

Fri - 12/21/2018											
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	40	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			556	7	435	*50	13.21	113.22	6.64	1.78	0.000
% of Calories						*35.7%	9.5%	81.4%	10.7%	2.9%	
Nutrient Guideline			535-602		1007					<10.00	

Weighted Average			635	*35	1016	*27	24.16	106.67	13.51	*4.61	0.000
						*38.1%	15.2%	67.2%	19.2%	*6.5%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	635		535 - 602	106%			33	Correction Required - Calories too High
Cholesterol (mg)	35				Missing			
Sodium 1 (mg)	1016		1007				8	Correction Required - Sodium too High
Sodium 2 (mg)	1016		790				226	Correction Required - Sodium too High
Sugars (g)	27	16.95%			Missing			
Protein (g)	24.16	15.22%						
Carbohydrate (g)	106.67	67.20%						
Total Fat (g)	13.51	19.16%						
Saturated Fat (g)	4.61	6.54%	<10.00%		Missing			

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