

Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 4/25/2017 3:00:36 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/01/2017									
ELEM. HOT BREAKFAST	Total	35							
PANCAKES	1 EACH	35	200	5	300	5.0	32.5	4.0	1.50
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
CHICKEN FAJITA ELEM.	2 OZ.	100	245	62	584	15.82	23.89	10.09	3.52
NACHO CHIPS	1 CUP	100	134	0	93	2.01	19.22	5.86	0.80
NACHO CHEESE SAUCE	3 TBSP	100	149	24	714	12.31	4.95	9.39	5.45
CORN	1/2 cup	100	80	0	110	2.0	17.0	1.0	0.00
APPLESAUCE	1/2 cup	100	50	0	15	1.0	13.0	0.0	0.00
ORANGE SLICES	1/2 CUP	100	42	0	0	0.85	10.58	0.11	0.02
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			745	71	1380	34.80	107.87	20.98	7.82
% of Calories						18.7%	57.9%	25.3%	9.4%
Nutrient Guideline			539-604		1020				<10.00

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/02/2017									
ELEM. HOT BREAKFAST	Total	35							
PIZZA BAGEL	1 EACH	35	179	15	468	8.96	18.93	6.97	2.99
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
CORN DOG	1 EACH	100	281	40	1084	9.03	32.11	12.04	3.01
FRENCH FRIES	1/2 CUP	100	94	0	182	1.34	12.15	4.66	1.34
VEGGIE STIX	1/2 cup	100	11	0	25	0.68	2.14	0.1	0.03
BANANA, HALF	1/2 EACH	70	45	0	1	0.55	11.53	0.17	0.06
APPLE SLICES	1/2	80	57	0	1	0.28	15.05	0.19	0.03
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54

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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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

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)
Weighted Daily Average			544	39	1250	19.29	82.61	14.80	4.26
% of Calories						14.2%	60.8%	24.5%	7.0%
Nutrient Guideline			539-604		1020				<10.00

Wed - 05/03/2017									
ELEM. HOT BREAKFAST	Total	35							
FRENCH TOAST STIX W/SYRUP	SERVING	35	378	0	549	5.0	66.87	11.0	2.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
Teriyaki Chicken	2 oz	100	75	33	266	9.97	4.98	1.66	0.42
RICE	1/2 CUP	100	216	0	10	5.04	44.79	1.76	0.35
BROCCOLI: frozen, boiled	1/2 CUP	90	15	0	6	1.68	2.89	0.07	0.01
MANDARIN ORANGES	1/2 cup	90	66	0	12	0.82	15.61	0.0	0.00
GRAPES,Fresh	1/2 CUP	90	76	0	2	0.71	19.45	0.4	0.12
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
FORTUNE COOKIE	1 EACH	100	32	0	11	0.2	21.0	0.2	0.00
Weighted Daily Average			596	30	541	23.03	123.49	6.20	1.37
% of Calories						15.5%	82.9%	9.4%	2.1%
Nutrient Guideline			539-604		1020				<10.00

Thu - 05/04/2017									
ELEM. HOT BREAKFAST	Total	35							
MUFFIN	2 OZ	35	169	30	199	2.98	27.85	5.97	0.99
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54

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Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

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)
ELEMENTARY LUNCH K-8	Total	100							
PIZZA W/ PEPPERONI: MAX	slice	100	390	20	1000	18.0	42.0	16.0	5.00
SALAD, TOSSED	1/2 cup	100	62	0	105	3.47	13.35	0.53	0.07
BABY CARROTS	1/2 cup	100	40	0	88	0.73	9.34	0.15	0.03
PINEAPPLE CHUNKS	1/2 CUP	90	66	0	1	0.45	16.95	0.15	0.01
ORANGE SLICES	1/2 CUP	90	42	0	0	0.85	10.58	0.11	0.02
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			655	32	1158	28.23	102.18	15.72	5.03
% of Calories						17.2%	62.4%	21.6%	6.9%
Nutrient Guideline			539-604		1020				<10.00

Fri - 05/05/2017									
ELEM. HOT BREAKFAST	Total	35							
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			541	6	411	12.21	110.58	6.68	1.81
% of Calories						9.0%	81.8%	11.1%	3.0%
Nutrient Guideline			539-604		1020				<10.00

Mon - 05/08/2017									
ELEM. HOT BREAKFAST	Total	35							
POP TART STRAW.<OR> CINN. WG	1 each	35	180	0	185	2.0	36.92	2.74	1.00
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54

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May 1, 2017 thru May 31, 2017

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)
ELEMENTARY LUNCH K-8	Total	100							
PULLED PORK IN BBQ SAUCE	2 OZ	100	216	20	609	13.51	32.74	4.01	0.80
BAKED BEANS :BountifulHarvest:	1/2 cup	90	140	0	471	6.11	27.91	0.0	0.00
COLE SLAW	1/2 CUP	90	168	12	131	1.12	6.52	15.92	1.74
PEARS	1/2 CUP	90	116	0	4	0.77	30.23	0.25	0.00
APPLE SLICES	1/2	90	57	0	1	0.28	15.05	0.19	0.03
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			702	32	1125	26.19	115.66	16.23	3.00
% of Calories						14.9%	65.9%	20.8%	3.8%
Nutrient Guideline			539-604		1020				<10.00

Tue - 05/09/2017									
ELEM. HOT BREAKFAST	Total	35							
BREAKFAST ROUNDS	1 Each	35	170	1	190	3.0	33.0	4.5	1.00
YOGURT	6 oz	35	80	5	75	5.0	16.01	0.0	0.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
CHICKEN SANDWICH	1 EACH	100	373	40	807	21.19	35.26	16.67	3.54
TATOR TOTS	1 CUP	100	181	0	474	2.26	22.58	9.03	2.26
BABY CARROTS	1/2 cup	90	40	0	88	0.73	9.34	0.15	0.03
APPLESAUCE	1/2 cup	90	50	0	15	1.0	13.0	0.0	0.00
GRAPES,Fresh	1/2 CUP	90	76	0	2	0.71	19.45	0.4	0.12
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			740	37	1261	29.40	111.84	20.92	4.85
% of Calories						15.9%	60.4%	25.4%	5.9%
Nutrient Guideline			539-604		1020				<10.00

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Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

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)
Wed - 05/10/2017									
ELEM. HOT BREAKFAST	Total	35							
PIZZA BAGEL	1 EACH	35	179	15	468	8.96	18.93	6.97	2.99
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
HAMBURGER GRAVY	3 OZ.	100	165	37	320	12.1	6.97	9.59	2.76
MASHED POTATOES:flakes, (ELEM)	1/2 CUP	100	89	0	371	1.98	17.86	1.49	0.00
ROLL, W.G. RICH 1 OZ.	1 OZ.	100	137	9	10	4.57	23.45	3.17	0.75
CORN	1/2 cup	90	80	0	110	2.0	17.0	1.0	0.00
FRUIT COCKTAIL	1/2 CUP	80	69	0	7	0.48	18.07	0.08	0.01
BANANA, HALF	1/2 EACH	60	45	0	1	0.55	11.53	0.17	0.06
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			606	43	891	26.34	96.27	13.50	3.60
% of Calories						17.4%	63.6%	20.1%	5.3%
Nutrient Guideline			539-604		1020				<10.00

Thu - 05/11/2017									
ELEM. HOT BREAKFAST	Total	35							
MUFFIN	2 OZ	35	169	30	199	2.98	27.85	5.97	0.99
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
SOFT SHELL TACO(BEEF)	1 EACH	100	241	33	429	13.07	26.0	9.21	3.18
NACHO CHIPS	1 CUP	100	134	0	93	2.01	19.22	5.86	0.80
NACHO CHEESE SAUCE	3 TBSP	100	149	24	714	12.31	4.95	9.39	5.45
GREEN BEANS	1/2	90	20	0	110	0.9	4.0	0.0	0.00
PEACHES	1/2 CUP	90	63	0	9	0.0	15.3	0.0	0.00
ORANGE SLICES	1/2 CUP	90	42	0	0	0.85	10.58	0.11	0.02
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54

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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)
Weighted Daily Average			691	60	1268	32.37	92.99	21.38	8.22
% of Calories						18.8%	53.9%	27.9%	10.7%
Nutrient Guideline			539-604		1020				<10.00

Fri - 05/12/2017									
ELEM. HOT BREAKFAST	Total	35							
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			541	6	411	12.21	110.58	6.68	1.81
% of Calories						9.0%	81.8%	11.1%	3.0%
Nutrient Guideline			539-604		1020				<10.00

Mon - 05/15/2017									
ELEM. HOT BREAKFAST	Total	35							
FRENCH TOAST STIX	3 stick	35	260	0	520	5.0	37.0	11.0	2.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
CHICKEN NUGGETS	SERV	100	200	15	550	12.0	4.0	12.0	2.50
POTATO WEDGES, SAVORY ELEM	2 OZ	100	100	0	173	1.33	12.0	4.67	1.33
GREEN BEANS	1/2	90	20	0	110	0.9	4.0	0.0	0.00
PINEAPPLE CHUNKS	1/2 CUP	90	66	0	1	0.45	16.95	0.15	0.01
APPLE SLICES	1/2	90	57	0	1	0.28	15.05	0.19	0.03
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			539	17	918	20.59	73.88	15.77	3.58
% of Calories						15.3%	54.8%	26.3%	6.0%
Nutrient Guideline			539-604		1020				<10.00

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Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/16/2017									
ELEM. HOT BREAKFAST	Total	35							
POP TART STRAW.<OR> CINN. WG	1 each	35	180	0	185	2.0	36.92	2.74	1.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
SCRAMBLED EGGS & HAM	1 oz	100	94	198	312	8.78	2.27	5.15	1.58
HASH BROWN POTATO	1 EACH	100	130	0	250	1.0	14.0	8.0	2.00
BISCUITS: WHOLE GRN,PURCHASED	1 each	100	190	0	650	4.0	24.0	8.0	5.00
BANANA, HALF	1/2 EACH	70	45	0	1	0.55	11.53	0.17	0.06
ORANGE SLICES	1/2 CUP	90	42	0	0	0.85	10.58	0.11	0.02
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			559	152	1118	19.90	80.86	16.89	6.85
% of Calories						14.2%	57.8%	27.2%	11.0%
Nutrient Guideline			539-604		1020				<10.00

Wed - 05/17/2017									
ELEM. HOT BREAKFAST	Total	35							
BREAKFAST ROUNDS	1 Each	35	170	1	190	3.0	33.0	4.5	1.00
YOGURT, ASST.	4OZ.	35	181	0	151	6.02	38.13	0.0	0.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
CORN DOG	1 EACH	100	281	40	1084	9.03	32.11	12.04	3.01
FRENCH FRIES	1/2 CUP	100	94	0	182	1.34	12.15	4.66	1.34
GREEN BEANS	1/2	80	20	0	110	0.9	4.0	0.0	0.00
MANDARIN ORANGES	1/2 CUP	80	66	0	12	0.82	15.61	0.0	0.00
GRAPES,Fresh	1/2 CUP	80	76	0	2	0.71	19.45	0.4	0.12
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54

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Garfield County School District

May 1, 2017 thru May 31, 2017

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			619	36	1272	19.79	102.81	14.12	3.75
% of Calories						12.8%	66.4%	20.5%	5.4%
Nutrient Guideline			539-604		1020				<10.00

Thu - 05/18/2017									
ELEM. HOT BREAKFAST	Total	35							
WAFFLE STIX	STIX	35	225	0	495	4.5	42.0	3.0	0.00
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
NEW YORK SUB SANDWICH ELEM	1 EACH	100	225	*40	1161	19.5	24.4	6.7	*2.66
POTATO CHIPS: BAKED	BAG	100	120	0	200	2.0	20.65	3.16	0.50
BABY CARROTS	1/2 cup	80	40	0	88	0.73	9.34	0.15	0.03
APPLESAUCE	1/2 cup	80	50	0	15	1.0	13.0	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
RANGER COOKIE	1 Each	100	120	5	100	1.0	16.0	6.0	3.50
Weighted Daily Average			641	*39	1451	27.18	105.52	12.97	*5.15
% of Calories						17.0%	65.8%	18.2%	*7.2%
Nutrient Guideline			539-604		1020				<10.00

Fri - 05/19/2017									
ELEM. HOT BREAKFAST	Total	35							
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			541	6	411	12.21	110.58	6.68	1.81
% of Calories						9.0%	81.8%	11.1%	3.0%
Nutrient Guideline			539-604		1020				<10.00

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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

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)
Mon - 05/22/2017									
ELEM. HOT BREAKFAST	Total	35							
PANCAKES	1 EACH	35	200	5	300	5.0	32.5	4.0	1.50
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
TOMATO SOUP	1/2 cup	100	45	0	223	1.13	8.5	0.85	0.28
CHEESE SAND. WW BREAD (I.W.)	1 EA	100	267	30	648	18.17	28.3	9.47	5.49
GREEN BEANS	1/2	90	20	0	110	0.9	4.0	0.0	0.00
ORANGE SLICES	1/2 CUP	80	42	0	0	0.85	10.58	0.11	0.02
FRUIT COCKTAIL	1/2 CUP	80	69	0	7	0.48	18.07	0.08	0.01
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			547	30	980	25.32	91.50	9.15	4.88
% of Calories						18.5%	66.9%	15.0%	8.0%
Nutrient Guideline			539-604		1020				<10.00

Tue - 05/23/2017									
ELEM. HOT BREAKFAST	Total	35							
PIZZA BAGEL	1 EACH	35	179	15	468	8.96	18.93	6.97	2.99
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
HOT DOG ON A BUN:turkey	1 each	100	273	50	981	10.66	23.63	14.19	4.51
FRENCH FRIES	1/2 CUP	100	94	0	182	1.34	12.15	4.66	1.34
BABY CARROTS	1/2 cup	80	40	0	88	0.73	9.34	0.15	0.03
APPLESAUCE	1/2 cup	80	50	0	15	1.0	13.0	0.0	0.00
BUTTERSCOTCH PUDD.	1/2 cup	100	135	0	302	1.03	23.47	4.05	0.82
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54

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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

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)
Weighted Daily Average			626	47	1440	21.32	90.47	19.21	5.93
% of Calories						13.6%	57.8%	27.6%	8.5%
Nutrient Guideline			539-604		1020				<10.00

Wed - 05/24/2017									
ELEM. HOT BREAKFAST	Total	35							
BREAKFAST ROUNDS	1 Each	35	170	1	190	3.0	33.0	4.5	1.00
YOGURT	6 oz	35	80	5	75	5.0	16.01	0.0	0.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
ELEMENTARY LUNCH K-8	Total	100							
CHICKEN PARMESAN	1 EACH	100	228	32	461	12.13	12.9	14.1	3.45
BREADSTICK, CHEESE FILLED	1 EACH	100	170	25	330	8.0	13.0	10.0	6.00
SALAD, TOSSED	1/2 cup	90	62	0	105	3.47	13.35	0.53	0.07
TOMATO, CHERRY	1/2 CUP	90	13	0	4	0.65	2.9	0.15	0.00
PEARS	1/2 CUP	80	116	0	4	0.77	30.23	0.25	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			633	49	902	28.52	89.07	19.97	7.50
% of Calories						18.0%	56.3%	28.4%	10.7%
Nutrient Guideline			539-604		1020				<10.00

Thu - 05/25/2017									
ELEM. HOT BREAKFAST	Total	35							
FRENCH TOAST STIX	3 stick	35	260	0	520	5.0	37.0	11.0	2.00
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54

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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

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)
ELEMENTARY LUNCH K-8	Total	100							
BURRITO, BEAN & CHEESE	1 EACH	100	285	3	453	9.12	43.87	8.13	1.73
NACHO CHIPS	1 CUP	100	134	0	93	2.01	19.22	5.86	0.80
NACHO CHEESE SAUCE	3 TBSP	100	149	24	714	12.31	4.95	9.39	5.45
PEACHES	1/2 CUP	100	63	0	9	0.0	15.3	0.0	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	90	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			689	25	1247	26.99	99.76	20.52	6.62
% of Calories						15.7%	57.9%	26.8%	8.6%
Nutrient Guideline			539-604		1020				<10.00

Fri - 05/26/2017									
ELEM. HOT BREAKFAST	Total	35							
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54
Weighted Daily Average			541	6	411	12.21	110.58	6.68	1.81
% of Calories						9.0%	81.8%	11.1%	3.0%
Nutrient Guideline			539-604		1020				<10.00

Weighted Average			615	*38	992	22.91 14.9%	100.46 65.4%	14.25 20.9%	*4.48 *6.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	615		539 - 604	102%			10	Correction Required - Calories too High
Cholesterol (mg)	38				Missing			
Sodium (mg)	992		1020					
Protein (g)	22.91	14.90%						
Carbohydrate (g)	100.46	65.36%						
Total Fat (g)	14.25	20.86%						
Saturated Fat (g)	4.48	6.56%	<10.00%		Missing			

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