

Garfield County School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 1

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/01/2019																
ELEM. HOT BREAKFAST	Total	30														
BREAKFAST ROUNDS	1 Each	30	39	0	44	1.15	1.45	69.2	173	0.0	*N/A*	0.69	7.62	1.04	0.23	0.00
YOGURT, ASST.	4OZ.	30	42	0	35	0.00	0.00	138.9	0	0.56	*N/A*	1.39	8.8	0.0	0.00	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	10	8	1	10	0.00	*N/A*	*N/A*	5	*N/A*	1	0.62	1.0	0.19	0.12	0.00
ELEMENTARY LUNCH K-8																
CHICKEN NOODLE SOUP	3/4 CUP	100	126	40	905	1.19	0.92	18.5	2702	1.54	*1	9.95	15.15	2.76	0.65	*0.00
BREADSTICK, CHEESE FILLED	1 EACH	100	131	19	254	1.54	0.55	153.8	308	0.0	*N/A*	6.15	10.0	7.69	4.62	0.00
BABY CARROTS	1/2 cup	100	31	0	68	2.53	0.78	27.9	12029	2.27	*N/A*	0.56	7.19	0.11	0.02	0.00
FRUIT VARIETY ELEM.	1/2 CUP	100	70	0	0	1.74	*N/A*	*N/A*	*N/A*	*N/A*	14	0.0	17.45	0.0	0.00	0.00
APPLE CRISP	1/2 cup	100	149	11	55	2.10	0.64	15.4	157	0.13	*11	1.51	25.99	4.81	2.78	*0.17
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			746	77	1544	11.21	*4.41	*453.2	*15534	*19.75	*44 *23.7%	29.16 15.6%	120.87 64.8%	16.86 20.3%	8.55 10.3%	*0.17 *0.2%
Nutrient Guideline			548-611		1050										<10.00	

Wed - 10/02/2019																
ELEM. HOT BREAKFAST	Total	30														
FRENCH TOAST STIX W/SYRUP	SERVING	30	87	0	127	0.23	0.42	9.2	0	0.0	*N/A*	1.15	15.43	2.54	0.46	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*

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

Weighted Values - Detailed

Page 2

Oct 1, 2019 thru Oct 31, 2019

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8	Total	100														
COUNTRY FRIED STEAK	3 OZ	100	224	24	328	0.86	2.09	25.4	75	0.02	*N/A*	11.17	10.05	15.59	4.15	*N/A*
MASHED POTATOES:flakes, (E LEM)	1/2 CUP	100	69	0	285	1.53	0.28	1.8	0	2.75	*N/A*	1.53	13.74	1.14	0.00	0.00
COUNTRY GRAVY	1/4 cup	100	34	0	168	0.00	0.00	1.2	0	0.0	*0	0.76	3.79	1.52	1.14	0.00
ROLL, W.G. RICH 1 OZ.	1 OZ.	100	106	7	8	1.66	0.98	13.0	11	0.03	*N/A*	3.51	18.04	2.44	0.58	0.00
GREEN BEANS	1/2 cup	100	15	0	85	1.54	0.28	15.4	154	2.77	*N/A*	0.69	3.08	0.0	0.00	0.00
FRUIT VARIETY ELEM.	1/2 CUP	100	70	0	0	1.74	*N/A*	*N/A*	*N/A*	*N/A*	14	0.0	17.45	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			764	37	1183	8.51	*4.12	*119.0	*437	*20.82	*33 *17.0%	27.74 14.5%	110.18 57.7%	23.67 27.9%	6.58 7.8%	*0.00 *0.0%
Nutrient Guideline			548-611		1050											<10.00

Thu - 10/03/2019																
	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEM. HOT BREAKFAST	Total	30														
PANCAKE ON A STICK, Blueberry	1 EACH	30	58	3	74	0.23	2.49	0.0	0	0.0	*N/A*	1.38	5.31	3.46	1.04	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	10	8	1	10	0.00	*N/A*	*N/A*	5	*N/A*	1	0.62	1.0	0.19	0.12	0.00
ELEMENTARY LUNCH K-8	Total	100														
HAMBURGER ON A BUN HS	1 EACH	100	260	55	224	3.09	2.37	35.5	0	0.0	*N/A*	21.26	17.01	11.84	4.20	*0.00
FRENCH FRIES	1/2 CUP	100	73	0	140	1.03	0.28	0.0	0	0.93	*N/A*	1.03	9.35	3.58	1.03	0.00
VEGGIE STIX	1/2 cup	100	8	0	19	0.68	0.13	11.8	299	11.68	*1	0.52	1.65	0.08	0.03	0.00
FRUIT, ASST	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			613	65	642	8.53	*5.47	*83.1	522	*32.76	*19 *12.4%	33.37 21.8%	76.65 50.0%	19.60 28.8%	6.58 9.7%	*0.00 *0.0%
Nutrient Guideline			548-611		1050											<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

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 3

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/04/2019																
ELEM. HOT BREAKFAST	Total	30														
NOTABLES, ASST.	1 EA	30	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
FRUIT, ASST	1/2 each	30	103	0	1	4.12	0.26	25.9	178	33.1	*N/A*	1.18	26.7	0.34	0.09	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	120	5	180	0.00	*N/A*	*N/A*	90	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	34	4	36	0.00	0.02	101.7	159	0.0	4	2.74	4.06	0.79	0.51	*N/A*
Weighted Daily Average % of Calories			578	9	457	9.12	*3.89	*327.5	1927	*93.10	*52 *36.2%	14.92 10.3%	115.76 80.2%	7.13 11.1%	2.10 3.3%	*0.00 *0.0%
Nutrient Guideline			548-611		1050											<10.00

Mon - 10/07/2019																
ELEM. HOT BREAKFAST	Total	30														
PIZZA BAGEL	1 EACH	30	41	3	108	0.00	0.33	46.0	23	0.0	*N/A*	2.07	4.37	1.61	0.69	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	10	8	1	10	0.00	*N/A*	*N/A*	5	*N/A*	1	0.62	1.0	0.19	0.12	0.00
ELEMENTARY LUNCH K-8																
SPAGHETTI WITH MEAT SAUCE	3/4 CUP	100	221	34	449	2.98	2.30	22.3	370	6.66	*N/A*	14.0	20.91	7.91	2.56	*0.00
TEXAS GARLIC TOAST ELEM	1 EACH	100	62	0	138	1.54	0.83	0.0	308	0.0	1	2.31	11.54	1.54	0.00	0.00
CARROTS:frozen, boiled	3/4 CUP	100	31	0	0	2.77	0.45	30.0	14004	1.96	*N/A*	0.49	6.51	0.57	0.10	0.00
FRUIT, ASST	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			570	44	881	10.79	*4.10	*134.1	14928	*28.76	*19 *13.5%	28.04 19.7%	86.66 60.8%	12.26 19.4%	3.63 5.7%	*0.00 *0.0%
Nutrient Guideline			548-611		1050											<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.

Garfield County School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 4

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/08/2019																
ELEM. HOT BREAKFAST	Total	30														
PANCAKES, WG FROZEN 110393	1 EACH	30	16	1	31	0.23	*N/A*	*N/A*	3	*N/A*	1	0.46	3.0	0.46	0.00	0.00
SYRUP,PANCAKE: PPI'S	PACKET	30	27	0	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.89	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
FRUIT, ASST	1 EACH	30	17	0	0	0.76	0.04	1.9	17	1.46	*N/A*	0.08	4.4	0.05	0.01	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
ELEMENTARY LUNCH K-8																
CHICKEN ALFREDO	Total	100														
BREADSTICK, CHEESE FILLED	4 OZ.	100	264	83	37	1.69	*2.63	18.9	32	*0.0	*1	*20.48	36.58	4.78	1.13	0.03
SEC	1 EACH	100	131	19	254	1.54	0.55	153.8	308	0.0	*N/A*	6.15	10.0	7.69	4.62	0.00
BROCCOLI: frozen, boiled	1/2 CUP	100	12	0	5	1.25	0.25	13.7	421	16.68	*N/A*	1.29	2.23	0.05	0.01	0.00
BROWNIE, FUDGE	SERVING	100	108	0	108	0.77	0.83	0.0	0	0.0	*N/A*	1.54	19.23	2.31	0.77	0.00
FRUIT, ASST	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average																
% of Calories			764	110	625	8.79	*4.45	*241.7	995	*30.65	*20	*38.93	119.43	15.89	6.81	*0.03
											*10.6%	*20.4%	62.5%	18.7%	8.0%	*0.0%
Nutrient Guideline																
			548-611		1050											<10.00

Wed - 10/09/2019																
ELEM. HOT BREAKFAST	Total	30														
APPLE CINNAMON TEXAS TO	SLICE	30	60	*N/A*	69	0.46	0.62	9.2	92	0.28	4	1.84	10.34	1.38	0.23	*N/A*
AST																
FRUIT, ASST	1 EACH	30	17	0	0	0.76	0.04	1.9	17	1.46	*N/A*	0.08	4.4	0.05	0.01	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
	RTON															

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.

Garfield County School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 5

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8	Total	100														
CHILI	1 CUP	100	142	20	417	4.36	2.28	43.4	460	7.07	*4	11.04	16.41	3.89	1.41	*0.00
CRACKERS	3 PACKET	100	58	0	130	0.39	0.77	2.6	0	0.0	0	1.31	10.25	1.2	0.23	0.02
BABY CARROTS	1/2 cup	100	31	0	68	2.53	0.78	27.9	12029	2.27	*N/A*	0.56	7.19	0.11	0.02	0.00
CINNAMON ROLL	ROLL	100	176	2	83	1.15	0.01	6.2	73	0.0	*N/A*	2.08	34.52	3.56	1.11	*0.00
FRUIT, ASST	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			673	*29	951	12.21	*4.63	*144.5	12885	*23.58	*26 *15.6%	25.83 15.3%	120.21 71.4%	10.74 14.4%	3.27 4.4%	*0.02 *0.0%
Nutrient Guideline			548-611		1050										<10.00	

Thu - 10/10/2019																
ELEM. HOT BREAKFAST	Total	30														
MAPLE BITES	4 EACH	30	55	0	60	0.92	0.33	18.3	0	0.0	4	0.92	10.07	1.37	0.00	0.00
YOGURT, ASST.	4OZ.	30	42	0	35	0.00	0.00	138.9	0	0.56	*N/A*	1.39	8.8	0.0	0.00	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
ELEMENTARY LUNCH K-8	Total	100														
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	100	232	23	425	1.54	2.78	193.0	232	2.78	*N/A*	11.58	23.16	8.49	3.09	0.00
SALAD, TOSSED	1/2 cup	100	48	0	81	3.62	1.84	85.0	12082	40.91	*5	2.67	10.27	0.41	0.06	0.00
TOMATO, CHERRY	1/2 CUP	100	10	0	3	0.69	0.15	5.7	477	7.27	0	0.5	2.23	0.12	0.00	0.00
FRUIT VARIETY ELEM.	1/2 CUP	100	70	0	0	1.74	*N/A*	*N/A*	*N/A*	*N/A*	14	0.0	17.45	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	100	92	4	138	0.00	*N/A*	*N/A*	69	*N/A*	14	6.15	15.38	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	90	71	8	74	0.00	0.05	211.2	331	0.0	9	5.69	8.43	1.64	1.07	*N/A*
BUTTERSCOTCH PUDD.	1/2 cup	10	10	0	23	0.02	0.10	0.9	850	0.0	*0	0.08	1.81	0.31	0.06	*0.00
Weighted Daily Average % of Calories			697	38	888	9.49	*5.32	*682.6	*14140	*66.77	*50 *28.7%	31.73 18.2%	111.43 63.9%	12.60 16.3%	4.42 5.7%	*0.00 *0.0%
Nutrient Guideline			548-611		1050										<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

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 6

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/11/2019																
ELEM. HOT BREAKFAST	Total	30														
NOTABLES, ASST.	1 EA	30	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
FRUIT, ASST	1/2 each	30	103	0	1	4.12	0.26	25.9	178	33.1	*N/A*	1.18	26.7	0.34	0.09	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	120	5	180	0.00	*N/A*	*N/A*	90	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	34	4	36	0.00	0.02	101.7	159	0.0	4	2.74	4.06	0.79	0.51	*N/A*
Weighted Daily Average % of Calories			578	9	457	9.12	*3.89	*327.5	1927	*93.10	*52 *36.2%	14.92 10.3%	115.76 80.2%	7.13 11.1%	2.10 3.3%	*0.00 *0.0%
Nutrient Guideline			548-611		1050										<10.00	

Mon - 10/14/2019																
ELEM. HOT BREAKFAST	Total	30														
FRENCH TOAST STIX	3 stick	30	60	0	120	0.23	0.42	9.2	0	0.0	*N/A*	1.15	8.54	2.54	0.46	0.00
SYRUP,PANCAKE: PPI'S	PACKET	30	27	0	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.89	0.0	0.00	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
ELEMENTARY LUNCH K-8																
CHICKEN NUGGETS, SEC.	Total	100														
FRENCH FRIES	SERV	100	174	13	479	4.36	1.57	52.3	0	0.0	*N/A*	10.46	3.49	10.46	2.18	0.00
FRUIT, ASST	1 CUP	100	145	0	280	2.06	0.56	0.0	0	1.87	*N/A*	2.06	18.69	7.17	2.06	0.00
RANGER COOKIE	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	1 Each	100	92	4	77	0.77	0.55	0.0	154	0.0	*N/A*	0.77	12.31	4.62	2.69	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			713	23	1147	10.91	*3.30	*120.8	409	*22.01	*19 *10.4%	23.64 13.3%	93.19 52.3%	25.40 32.1%	7.68 9.7%	*0.00 *0.0%
Nutrient Guideline			548-611		1050										<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.

Garfield County School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 7

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/15/2019																
ELEM. HOT BREAKFAST	Total	30														
BELGIAN WAFFLE	3.17 OZ.	30	90	7	88	0.23	0.17	9.2	*N/A*	*N/A*	6	1.15	11.06	4.61	2.53	0.23
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	10	8	1	10	0.00	*N/A*	*N/A*	5	*N/A*	1	0.62	1.0	0.19	0.12	0.00
ELEMENTARY LUNCH K-8																
SALISBURY STEAK	1 EACH	100	108	21	248	1.11	0.95	27.4	94	0.51	1	11.29	8.06	3.45	0.89	0.06
MASHED POTATOES:flakes, (ELEM)	1/2 CUP	100	69	0	285	1.53	0.28	1.8	0	2.75	*N/A*	1.53	13.74	1.14	0.00	0.00
GRAVY,BROWN,FROM DEHYDR & WATE	4 OZ	100	38	0	477	0.00	0.00	0.0	0	0.0	*N/A*	1.54	6.15	1.54	0.00	0.00
ROLL, W.G. RICH 1 OZ.	1 OZ.	100	106	7	8	1.66	0.98	13.0	11	0.03	*N/A*	3.51	18.04	2.44	0.58	0.00
CALIFORNIA BLEND VEG - ELEM	1/2	100	8	0	8	0.69	3.78	107.6	1999	6.92	*N/A*	0.62	1.74	0.08	0.00	0.00
FRUIT, ASST	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			634	41	1300	8.71	*6.36	*194.8	*2327	*30.35	*26 *16.1%	28.82 18.2%	102.13 64.4%	13.88 19.7%	4.29 6.1%	*0.29 *0.4%
Nutrient Guideline			548-611		1050											<10.00

Wed - 10/16/2019																
ELEM. HOT BREAKFAST	Total	30														
BAGEL: PLAIN WW	1 EACH	30	53	0	106	0.44	4.41	0.0	0	0.0	*N/A*	1.76	10.81	0.22	0.00	0.00
YOGURT, ASST.	4OZ.	30	42	0	35	0.00	0.00	138.9	0	0.56	*N/A*	1.39	8.8	0.0	0.00	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	10	8	1	10	0.00	*N/A*	*N/A*	5	*N/A*	1	0.62	1.0	0.19	0.12	0.00

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.

Garfield County School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 8

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8	Total	100														
SOFT SHELL TACO(BEEF)	1 EACH	100	192	25	343	1.70	2.35	61.8	195	1.61	*2	10.19	19.58	7.87	2.99	*0.02
REFRIED BEANS: ELEM	1/2 cup	100	83	0	411	4.67	1.53	30.2	0	5.49	*N/A*	4.95	13.97	1.07	0.36	0.00
CORN	1/2 cup	100	62	0	85	1.54	0.28	15.4	0	2.77	*N/A*	1.54	13.08	0.77	0.00	0.00
FRUIT, ASST	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			646	32	1165	11.85	*8.75	*282.1	417	*30.57	*21 *12.8%	29.01 18.0%	109.57 67.9%	10.56 14.7%	3.63 5.1%	*0.02 *0.0%
Nutrient Guideline			548-611		1050											<10.00

Thu - 10/17/2019																
ELEM. HOT BREAKFAST	Total	30														
BREAKFAST SANDWICH	1 EACH	30	60	40	168	1.02	0.49	62.0	89	0.0	*N/A*	3.49	6.67	2.3	0.92	0.00
YOGURT, ASST.	4OZ.	30	42	0	35	0.00	0.00	138.9	0	0.56	*N/A*	1.39	8.8	0.0	0.00	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	10	8	1	10	0.00	*N/A*	*N/A*	5	*N/A*	1	0.62	1.0	0.19	0.12	0.00
ELEMENTARY LUNCH K-8	Total	100														
NEW YORK SUB SANDWICH HS	1 EACH	100	231	40	1193	4.09	1.56	97.1	145	1.55	*1	20.0	25.31	6.43	2.63	*0.00
POTATO CHIPS, BAKED, LAYS	1 OZ	100	96	0	151	1.37	*N/A*	*N/A*	14	*N/A*	3	1.37	16.46	2.4	0.34	0.00
VEGGIE STIX	1/2 cup	100	8	0	19	0.68	0.13	11.8	299	11.68	*1	0.52	1.65	0.08	0.03	0.00
FRUIT, ASST	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			651	87	1751	10.65	*2.38	*345.6	769	*33.92	*23 *13.8%	35.95 22.1%	102.22 62.8%	11.84 16.4%	4.21 5.8%	*0.00 *0.0%
Nutrient Guideline			548-611		1050											<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

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 9

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/22/2019																
ELEM. HOT BREAKFAST	Total	30														
BREAKFAST BURRITO	1 EACH	30	65	8	132	0.23	*N/A*	23.1	69	0.28	0	2.31	6.92	2.54	0.92	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
	RTON															
ELEMENTARY LUNCH K-8																
TOMATO SOUP	Total	100														
	1 CUP	100	138	16	771	0.35	0.61	129.1	611	4.88	*N/A*	4.38	20.46	4.59	2.18	*N/A*
CHEESE SAND. WW BREAD (I. W.)	1 EA	100	205	22	345	2.58	0.93	172.3	345	*N/A*	1	8.61	22.4	10.34	5.17	*N/A*
BABY CARROTS	1/2 cup	100	31	0	68	2.53	0.78	27.9	12029	2.27	*N/A*	0.56	7.19	0.11	0.02	0.00
PICKLES,DILL	1/8 cup	100	2	0	130	0.16	0.06	6.3	27	0.12	*N/A*	0.09	0.39	0.02	0.01	0.00
FRUIT, ASST	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
	RTON															
Weighted Daily Average			654	52	1630	9.36	*2.57	*417.9	13336	*27.69	*20	25.15	100.63	18.22	8.59	*0.00
% of Calories											*12.0%	15.4%	61.5%	25.1%	11.8%	*0.0%
Nutrient Guideline			548-611		1050										<10.00	

Wed - 10/23/2019																
ELEM. HOT BREAKFAST	Total	30														
PANCAKE ON A STICK, Blueberry	1 EACH	30	58	3	74	0.23	2.49	0.0	0	0.0	*N/A*	1.38	5.31	3.46	1.04	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK	RTON															
MILK, 1% LOWFAT	HALF PINT	10	8	1	10	0.00	*N/A*	*N/A*	5	*N/A*	1	0.62	1.0	0.19	0.12	0.00

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

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 10

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8	Total	100														
PULLED PORK IN BBQ SAUCE	3 OZ	100	203	23	614	3.88	1.65	59.7	173	0.13	*10	13.27	29.27	4.05	0.93	0.01
BAKED BEANS :BountifulHarvest:	1/2 cup	100	107	0	362	4.70	3.62	40.3	67	0.0	*N/A*	4.7	21.47	0.0	0.00	0.00
COLE SLAW	1/2 CUP	100	129	9	101	1.37	0.37	25.0	1644	16.97	*3	0.86	5.01	12.24	1.34	*0.00
BISCUITS: WHOLE GRN,PURC HASED	1 each	100	146	0	500	1.54	0.83	30.8	0	0.0	*N/A*	3.08	18.46	6.15	3.85	0.00
FRUIT, ASST	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			858	42	1836	15.22	*9.15	*191.6	2107	*37.24	*31 *14.6%	32.47 15.1%	122.86 57.3%	26.54 27.8%	7.43 7.8%	*0.01 *0.0%
Nutrient Guideline			548-611		1050											<10.00

Thu - 10/24/2019																
ELEM. HOT BREAKFAST	Total	30														
APPLE CINNAMON TEXAS TOAST	SLICE	30	60	*N/A*	69	0.46	0.62	9.2	92	0.28	4	1.84	10.34	1.38	0.23	*N/A*
FRUIT, ASST	1 EACH	30	17	0	0	0.76	0.04	1.9	17	1.46	*N/A*	0.08	4.4	0.05	0.01	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
ELEMENTARY LUNCH K-8	Total	100														
CORN DOG	1 EACH	100	216	31	834	1.54	1.39	61.8	77	11.58	*N/A*	6.95	24.7	9.26	2.32	0.00
POTATO WEDGES, SAVORY ELEM	2 OZ	100	77	0	133	1.54	0.37	0.0	0	1.23	*N/A*	1.03	9.23	3.59	1.03	1.54
GREEN BEANS	1/2 cup	100	15	0	85	1.54	0.28	15.4	154	2.77	*N/A*	0.69	3.08	0.0	0.00	0.00
FRUIT, ASST	1 EACH	100	55	0	1	2.55	0.13	6.4	57	4.88	*N/A*	0.28	14.66	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			575	*37	1305	8.39	*2.83	*141.5	554	*29.82	*22 *15.6%	19.51 13.6%	88.85 61.8%	14.83 23.2%	3.85 6.0%	*1.54 *2.4%
Nutrient Guideline			548-611		1050											<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

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 11

Generated on: 9/18/2019 2:32:38 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/25/2019																
ELEM. HOT BREAKFAST NOTABLES, ASST.	Total 1 EA	30	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
FRUIT, ASST	1/2 each	30	103	0	1	4.12	0.26	25.9	178	33.1	*N/A*	1.18	26.7	0.34	0.09	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	120	5	180	0.00	*N/A*	*N/A*	90	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	34	4	36	0.00	0.02	101.7	159	0.0	4	2.74	4.06	0.79	0.51	*N/A*
Weighted Daily Average % of Calories			578	9	457	9.12	*3.89	*327.5	1927	*93.10	*52 *36.2%	14.92 10.3%	115.76 80.2%	7.13 11.1%	2.10 3.3%	*0.00 *0.0%
Nutrient Guideline			548-611		1050										<10.00	

Tue - 10/29/2019																
ELEM. HOT BREAKFAST MAPLE BITES	Total 4 EACH	30	55	0	60	0.92	0.33	18.3	0	0.0	4	0.92	10.07	1.37	0.00	0.00
YOGURT, ASST.	4OZ.	30	42	0	35	0.00	0.00	138.9	0	0.56	*N/A*	1.39	8.8	0.0	0.00	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
ELEMENTARY LUNCH K-8																
CHICKEN PARMESAN	Total 1 EACH	100	224	29	482	2.08	1.31	148.3	690	10.86	*0	12.02	14.76	12.77	3.66	*0.00
BREADSTICK, CHEESE FILLED	1 EACH	100	131	19	254	1.54	0.55	153.8	308	0.0	*N/A*	6.15	10.0	7.69	4.62	0.00
CORN	1/2 cup	100	62	0	85	1.54	0.28	15.4	0	2.77	*N/A*	1.54	13.08	0.77	0.00	0.00
FRUIT VARIETY ELEM.	1/2 CUP	100	70	0	0	1.74	*N/A*	*N/A*	*N/A*	*N/A*	14	0.0	17.45	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			742	55	1097	8.77	*2.54	*527.7	*1195	*29.44	*36 *19.5%	30.94 16.7%	102.77 55.4%	23.05 28.0%	8.54 10.4%	*0.00 *0.0%
Nutrient Guideline			548-611		1050										<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

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 12

Generated on: 9/18/2019 2:32:39 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/30/2019																
ELEM. HOT BREAKFAST	Total	30														
BREAKFAST ROUNDS	1 Each	30	39	0	44	1.15	1.45	69.2	173	0.0	*N/A*	0.69	7.62	1.04	0.23	0.00
YOGURT, ASST.	4OZ.	30	42	0	35	0.00	0.00	138.9	0	0.56	*N/A*	1.39	8.8	0.0	0.00	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	10	8	1	10	0.00	*N/A*	*N/A*	5	*N/A*	1	0.62	1.0	0.19	0.12	0.00
ELEMENTARY LUNCH K-8																
MAC & CHEESE; WHOLE GRAIN	1 CUP	100	314	31	766	1.53	1.10	459.7	766	0.0	*N/A*	19.15	32.95	12.26	6.13	0.00
GREEN BEANS	1/2 cup	100	15	0	85	1.54	0.28	15.4	154	2.77	*N/A*	0.69	3.08	0.0	0.00	0.00
BABY CARROTS	1/2 cup	100	31	0	68	2.53	0.78	27.9	12029	2.27	*N/A*	0.56	7.19	0.11	0.02	0.00
FRUIT VARIETY ELEM.	1/2 CUP	100	70	0	0	1.74	*N/A*	*N/A*	*N/A*	*N/A*	14	0.0	17.45	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average % of Calories			670	37	1182	9.45	*3.68	*740.6	*13287	*20.85	*32 *19.4%	31.39 18.7%	105.75 63.1%	13.86 18.6%	6.63 8.9%	*0.00 *0.0%
Nutrient Guideline			548-611		1050										<10.00	

Thu - 10/31/2019																
ELEM. HOT BREAKFAST	Total	30														
FRENCH TOAST STIX W/SYRUP	SERVING	30	87	0	127	0.23	0.42	9.2	0	0.0	*N/A*	1.15	15.43	2.54	0.46	0.00
FRUIT, ASST	1/2 each	30	24	0	0	0.95	0.06	6.0	41	7.64	*N/A*	0.27	6.16	0.08	0.02	0.00
JUICE, ASSORTED,	1/2 cup	30	9	0	0	0.00	0.00	0.0	0	7.62	*N/A*	0.0	2.12	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	30	28	1	42	0.00	*N/A*	*N/A*	21	*N/A*	4	1.85	4.62	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*

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

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

Page 13

Generated on: 9/18/2019 2:32:39 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8	Total	100														
ORANGE CHICKEN	3.92 oz	100	123	35	238	0.00	0.55	0.0	77	0.0	8	9.23	16.15	2.31	0.38	0.00
RICE	1 CUP	100	166	0	8	2.77	0.63	15.4	0	0.0	*N/A*	3.87	34.45	1.36	0.27	0.00
BROCCOLI: frozen, boiled	1/2 CUP	100	12	0	5	1.25	0.25	13.7	421	16.68	*N/A*	1.29	2.23	0.05	0.01	0.00
FORTUNE COOKIE	1 EACH	100	25	0	8	0.12	2.35	53.8	115	0.0	*N/A*	0.15	16.15	0.15	0.00	0.00
FRUIT VARIETY ELEM.	1/2 CUP	100	70	0	0	1.74	*N/A*	*N/A*	*N/A*	*N/A*	14	0.0	17.45	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	90	83	3	125	0.00	*N/A*	*N/A*	62	*N/A*	12	5.54	13.85	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Weighted Daily Average			641	41	568	7.06	*4.28	*145.1	*811	*31.94	*41	24.62	130.47	6.85	1.38	*0.00
% of Calories											*25.6%	15.4%	81.4%	9.6%	1.9%	*0.0%
Nutrient Guideline			548-611		1050										<10.00	

Weighted Average			667	*44	1053	9.86	*4.50	*297.4	*5022	*39.81	*32	*27.05	107.56	14.90	5.12	*0.10
											*43.1%	*16.2%	64.5%	20.1%	6.9%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	667		548 - 611	109%			56	Correction Required - Calories too High
Cholesterol (mg)	44				Missing			
Sodium 1 (mg)	1053		1050				3	Correction Required - Sodium too High
Sodium 2 (mg)	1053		818				236	Correction Required - Sodium too High
Fiber (g)	9.86							
Iron (mg)	4.50				Missing			
Calcium (mg)	297.4				Missing			
Vitamin A (IU)	5022				Missing			
Sugars (g)	32	19.14%			Missing			
Vitamin C (mg)	39.81				Missing			
Protein (g)	27.05	16.22%			Missing			
Carbohydrate (g)	107.56	64.48%						
Total Fat (g)	14.90	20.10%						
Saturated Fat (g)	5.12	6.90%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			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.