

Garfield County School District

Feb 3, 2020 thru Feb 28, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	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)
Mon - 02/03/2020																
ELEM. HOT BREAKFAST	Total	0														
FRENCH TOAST STIX W/SYRUP	SERVING	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SYRUP,PANCAKE: PPI'S	PACKET	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
ELEMENTARY LUNCH K-8																
MAC & CHEESE; W.G. ELEM	Total	105														
GREEN BEANS Sec.	3/4 CUP	105	306	30	747	1.49	1.08	448.2	747	0.0	*N/A*	18.68	32.12	11.95	5.98	0.00
BABY CARROTS	1/2 cup	105	20	0	110	2.00	0.36	20.0	200	3.6	*N/A*	0.9	4.0	0.0	0.00	0.00
FRUIT, ASST	1/2 cup	105	40	0	88	3.29	1.01	36.3	15638	2.95	*N/A*	0.73	9.34	0.15	0.03	0.00
SUGAR COOKIE :WG:	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE MILK	1 EACH	105	107	0	84	1.53	0.55	0.0	0	0.0	*N/A*	1.53	18.39	3.45	1.15	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	105	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	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
Weighted Daily Average % of Calories			675	36	1221	11.63	*3.17	*541.8	16795	*12.90	*19	30.97	104.07	16.01	7.34	*0.00
Nutrient Guideline			591-644		1201						*11.4%	18.4%	61.7%	21.4%	9.8%	*0.0%

Tue - 02/04/2020																
ELEM. HOT BREAKFAST	Total	0														
PANCAKE ON A STICK, Blueberry	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK 1% LOWFAT	HALF PINT	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00

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Weighted Values - Detailed

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	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	105														
CHICKEN PARMESAN	1 EACH	105	291	38	626	2.70	1.70	192.8	897	14.11	*0	15.63	19.18	16.6	4.76	*0.00
BREAD STICKS,PLAIN : WW E LEM.	1 EA	105	70	0	120	1.50	0.72	10.0	0	0.0	*N/A*	2.5	13.5	1.0	0.00	0.00
BROCCOLI: frozen, boiled	1 CUP	105	30	0	12	3.25	0.66	35.7	1094	43.38	*N/A*	3.35	5.79	0.13	0.02	0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	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	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
Weighted Daily Average % of Calories			593	44	950	10.76	*3.26	*275.9	2201	*63.84	*19 *13.0%	30.62 20.7%	78.69 53.1%	18.19 27.6%	4.97 7.5%	*0.00 *0.0%
Nutrient Guideline			591-644		1201										<10.00	

Wed - 02/05/2020																
ELEM. HOT BREAKFAST	Total	0														
PIZZA BAGEL	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
ELEMENTARY LUNCH K-8	Total	105														
CHILI	1 CUP	105	185	26	542	5.67	2.96	56.4	598	9.19	*5	14.35	21.33	5.06	1.83	*0.00
CRACKERS	3 PACKET	105	75	0	169	0.50	1.00	3.4	0	0.0	0	1.7	13.33	1.56	0.30	0.03
BABY CARROTS	1/2 cup	105	40	0	88	3.29	1.01	36.3	15638	2.95	*N/A*	0.73	9.34	0.15	0.03	0.00
CINNAMON ROLL	ROLL	105	229	3	108	1.50	0.01	8.0	94	0.0	*N/A*	2.71	44.88	4.63	1.44	*0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	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	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
Weighted Daily Average % of Calories			730	35	1100	14.28	*5.16	*141.4	16541	*18.49	*24 *13.2%	28.63 15.7%	129.09 70.7%	11.85 14.6%	3.78 4.7%	*0.03 *0.0%
Nutrient Guideline			591-644		1201										<10.00	

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Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	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)
Thu - 02/06/2020																
ELEM. HOT BREAKFAST	Total	0														
MINI PANCAKES, STRAWBERRY	PACKAGE	0	0	0	0	0.00	0.00	0.0	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
SYRUP,PANCAKE: PPI'S	PACKET	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
	RTON															
ELEMENTARY LUNCH K-8																
PIZZA W/ PEPPERONI: MAX	Total	105														
SALAD, TOSSED	slice	105	390	20	1000	4.00	5.40	300.0	500	0.0	*N/A*	18.0	42.0	16.0	5.00	0.00
TOMATO, CHERRY	1/2 cup	105	62	0	105	4.71	2.39	110.6	15706	53.18	*6	3.47	13.35	0.53	0.08	0.00
FRUIT, ASST	1/2 CUP	105	13	0	4	0.90	0.20	7.5	621	9.45	0	0.65	2.9	0.15	0.00	0.00
BUTTERSCOTCH PUDD.	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE	1/2 cup	105	135	0	302	0.24	1.27	12.1	11055	0.0	*1	1.03	23.47	4.05	0.82	*0.00
MILK	8 OZ. CA	105	120	5	180	0.00	*N/A*	*N/A*	90	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
	RTON															
Weighted Daily Average			801	26	1602	13.16	*9.44	*467.5	*28092	*68.98	*26	32.29	121.94	21.18	6.09	*0.00
% of Calories											*13.0%	16.1%	60.9%	23.8%	6.8%	*0.0%
Nutrient Guideline			591-644		1201									<10.00		

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Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	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 - 02/07/2020																
ELEM. HOT BREAKFAST	Total	35														
CEREAL-ASST	1 cup	35	148	0	204	1.23	8.90	85.5	793	7.75	*N/A*	1.86	30.86	1.89	0.12	0.00
CHEESE ,STRING	1 each	35	80	15	190	0.00	0.00	0.0	0	0.0	*N/A*	7.0	1.0	5.0	3.00	0.00
APPLES,Fresh	1 each	35	53	0	1	2.42	0.12	6.1	55	4.65	*N/A*	0.26	13.95	0.17	0.03	0.00
ORANGES	1 EACH	35	62	0	0	3.10	0.13	52.0	295	69.71	*N/A*	1.23	15.39	0.16	0.03	0.00
YOGURT, ASST.	4OZ.	35	181	0	151	0.00	0.00	602.1	0	2.41	*N/A*	6.02	38.13	0.0	0.00	0.00
POP TART, FROSTED CINNAMON	1 EACH	35	180	0	190	3.00	*N/A*	*N/A*	75	*N/A*	15	2.0	37.0	2.5	1.00	0.00
GRANOLA BAR	1 EACH	35	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	17.0	3.0	1.00	0.00
MUFFIN	2 OZ	35	169	30	199	1.99	1.07	39.8	0	0.0	*N/A*	2.98	27.85	5.97	0.99	0.00
NOTABLES, ASST	1 EACH	35	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.00	0.00	0.0	0	33.0	*N/A*	0.0	9.18	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	69	3	103	0.00	*N/A*	*N/A*	51	*N/A*	10	4.57	11.43	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	15	44	5	46	0.00	0.03	130.7	205	0.0	5	3.52	5.22	1.01	0.66	*N/A*
Weighted Daily Average % of Calories			1441	53	1398	17.75	*14.22	*1196.2	2974	*177.51	*61 *16.9%	33.45 9.3%	272.01 75.5%	25.71 16.0%	8.33 5.2%	*0.00 *0.0%
Nutrient Guideline			591-644		1201									<10.00		

Mon - 02/10/2020																
ELEM. HOT BREAKFAST	Total	0														
MAPLE BITES	4 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
YOGURT, ASST.	4OZ.	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*

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ELEMENTARY LUNCH K-8	Total	105														
CHICKEN ALFREDO	2 OZ	105	269	92	40	1.57	*3.06	17.3	30	*0.0	*1	*23.93	33.93	5.34	1.23	0.03
BREADSTICK, CHEESE FILLED SEC	1 EACH	105	170	25	330	2.00	0.72	200.0	400	0.0	*N/A*	8.0	13.0	10.0	6.00	0.00
California Vegetable Blend	1 CUP	105	22	0	22	1.80	9.83	279.8	5197	17.99	*N/A*	1.6	4.53	0.2	0.00	0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	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	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
Weighted Daily Average % of Calories			663	123	584	8.68	*13.79	*534.4	5837	*24.34	*20	*42.67	91.68	16.00	7.42	*0.03
											*12.1%	*25.8%	55.3%	21.7%	10.1%	*0.0%
Nutrient Guideline			591-644		1201										<10.00	

Tue - 02/11/2020																
ELEM. HOT BREAKFAST	Total	0														
FRENCH TOAST STIX	3 stick	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SYRUP, PANCAKE: PPI'S	PACKET	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
ELEMENTARY LUNCH K-8	Total	105														
HAMBURGER GRAVY	2 OZ.	105	165	37	320	0.35	1.73	12.8	234	0.0	*N/A*	12.1	6.97	9.59	2.76	*0.00
MASHED POTATOES: flakes, (ELEM)	1/2 CUP	105	89	0	371	1.98	0.37	2.4	0	3.57	*N/A*	1.98	17.86	1.49	0.00	0.00
ROLL, W.G. RICH	2 oz	105	137	9	10	2.15	1.27	16.9	14	0.04	*N/A*	4.57	23.45	3.17	0.75	0.00
VEGGIE STIX	1/2 cup	105	10	0	25	0.88	0.17	15.4	389	15.19	*1	0.68	2.14	0.1	0.04	0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	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	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
Weighted Daily Average % of Calories			604	52	917	8.68	*3.72	*84.7	847	*25.15	*20	28.47	90.64	14.81	3.73	*0.00
											*13.2%	18.9%	60.0%	22.1%	5.6%	*0.0%
Nutrient Guideline			591-644		1201										<10.00	

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Garfield County School District

Feb 3, 2020 thru Feb 28, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/12/2020																
ELEM. HOT BREAKFAST	Total	0														
BELGIAN WAFFLE	3.17 OZ.	0	0	0	0	0.00	0.00	0.0	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
SYRUP,PANCAKE: PPI'S	PACKET	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK	RTON															
MILK, 1% LOWFAT	HALF PINT	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
ELEMENTARY LUNCH K-8																
CORN DOG	1 EACH	105	281	40	1084	2.01	1.81	80.3	100	15.05	*N/A*	9.03	32.11	12.04	3.01	0.00
BAKED BEANS :BountifulHarvest:	1/2 cup	105	140	0	471	6.11	4.71	52.3	87	0.0	*N/A*	6.11	27.91	0.0	0.00	0.00
BABY CARROTS	1/2 cup	105	40	0	88	3.29	1.01	36.3	15638	2.95	*N/A*	0.73	9.34	0.15	0.03	0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	105	120	5	180	0.00	*N/A*	*N/A*	90	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
MILK	RTON															
Weighted Daily Average			662	46	1835	14.71	*7.70	*206.2	*16035	*24.35	*19	25.01	109.59	12.65	3.23	*0.00
% of Calories											*11.6%	15.1%	66.2%	17.2%	4.4%	*0.0%
Nutrient Guideline			591-644		1201										<10.00	

Thu - 02/13/2020																
ELEM. HOT BREAKFAST	Total	0														
BREAKFAST ROUNDS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
YOGURT, ASST.	4OZ.	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
MILK	RTON															

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Garfield County School District

Feb 3, 2020 thru Feb 28, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	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	105														
NEW YORK SUB SANDWICH	1 EACH	105	225	*40	1161	2.31	1.67	146.2	198	*2.01	*3	19.5	24.4	6.7	*2.66	*0.00
ELEM																
POTATO CHIPS, ASST. BAKED	BAG	105	120	0	200	1.33	0.24	46.6	5	1.6	*1	2.0	20.65	3.16	0.50	0.00
VEGGIE CUP	1 CUP	105	17	0	26	1.33	0.27	19.1	699	19.91	*1	1.0	3.59	0.18	0.04	0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	105	120	5	180	0.00	*N/A*	*N/A*	90	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	105	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
	RTON															
RANGER COOKIE	1 Each	10	11	0	10	0.10	0.07	0.0	19	0.0	*N/A*	0.1	1.52	0.57	0.33	0.00
Weighted Daily Average			668	*58	1685	8.38	*2.49	*525.2	1564	*29.87	*35	39.17	101.39	13.22	*5.12	*0.00
% of Calories											*21.2%	23.5%	60.7%	17.8%	*6.9%	*0.0%
Nutrient Guideline			591-644		1201										<10.00	

Fri - 02/14/2020																
ELEM. HOT BREAKFAST	Total	0														
CEREAL-ASST	1 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
CHEESE ,STRING	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
APPLES,Fresh	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
ORANGES	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
YOGURT, ASST.	4OZ.	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
POP TART, FROSTED CINNAM	1 EACH	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
ON																
GRANOLA BAR	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MUFFIN	2 OZ	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
NOTABLES, ASST	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
	RTON															
Weighted Daily Average			0	0	0	0.00	*0.00	*0.0	0	*0.00	*0	0.00	0.00	0.00	0.00	*0.00
% of Calories											*0.0%	0.0%	0.0%	0.0%	0.0%	*0.0%
Nutrient Guideline			591-644		1201										<10.00	

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Garfield County School District

Feb 3, 2020 thru Feb 28, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	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 - 02/18/2020																
ELEM. HOT BREAKFAST	Total	0														
BREAKFAST SANDWICH	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK	RTON															
MILK, 1% LOWFAT	HALF PINT	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
ELEMENTARY LUNCH K-8																
PULLED PORK IN BBQ SAUCE	Total	105														
BAKED BEANS :BountifulHarvest:	2 OZ	105	216	20	609	4.70	1.79	65.2	150	0.11	*9	13.51	32.74	4.01	0.80	0.01
COLE SLAW	1/2 cup	105	140	0	471	6.11	4.71	52.3	87	0.0	*N/A*	6.11	27.91	0.0	0.00	0.00
FRUIT, ASST	1/2 CUP	105	168	12	131	1.79	0.48	32.5	2138	22.06	*4	1.12	6.52	15.92	1.74	*0.00
MILK CHOCOLATE FAT FREE	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK	8 OZ. CA	105	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	RTON															
	8 OZ. CA	10	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
	RTON															
Weighted Daily Average			725	38	1402	15.91	*7.15	*187.4	2585	*28.52	*31	29.88	107.39	20.39	2.73	*0.01
% of Calories											*17.4%	16.5%	59.2%	25.3%	3.4%	*0.0%
Nutrient Guideline			591-644		1201										<10.00	

Wed - 02/19/2020																
ELEM. HOT BREAKFAST	Total	0														
BREAKFAST BURRITO	1 EACH	0	0	0	0	0.00	*N/A*	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
	RTON															

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Garfield County School District

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Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	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	105														
Teriyaki Chicken	2 oz	105	75	33	266	0.00	0.30	0.0	0	0.0	*N/A*	9.97	4.98	1.66	0.42	0.00
RICE	1/2 CUP	105	216	0	10	3.61	0.82	20.0	0	0.0	*N/A*	5.04	44.79	1.76	0.35	0.00
BROCCOLI: frozen, boiled	1 CUP	105	30	0	12	3.25	0.66	35.7	1094	43.38	*N/A*	3.35	5.79	0.13	0.02	0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
FORTUNE COOKIE	1 EACH	105	32	0	11	0.15	3.06	70.0	150	0.0	*N/A*	0.2	21.0	0.2	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	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	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
Weighted Daily Average % of Calories			555	39	490	10.31	*5.02	*163.0	1454	*49.73	*19 *13.9%	27.70 20.0%	116.77 84.2%	4.22 6.8%	0.98 1.6%	*0.00 *0.0%
Nutrient Guideline			591-644		1201										<10.00	

Thu - 02/20/2020																
ELEM. HOT BREAKFAST	Total	0														
APPLE CINNAMON TEXAS TOAST	SLICE	0	0	*N/A*	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
CHEESE ,STRING	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
ELEMENTARY LUNCH K-8	Total	105														
HAMBURGER ON A BUN ELEM.	1 EACH	105	266	48	271	4.02	2.42	44.2	0	0.0	*N/A*	20.43	22.12	10.77	3.64	*0.00
FRENCH FRIES	1/2 CUP	105	94	0	182	1.34	0.36	0.0	0	1.22	*N/A*	1.34	12.15	4.66	1.34	0.00
VEGGIE CUP	1 CUP	105	17	0	26	1.33	0.27	19.1	699	19.91	*1	1.0	3.59	0.18	0.04	0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	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	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
Weighted Daily Average % of Calories			579	*54	671	10.00	*3.23	*100.6	909	*27.48	*20 *13.7%	31.91 22.1%	78.07 54.0%	16.06 25.0%	5.20 8.1%	*0.00 *0.0%
Nutrient Guideline			591-644		1201										<10.00	

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Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/21/2020																
ELEM. HOT BREAKFAST	Total	0														
CEREAL-ASST	1 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
CHEESE ,STRING	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
APPLES,Fresh	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
ORANGES	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
YOGURT, ASST.	4OZ.	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
POP TART, FROSTED CINNAMON	1 EACH	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
GRANOLA BAR	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MUFFIN	2 OZ	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
NOTABLES, ASST	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
Weighted Daily Average % of Calories			0	0	0	0.00	*0.00	*0.0	0	*0.00	*0	0.00	0.00	0.00	0.00	*0.00
											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			591-644		1201											<10.00

Mon - 02/24/2020																
ELEM. HOT BREAKFAST	Total	0														
MAPLE BITES	4 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
YOGURT, ASST.	4OZ.	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*

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Garfield County School District

Feb 3, 2020 thru Feb 28, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

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	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	105														
SPAGHETTI WITH MEAT SAUCE	3/4 CUP	105	288	44	584	3.88	2.99	29.0	481	8.65	*N/A*	18.2	27.18	10.28	3.32	*0.00
TEXAS GARLIC TOAST ELEM	1 EACH	105	80	0	180	2.00	1.08	0.0	400	0.0	1	3.0	15.0	2.0	0.00	0.00
CARROTS:frozen, boiled	3/4 CUP	105	41	0	0	3.60	0.58	39.0	18206	2.55	*N/A*	0.64	8.46	0.74	0.13	0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	105	120	5	180	0.00	*N/A*	*N/A*	90	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
MILK	RTON															
Weighted Daily Average			610	51	956	12.79	*4.82	*105.3	19296	*17.55	*20	30.97	90.86	13.49	3.64	*0.00
% of Calories											*13.3%	20.3%	59.6%	19.9%	5.4%	*0.0%
Nutrient Guideline			591-644		1201										<10.00	

Tue - 02/25/2020																
ELEM. HOT BREAKFAST	Total	0														
BREAKFAST ROUNDS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
CHEESE ,STRING	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK	RTON															
MILK, 1% LOWFAT	HALF PINT	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
ELEMENTARY LUNCH K-8	Total	105														
CHICKEN NUGGETS	SERV	105	200	15	550	5.00	1.80	60.0	0	0.0	*N/A*	12.0	4.0	12.0	2.50	0.00
FRENCH FRIES	1/2 CUP	105	94	0	182	1.34	0.36	0.0	0	1.22	*N/A*	1.34	12.15	4.66	1.34	0.00
BABY CARROTS	1/2 cup	105	40	0	88	3.29	1.01	36.3	15638	2.95	*N/A*	0.73	9.34	0.15	0.03	0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
Choc. Chip Cookie	1 Each	105	129	0	120	1.99	0.72	19.9	100	0.0	*N/A*	1.99	22.91	3.98	1.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	105	120	5	180	0.00	*N/A*	*N/A*	90	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
MILK	RTON															
Weighted Daily Average			665	21	1132	14.93	*4.06	*153.5	15947	*10.51	*19	25.19	88.62	21.25	5.05	*0.00
% of Calories											*11.6%	15.2%	53.3%	28.8%	6.8%	*0.0%
Nutrient Guideline			591-644		1201										<10.00	

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Garfield County School District

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Planned Menu Spreadsheet

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

Weighted Values - Detailed

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	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 - 02/26/2020																
ELEM. HOT BREAKFAST	Total	0														
PIZZA BAGEL	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
ELEMENTARY LUNCH K-8																
BURRITO, BEAN & CHEESE	Total	105														
NACHO CHEESE SAUCE	1 EACH	105	285	3	453	4.39	3.24	67.1	88	0.39	4	9.12	43.87	8.13	1.73	0.05
NACHO CHEESE SAUCE	3 TBSP	105	107	17	487	0.00	0.01	266.9	892	0.23	*2	9.01	4.31	6.18	3.63	*0.00
NACHO CHEESE SAUCE	3 TBSP	105	107	17	487	0.00	0.01	266.9	892	0.23	*2	9.01	4.31	6.18	3.63	*0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	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	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
Weighted Daily Average			700	43	1618	7.70	*3.44	*638.2	2081	*7.20	*28	36.29	92.71	20.94	9.18	*0.05
% of Calories											*15.8%	20.7%	53.0%	26.9%	11.8%	*0.1%
Nutrient Guideline			591-644		1201											<10.00

Thu - 02/27/2020																
ELEM. HOT BREAKFAST	Total	0														
PANCAKE ON A STICK, Blueberry	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SYRUP, PANCAKE: PPI'S	PACKET	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT, ASST	1/2 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK 1% LOWFAT	HALF PINT	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00

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Garfield County School District

Feb 3, 2020 thru Feb 28, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

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	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	105														
PIZZA RIPPERS, PEPPERONI, ELEM	2 OZ.	105	151	15	276	1.00	1.81	125.4	151	1.81	*N/A*	7.53	15.05	5.52	2.01	0.00
SALAD, TOSSED	1/2 cup	105	62	0	105	4.71	2.39	110.6	15706	53.18	*6	3.47	13.35	0.53	0.08	0.00
TOMATO, CHERRY	1/2 CUP	105	13	0	4	0.90	0.20	7.5	621	9.45	0	0.65	2.9	0.15	0.00	0.00
FRUIT, ASST	1 EACH	105	72	0	1	3.31	0.17	8.3	75	6.35	*N/A*	0.36	19.06	0.23	0.04	0.00
BUTTERSCOTCH PUDD.	1/2 cup	105	135	0	302	0.24	1.27	12.1	11055	0.0	*1	1.03	23.47	4.05	0.82	*0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	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	10	1	10	0.00	0.01	29.0	46	0.0	1	0.78	1.16	0.23	0.15	*N/A*
Weighted Daily Average % of Calories			562	21	878	10.16	*5.85	*292.9	27743	*70.79	*26 *18.5%	21.81 15.5%	94.99 67.6%	10.70 17.1%	3.09 5.0%	*0.00 *0.0%
Nutrient Guideline			591-644		1201										<10.00	

Fri - 02/28/2020																
ELEM. HOT BREAKFAST	Total	35														
CEREAL-ASST	1 cup	35	148	0	204	1.23	8.90	85.5	793	7.75	*N/A*	1.86	30.86	1.89	0.12	0.00
CHEESE ,STRING	1 each	35	80	15	190	0.00	0.00	0.0	0	0.0	*N/A*	7.0	1.0	5.0	3.00	0.00
APPLES,Fresh	1 each	35	53	0	1	2.42	0.12	6.1	55	4.65	*N/A*	0.26	13.95	0.17	0.03	0.00
ORANGES	1 EACH	35	62	0	0	3.10	0.13	52.0	295	69.71	*N/A*	1.23	15.39	0.16	0.03	0.00
YOGURT, ASST.	4OZ.	35	181	0	151	0.00	0.00	602.1	0	2.41	*N/A*	6.02	38.13	0.0	0.00	0.00
POP TART, FROSTED CINNAMON	1 EACH	35	180	0	190	3.00	*N/A*	*N/A*	75	*N/A*	15	2.0	37.0	2.5	1.00	0.00
GRANOLA BAR	1 EACH	35	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	17.0	3.0	1.00	0.00
MUFFIN	2 OZ	35	169	30	199	1.99	1.07	39.8	0	0.0	*N/A*	2.98	27.85	5.97	0.99	0.00
NOTABLES, ASST	1 EACH	35	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.00	0.00	0.0	0	33.0	*N/A*	0.0	9.18	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	69	3	103	0.00	*N/A*	*N/A*	51	*N/A*	10	4.57	11.43	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	15	44	5	46	0.00	0.03	130.7	205	0.0	5	3.52	5.22	1.01	0.66	*N/A*
Weighted Daily Average % of Calories			1441	53	1398	17.75	*14.22	*1196.2	2974	*177.51	*61 *16.9%	33.45 9.3%	272.01 75.5%	25.71 16.0%	8.33 5.2%	*0.00 *0.0%
Nutrient Guideline			591-644		1201										<10.00	

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

Weighted Values - Detailed

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	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)
Weighted Average			746	*47	1167	12.21	*6.51	*400.6	*9640	*49.10	*28 *33.2%	*31.09 *16.7%	120.03 64.4%	16.61 20.1%	*5.19 *6.3%	*0.01 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	746		591 - 644	116%			102	Correction Required - Calories too High
Cholesterol (mg)	47				Missing			
Sodium 1 (mg)	1167		1201				251	Correction Required - Sodium too High
Sodium 2 (mg)	1167		916					
Fiber (g)	12.21							
Iron (mg)	6.51				Missing			
Calcium (mg)	400.6				Missing			
Vitamin A (IU)	9640				Missing			
Sugars (g)	28	14.78%			Missing			
Vitamin C (mg)	49.10				Missing			
Protein (g)	31.09	16.68%			Missing			
Carbohydrate (g)	120.03	64.40%						
Total Fat (g)	16.61	20.05%						
Saturated Fat (g)	5.19	6.26%	<10.00%		Missing			
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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