

Garfield County School District

Jan 4, 2021 thru Jan 29, 2021

Planned Menu Spreadsheet

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 - 01/04/2021																
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
GREEN BEANS Sec.	3/4 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 VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
RANGER COOKIE	1 Each	105	120	5	100	1.00	0.72	0.0	200	0.0	*N/A*	1.0	16.0	6.0	3.50	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			643	26	1115	11.61	*3.25	*109.0	*527	*4.82	*36 *22.2%	23.26 14.5%	78.08 48.5%	22.88 32.0%	7.48 10.5%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 01/05/2021																
ELEMENTARY LUNCH K-8	Total	105														
CHICKEN NOODLE SOUP	3/4 CUP	105	163	52	1176	1.55	1.20	24.0	3512	2.01	*1	12.93	19.7	3.58	0.85	*0.00
BREADSTICK, CHEESE FILLED	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
CORN	1/2 cup	105	80	0	110	2.00	0.36	20.0	0	3.6	*N/A*	2.0	17.0	1.0	0.00	0.00
FRUIT VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			622	83	1789	7.82	*2.29	*273.1	*4039	*5.61	*37 *23.8%	30.95 19.9%	91.63 58.9%	14.81 21.4%	7.00 10.1%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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 - 01/06/2021																
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	1/2 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 VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			617	50	937	11.75	*4.66	*97.1	*19213	*11.21	*37 *23.7%	29.85 19.3%	92.58 60.0%	13.25 19.3%	3.60 5.3%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 01/07/2021																
ELEMENTARY LUNCH K-8	Total	105														
PIZZA W/ PEPPERONI: MAX 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
MILK CHOCOLATE FAT FREE MILK	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 1% LOWFAT	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	0.0	0.00	0.00
Weighted Daily Average % of Calories			655	26	1283	12.92	*8.17	*455.3	17028	*68.98	*23 *14.3%	30.50 18.6%	96.56 58.9%	17.14 23.5%	5.26 7.2%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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)
Mon - 01/11/2021																
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
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
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 VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			632	53	941	13.72	*7.41	*144.7	*913	*19.91	*36 *23.0%	35.56 22.5%	95.55 60.5%	11.17 15.9%	3.82 5.4%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 01/12/2021																
ELEMENTARY LUNCH K-8	Total	105														
BURRITO, BEAN & CHEESE	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 CHIPS	1 CUP	105	134	0	93	1.53	0.43	30.1	1	0.0	0	2.01	19.22	5.86	0.80	0.23
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 VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			734	25	1205	8.18	*3.69	*393.1	*1108	*0.62	*42 *22.9%	28.17 15.3%	109.33 59.5%	20.39 25.0%	6.31 7.7%	*0.28 *0.3%
Nutrient Guideline			600-650		1230											<10.00

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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 - 01/13/2021																
ELEMENTARY LUNCH K-8	Total	105														
COUNTRY FRIED STEAK*	1 each	105	142	30	344	0.00	0.36	40.5	0	0.0	*N/A*	10.12	10.12	8.1	3.04	0.00
COUNTRY GRAVY	1/4 cup	105	44	0	219	0.00	0.00	1.6	0	0.0	*0	0.99	4.93	1.97	1.48	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
CORN	1/2 cup	105	80	0	110	2.00	0.36	20.0	0	3.6	*N/A*	2.0	17.0	1.0	0.00	0.00
ROLL, W.G. RICH 1 OZ.	1 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
FRUIT VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			702	45	1226	8.41	*2.37	*110.4	*141	*7.21	*36 *20.3%	27.69 15.8%	115.30 65.7%	15.95 20.5%	5.41 6.9%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

	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 - 01/14/2021																
ELEMENTARY LUNCH K-8	Total	105														
NEW YORK SUB SANDWICH ELEM	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
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 VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
SUGAR COOKIE :WG:	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 CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			679	*46	1644	8.77	*2.74	*240.9	*1029	*23.52	*40 *23.7%	32.05 18.9%	108.95 64.2%	13.72 18.2%	*4.49 *6.0%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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 - 01/19/2021																
ELEMENTARY LUNCH K-8	Total	105														
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 VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			669	46	1816	13.67	*7.53	*198.0	*15952	*18.00	*36 *21.3%	23.88 14.3%	111.30 66.5%	12.41 16.7%	3.18 4.3%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 01/20/2021																
ELEMENTARY LUNCH K-8	Total	105														
SOFT SHELL TACO(BEEF)	1 EACH	105	249	33	446	2.21	3.05	80.3	253	2.1	*3	13.24	25.45	10.23	3.89	*0.02
REFRIED BEANS: ELEM	1/2 cup	105	108	0	534	6.07	1.99	39.3	0	7.14	*N/A*	6.44	18.16	1.39	0.47	0.00
SALSA	2 oz	105	18	0	266	1.77	0.64	35.4	177	4.25	*N/A*	1.77	3.54	0.0	0.00	0.00
CHEESE, SHREDDED, CHEDDAR	1 OZ	105	106	27	406	0.00	0.11	174.5	343	0.0	*N/A*	6.28	0.45	8.86	5.58	*N/A*
LETTUCE, SHREDDED	1 OZ	105	0	0	0	0.01	0.00	0.1	3	0.01	*N/A*	0.0	0.01	0.0	0.00	0.00
FRUIT VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			691	65	1825	12.32	*5.80	*358.7	*903	*13.50	*39 *22.3%	35.76 20.7%	89.56 51.9%	20.70 27.0%	10.08 13.1%	*0.02 *0.0%
Nutrient Guideline			600-650		1230											<10.00

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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 - 01/21/2021																
ELEMENTARY LUNCH K-8	Total	105														
CHICKEN SANDWICH	1 EACH	105	373	40	807	5.03	2.91	80.6	0	0.0	*N/A*	21.19	35.26	16.67	3.54	0.00
LETTUCE, SHREDDED	1 OZ	105	0	0	0	0.01	0.00	0.1	3	0.01	*N/A*	0.0	0.01	0.0	0.00	0.00
PICKLES,DILL	1/8 cup	105	2	0	170	0.21	0.07	8.1	35	0.16	*N/A*	0.12	0.5	0.03	0.01	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
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	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			660	46	1334	9.90	*3.52	*126.2	239	*7.73	*17 *10.6%	31.03 18.8%	86.24 52.2%	21.82 29.7%	5.07 6.9%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 01/25/2021																
ELEMENTARY LUNCH K-8	Total	105														
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 VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			669	46	1816	13.67	*7.53	*198.0	*15952	*18.00	*36 *21.3%	23.88 14.3%	111.30 66.5%	12.41 16.7%	3.18 4.3%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Garfield County School District

Jan 4, 2021 thru Jan 29, 2021

Planned Menu Spreadsheet

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 - 01/26/2021																
ELEMENTARY LUNCH K-8	Total	105														
ORANGE CHICKEN (Elem)	2 oz	105	91	26	177	0.00	0.41	0.0	57	0.0	6	6.86	12.0	1.71	0.29	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	1/2 CUP	105	15	0	6	1.62	0.33	17.8	547	21.69	*N/A*	1.68	2.89	0.07	0.01	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
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
FRUIT VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			603	31	465	10.94	*5.64	*173.2	*16519	*24.64	*42	22.52	131.96	4.12	0.82	*0.00
% of Calories											*27.8%	14.9%	87.5%	6.1%	1.2%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

	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 - 01/27/2021																
ELEMENTARY LUNCH K-8	Total	105														
SCALLOPED POT W/ HAM - ELEM	1/2	105	220	29	1228	0.40	*1.34	*328.6	*851	*5.34	*0	16.07	23.21	7.22	3.78	*0.00
ROLL, W.G. RICH 1 OZ.	1 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
PEAS & CARROTS	1/2 cup	105	38	0	54	2.48	0.75	18.4	7611	6.48	3	2.47	8.1	0.34	0.06	0.00
FRUIT VARIETY ELEM.	1/2 CUP	105	91	0	0	2.27	*N/A*	*N/A*	*N/A*	*N/A*	18	0.0	22.68	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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			605	43	1465	7.30	*3.37	*392.9	*8603	*11.86	*39	31.13	96.69	10.95	4.74	*0.00
% of Calories											*25.9%	20.6%	64.0%	16.3%	7.1%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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Garfield County School District

Jan 4, 2021 thru Jan 29, 2021

Planned Menu Spreadsheet

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)
Thu - 01/28/2021																
ELEMENTARY LUNCH K-8	Total	105														
PIZZA W/ PEPPERONI: MAX	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
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
MILK CHOCOLATE FAT FREE	8 OZ. CA	95	109	5	163	0.00	*N/A*	*N/A*	81	*N/A*	16	7.24	18.09	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*
	RTON															
Weighted Daily Average			655	26	1283	12.92	*8.17	*455.3	17028	*68.98	*23	30.50	96.56	17.14	5.26	*0.00
% of Calories											*14.3%	18.6%	58.9%	23.5%	7.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			656	*44	1343	10.93	*5.07	*248.4	*7946	*20.31	*35	29.12	100.77	15.26	*5.05	*0.02
											*47.5%	17.8%	61.5%	20.9%	*6.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	656		600 - 650	101%			6	Correction Required - Calories too High
Cholesterol (mg)	44				Missing			
Sodium 1 (mg)	1343		1230				113	Correction Required - Sodium too High
Sodium 2 (mg)	1343		935				408	Correction Required - Sodium too High
Fiber (g)	10.93							
Iron (mg)	5.07				Missing			
Calcium (mg)	248.4				Missing			
Vitamin A (IU)	7946				Missing			
Sugars (g)	35	21.10%			Missing			
Vitamin C (mg)	20.31				Missing			
Protein (g)	29.12	17.76%						
Carbohydrate (g)	100.77	61.46%						
Total Fat (g)	15.26	20.94%						
Saturated Fat (g)	5.05	6.93%	<10.00%		Missing			
Trans Fat ¹ (g)	0.02	0.03%			Missing			

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