

Garfield County School District

Feb 1, 2019 thru Feb 28, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Fri - 02/01/2019											
ELEM. HOT BREAKFAST	Total	40									
NOTABLES, ASST.	1 EA	40	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			569	8	448	*51	14.24	114.75	6.93	1.97	0.000
% of Calories						*36.0%	10.0%	80.7%	11.0%	3.1%	
Nutrient Guideline			530-598		990					<10.00	

Mon - 02/04/2019											
ELEM. HOT BREAKFAST	Total	40									
PANCAKE ON A STICK, Blueberry	1 EACH	40	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP, PANCAKE: PPI'S	PACKET	40	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	100									
MAC & CHEESE; W.G. ELEM	3/4 CUP	100	306	30	747	*N/A*	18.68	32.12	11.95	5.98	0.000
GREEN BEANS	1/2 cup	100	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			593	32	973	*20	25.97	93.24	13.54	5.84	0.000
% of Calories						*13.3%	17.5%	62.9%	20.5%	8.9%	
Nutrient Guideline			530-598		990					<10.00	

Tue - 02/05/2019											
ELEM. HOT BREAKFAST	Total	40									
BREAKFAST SANDWICH	1 EACH	40	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Garfield County School District

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	100									
CHICKEN ALFREDO	2 OZ	100	269	92	40	*1	*23.93	33.93	5.34	1.23	0.000
BREADSTICK, CHEESE FILLED	1 EACH	100	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
BROCCOLI: frozen, boiled	1/2 CUP	100	15	0	6	*N/A*	1.68	2.89	0.07	0.01	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			653	140	736	*20	*38.61	96.13	14.56	6.61	0.000
% of Calories						*12.5%	*23.7%	58.9%	20.1%	9.1%	
Nutrient Guideline			530-598		990					<10.00	

Wed - 02/06/2019											
ELEM. HOT BREAKFAST	Total	40									
POP TART STRAW.<OR> CINN. WG	1 each	40	180	0	185	*N/A*	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	40	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	100									
CHILI	1 CUP	100	185	26	542	*5	14.35	21.33	5.06	1.83	0.000
CRACKERS	3 PACKETS	100	75	0	169	0	1.7	13.33	1.56	0.30	0.000
SALAD, TOSSED	1/2 cup	100	62	0	105	*6	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	100	13	0	4	0	0.65	2.9	0.15	0.00	0.000
CINNAMON ROLL	ROLL	100	229	3	108	*N/A*	2.71	44.88	4.63	1.44	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			704	31	968	*28	28.66	124.91	11.34	4.02	0.000
% of Calories						*15.7%	16.3%	71.0%	14.5%	5.1%	
Nutrient Guideline			530-598		990					<10.00	

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Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 02/07/2019											
ELEM. HOT BREAKFAST	Total	40									
FRENCH TOAST STIX W/SYRUP	SERVING	40	378	0	549	*N/A*	5.0	66.87	11.0	2.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	100									
HAMBURGER ON A BUN ELEM.	1 EACH	100	266	48	271	*N/A*	20.43	22.12	10.77	3.64	0.000
FRENCH FRIES	1/2 CUP	100	94	0	182	*N/A*	1.34	12.15	4.66	1.34	0.000
VEGGIE CUP	1 CUP	100	17	0	26	*1	1.0	3.59	0.18	0.03	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			604	41	696	*20	27.46	91.75	14.89	4.42	0.000
% of Calories						*13.4%	18.2%	60.8%	22.2%	6.6%	
Nutrient Guideline			530-598		990					<10.00	

Fri - 02/08/2019											
ELEM. HOT BREAKFAST	Total	40									
NOTABLES, ASST.	1 EA	40	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			569	8	448	*51	14.24	114.75	6.93	1.97	0.000
% of Calories						*36.0%	10.0%	80.7%	11.0%	3.1%	
Nutrient Guideline			530-598		990					<10.00	

Mon - 02/11/2019											
ELEM. HOT BREAKFAST	Total	40									
MUFFIN	2 OZ	40	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	40	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Portion Values - Detailed

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ELEMENTARY LUNCH K-8	Total	100									
TOMATO SOUP	1/2 cup	100	45	0	223	*N/A*	1.13	8.5	0.85	0.28	0.000
CHEESE SANDWICH ON WG BREAD	SANDWICH	100	267	28	449	1	11.23	29.19	13.47	6.74	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
CARNIVAL COOKIE	1 Each	100	110	5	80	*N/A*	1.0	19.0	3.0	1.00	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			629	43	1029	*21	22.76	101.37	16.23	7.17	0.000
% of Calories						*13.1%	14.5%	64.5%	23.2%	10.3%	
Nutrient Guideline			530-598		990					<10.00	

Tue - 02/12/2019											
ELEM. HOT BREAKFAST	Total	40									
PIZZA BAGEL	1 EACH	40	179	15	468	*N/A*	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	100									
CHICKEN PARMESAN	1 EACH	100	291	38	626	*0	15.63	19.18	16.6	4.76	0.000
BREAD STICKS,PLAIN : WW ELEM.	1 EA	100	70	0	120	*N/A*	2.5	13.5	1.0	0.00	0.000
GREEN BEANS	1/2 cup	100	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			550	38	943	*20	25.90	77.27	15.18	4.53	0.000
% of Calories						*14.4%	18.8%	56.2%	24.8%	7.4%	
Nutrient Guideline			530-598		990					<10.00	

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Wed - 02/13/2019											
ELEM. HOT BREAKFAST	Total	40									
BREAKFAST BURRITO	1 EACH	40	280	35	570	1	10.0	30.0	11.0	4.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	100									
BEEF DIPPERS	4 each	100	160	35	440	*N/A*	14.0	6.0	9.0	3.48	0.000
FRENCH FRIES	1/2 CUP	100	94	0	182	*N/A*	1.34	12.15	4.66	1.34	0.000
BISCUITS: WHOLE GRN,PURCHASED	1 each	0	0	0	0	*N/A*	0.0	0.0	0.0	0.00	0.000
CORN	1/2 cup	100	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			545	42	883	*20	25.01	79.28	14.22	4.86	0.000
% of Calories						*14.8%	18.4%	58.2%	23.5%	8.0%	
Nutrient Guideline			530-598		990					<10.00	

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Thu - 02/14/2019											
ELEM. HOT BREAKFAST	Total	40									
PANCAKES, WG FROZEN 110393	1 EACH	40	70	3	135	3	2.0	13.01	2.0	0.00	0.000
SYRUP,PANCAKE: PPI'S	PACKET	40	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
FRUIT, ASST	1 EACH	40	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	100									
NEW YORK SUB SANDWICH ELEM	1 EACH	100	225	*40	1161	*3	19.5	24.4	6.7	*2.66	0.000
POTATO CHIPS: ASST.BAKED	BAG	100	120	0	200	*1	2.0	20.65	3.16	0.50	0.000
VEGGIE CUP	1 CUP	100	17	0	26	*1	1.0	3.59	0.18	0.03	0.000
RANGER COOKIE	1 Each	100	120	5	100	*N/A*	1.0	16.0	6.0	3.50	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			616	*40	1306	*24	26.89	101.83	12.60	*5.04	0.000
% of Calories						*15.6%	17.5%	66.2%	18.4%	*7.4%	
Nutrient Guideline			530-598		990					<10.00	

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002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Fri - 02/15/2019											
ELEM. HOT BREAKFAST	Total	40									
NOTABLES, ASST.	1 EA	40	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			569	8	448	*51	14.24	114.75	6.93	1.97	0.000
% of Calories						*36.0%	10.0%	80.7%	11.0%	3.1%	
Nutrient Guideline			530-598		990					<10.00	

Mon - 02/18/2019											
ELEM. HOT BREAKFAST	Total	40									
PANCAKE ON A STICK, Plain	1 EACH	40	240	20	320	*N/A*	6.0	22.0	14.0	5.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			526	28	528	*21	17.24	80.92	14.93	5.47	0.000
% of Calories						*16.1%	13.1%	61.5%	25.6%	9.4%	
Nutrient Guideline			530-598		990					<10.00	

Tue - 02/19/2019											
ELEM. HOT BREAKFAST	Total	40									
MUFFIN	2 OZ	40	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	40	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Garfield County School District

Feb 1, 2019 thru Feb 28, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	100									
Teriyaki Chicken	2 oz	100	75	33	266	*N/A*	9.97	4.98	1.66	0.42	0.000
RICE	1/2 CUP	100	216	0	10	*N/A*	5.04	44.79	1.76	0.35	0.000
BROCCOLI: frozen, boiled	1/2 CUP	100	15	0	6	*N/A*	1.68	2.89	0.07	0.01	0.000
FORTUNE COOKIE	1 EACH	100	32	0	11	*N/A*	0.2	21.0	0.2	0.00	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			539	43	517	*20	24.68	106.46	6.37	1.97	0.000
% of Calories						*14.7%	18.3%	79.1%	10.7%	3.3%	
Nutrient Guideline			530-598		990					<10.00	

Wed - 02/20/2019											
	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEM. HOT BREAKFAST	Total	40									
FRENCH TOAST STIX	3 stick	40	260	0	520	*N/A*	5.0	37.0	11.0	2.00	0.000
SYRUP, PANCAKE: PPI'S	PACKET	40	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	100									
SCALLOPED POT W/ HAM - ELEM	1/2	100	220	29	1228	*0	16.07	23.21	7.22	3.78	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	100	137	9	10	*N/A*	4.57	23.45	3.17	0.75	0.000
GREEN BEANS	1/2 cup	100	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			603	34	1316	*20	26.58	100.89	11.17	4.08	0.000
% of Calories						*13.1%	17.6%	66.9%	16.7%	6.1%	
Nutrient Guideline			530-598		990					<10.00	

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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 02/21/2019											
ELEM. HOT BREAKFAST	Total	40									
BREAKFAST ROUNDS	1 Each	40	170	1	190	*N/A*	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	4OZ.	40	181	0	151	*N/A*	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	100									
PIZZA RIPPERS, PEPPERONI, ELEM	2 OZ.	100	151	15	276	*N/A*	7.53	15.05	5.52	2.01	0.000
SALAD, TOSSED	1/2 cup	100	62	0	105	*6	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	100	13	0	4	0	0.65	2.9	0.15	0.00	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
BUTTERSCOTCH PUDD.	1/2 cup	100	135	0	302	*1	1.03	23.47	4.05	0.82	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			584	18	786	*25	21.38	105.11	9.21	2.63	0.000
% of Calories						*16.9%	14.6%	72.0%	14.2%	4.1%	
Nutrient Guideline			530-598		990					<10.00	

Fri - 02/22/2019											
ELEM. HOT BREAKFAST	Total	40									
NOTABLES, ASST.	1 EA	40	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			569	8	448	*51	14.24	114.75	6.93	1.97	0.000
% of Calories						*36.0%	10.0%	80.7%	11.0%	3.1%	
Nutrient Guideline			530-598		990					<10.00	

Mon - 02/25/2019											
ELEM. HOT BREAKFAST	Total	40									
PANCAKES, WG FROZEN 110393	1 EACH	40	70	3	135	3	2.0	13.01	2.0	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	12	8.0	13.0	2.5	1.50	0.000

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Garfield County School District

Feb 1, 2019 thru Feb 28, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
ELEMENTARY LUNCH K-8	Total	100									
CHICKEN NUGGETS	SERV	100	200	15	550	*N/A*	12.0	4.0	12.0	2.50	0.000
POTATO WEDGES, SAVORY ELEM	2 OZ	100	100	0	173	*N/A*	1.33	12.0	4.67	1.33	0.000
PEAS & CARROTS	1/2 cup	100	38	0	54	3	2.47	8.1	0.34	0.06	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
SUGAR COOKIE :WG:	1 EACH	100	107	0	84	*N/A*	1.53	18.39	3.45	1.15	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			565	18	853	*23	22.71	79.72	15.79	3.88	0.000
% of Calories						*16.4%	16.1%	56.5%	25.2%	6.2%	
Nutrient Guideline			530-598		990					<10.00	

Tue - 02/26/2019											
ELEM. HOT BREAKFAST	Total	40									
POP TART STRAW.<OR> CINN. WG	1 each	40	180	0	185	*N/A*	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	40	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	100									
SLOPPY JOE	1 EACH	100	303	46	515	*10	19.02	34.45	10.48	3.51	0.000
BAKED BEANS :BountifulHarvest:	1/2 cup	100	140	0	471	*N/A*	6.11	27.91	0.0	0.00	0.000
GREEN BEANS	1/2 cup	100	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			631	44	1088	*27	30.92	103.90	10.31	3.92	0.000
% of Calories						*17.1%	19.6%	65.9%	14.7%	5.6%	
Nutrient Guideline			530-598		990					<10.00	

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Garfield County School District

Feb 1, 2019 thru Feb 28, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 02/27/2019											
ELEM. HOT BREAKFAST	Total	40									
BREAKFAST ROUNDS	1 Each	40	170	1	190	*N/A*	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	4OZ.	40	181	0	151	*N/A*	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8											
COUNTRY FRIED STEAK*	1 each	100	142	30	344	*N/A*	10.12	10.12	8.1	3.04	0.000
MASHED POTATOES:flakes, (ELEM)	1/2 CUP	100	89	0	371	*N/A*	1.98	17.86	1.49	0.00	0.000
COUNTRY GRAVY	1/4 cup	100	44	0	219	*0	0.99	4.93	1.97	1.48	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	100	137	9	10	*N/A*	4.57	23.45	3.17	0.75	0.000
CORN	1/2 cup	100	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			679	35	1048	*20	26.38	118.39	13.13	4.32	0.000
% of Calories						*11.6%	15.5%	69.8%	17.4%	5.7%	
Nutrient Guideline			530-598		990					<10.00	

Thu - 02/28/2019											
ELEM. HOT BREAKFAST	Total	40									
PANCAKE ON A STICK, Blueberry	1 EACH	40	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	40	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	40	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	40	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8											
CORN DOG	1 EACH	100	281	40	1084	*N/A*	9.03	32.11	12.04	3.01	0.000
FRENCH FRIES	1/2 CUP	100	94	0	182	*N/A*	1.34	12.15	4.66	1.34	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
BROWNIE, FUDGE	SERVING	100	140	0	140	*N/A*	2.0	25.0	3.0	1.00	0.000
FRUIT, ASST	1 EACH	100	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Garfield County School District

Feb 1, 2019 thru Feb 28, 2019

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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Generated on: 1/25/2019 2:00:57 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			728	40	1365	*20	20.82	116.91	19.07	5.40	0.000
% of Calories						*10.9%	11.4%	64.2%	23.6%	6.7%	
Nutrient Guideline			530-598		990					<10.00	

Weighted Average			601	*35	841	*28 *41.3%	*23.45 *15.6%	101.85 67.8%	12.01 18.0%	*4.10 *6.1%	0.000
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	601		530 - 598	101%			3	Correction Required - Calories too High
Cholesterol (mg)	35				Missing			
Sodium 1 (mg)	841		990				63	Correction Required - Sodium too High
Sodium 2 (mg)	841		778					
Sugars (g)	28	18.37%			Missing			
Protein (g)	23.45	15.60%			Missing			
Carbohydrate (g)	101.85	67.77%						
Total Fat (g)	12.01	17.99%						
Saturated Fat (g)	4.10	6.14%	<10.00%		Missing			

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