

Garfield County School District

Mar 1, 2019 thru Mar 29, 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 - 03/01/2019											
ELEM. HOT BREAKFAST	Total	30									
NOTABLES, ASST.	1 EA	30	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			560	7	439	*50	13.55	113.73	6.74	1.84	0.000
% of Calories						*35.8%	9.7%	81.2%	10.8%	3.0%	
Nutrient Guideline			543-608		1035					<10.00	

Mon - 03/04/2019											
ELEM. HOT BREAKFAST	Total	30									
PANCAKE ON A STICK, Blueberry	1 EACH	30	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	30	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8											
SPAGHETTI WITH MEAT SAUCE	3/4 CUP	100	288	44	584	*N/A*	18.2	27.18	10.28	3.32	0.000
TEXAS GARLIC TOAST ELEM	1 EACH	100	80	0	180	1	3.0	15.0	2.0	0.00	0.000
CARROTS:frozen, boiled	1/2 CUP	100	41	0	0	*N/A*	0.64	8.46	0.74	0.13	0.000
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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			633	44	862	*34	27.39	98.32	13.84	3.89	0.000
% of Calories						*21.6%	17.3%	62.1%	19.7%	5.5%	
Nutrient Guideline			543-608		1035					<10.00	

Tue - 03/05/2019											
ELEM. HOT BREAKFAST	Total	30									
BREAKFAST SANDWICH	1 EACH	30	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	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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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									
SOFT SHELL TACO (TURKEY) ELEM.	1 EA	100	140	12	296	*1	7.63	16.16	4.89	1.58	0.000
REFRIED BEANS: ELEM	1/2 cup	100	108	0	534	*N/A*	6.44	18.16	1.39	0.47	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED, CHEDDAR	1 OZ	100	106	27	406	*N/A*	6.28	0.45	8.86	5.58	0.000
SALSA	2 oz	100	18	0	266	*N/A*	1.77	3.54	0.0	0.00	0.000
VEGGIE STIX	1/2 cup	100	11	0	25	*1	0.68	2.14	0.1	0.03	0.000
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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			588	76	1535	*34	30.25	84.93	14.38	7.01	0.000
% of Calories						*23.4%	20.6%	57.7%	22.0%	10.7%	
Nutrient Guideline			543-608		1035					<10.00	

Wed - 03/06/2019											
ELEM. HOT BREAKFAST	Total	30									
MAPLE BITES	4 EACH	30	238	0	258	16	3.97	43.66	5.95	0.00	0.000
YOGURT, ASST.	4OZ.	30	181	0	151	*N/A*	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1 EACH	30	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	100									
CR. OF BROCC. W/CHEESE SOUP ELE	4 OZ	100	166	14	867	4	*N/A*	15.67	9.22	3.23	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
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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			612	36	1275	*40	*18.05	93.48	16.60	7.31	0.000
% of Calories						*26.1%	*11.8%	61.1%	24.4%	10.7%	
Nutrient Guideline			543-608		1035					<10.00	

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Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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Thu - 03/07/2019											
ELEM. HOT BREAKFAST	Total	30									
FRENCH TOAST STIX W/SYRUP	SERVING	30	378	0	549	*N/A*	5.0	66.87	11.0	2.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8											
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
LETTUCE, SHREDDED	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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	43	866	*33	27.77	96.50	14.89	4.51	0.000
% of Calories						*21.2%	17.6%	61.2%	21.2%	6.4%	
Nutrient Guideline			543-608		1035					<10.00	

Fri - 03/08/2019											
ELEM. HOT BREAKFAST	Total	30									
NOTABLES, ASST.	1 EA	30	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			560	7	439	*50	13.55	113.73	6.74	1.84	0.000
% of Calories						*35.8%	9.7%	81.2%	10.8%	3.0%	
Nutrient Guideline			543-608		1035					<10.00	

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Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 03/11/2019											
ELEM. HOT BREAKFAST	Total	30									
MUFFIN	2 OZ	30	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	30	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	100									
BEEFY MAC	3/4 CUP	100	325	37	220	*8	19.89	49.58	5.84	1.63	0.000
BISCUITS: WHOLE GRN,PURCHASED	1 each	100	190	0	650	*N/A*	4.0	24.0	8.0	5.00	0.000
GREEN BEANS	1/2 cup	100	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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			703	45	1037	*40	30.60	113.46	13.53	6.22	0.000
% of Calories						*22.6%	17.4%	64.5%	17.3%	8.0%	
Nutrient Guideline			543-608		1035					<10.00	

Tue - 03/12/2019											
ELEM. HOT BREAKFAST	Total	30									
PIZZA BAGEL	1 EACH	30	179	15	468	*N/A*	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	100									
ORANGE CHICKEN (Elem)	2 oz	100	91	26	177	6	6.86	12.0	1.71	0.29	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 VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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			548	30	458	*38	21.87	113.59	4.85	1.39	0.000
% of Calories						*27.9%	16.0%	82.8%	8.0%	2.3%	
Nutrient Guideline			543-608		1035					<10.00	

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Wed - 03/13/2019											
ELEM. HOT BREAKFAST	Total	30									
BREAKFAST BURRITO	1 EACH	30	280	35	570	1	10.0	30.0	11.0	4.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8											
BURRITO, BEAN & CHEESE	Total	100									
NACHO CHIPS	1 EACH	100	285	3	453	4	9.12	43.87	8.13	1.73	0.000
NACHO CHEESE SAUCE	1 CUP	100	134	0	93	0	2.01	19.22	5.86	0.80	0.000
SALSA	3 TBSP	100	107	17	487	*2	9.01	4.31	6.18	3.63	0.000
FRUIT VARIETY ELEM.	2 oz	100	18	0	266	*N/A*	1.77	3.54	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
Weighted Daily Average	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
% of Calories			716	29	1323	*39	28.39	108.62	18.40	5.86	0.000
Nutrient Guideline			543-608		1035	*21.6%	15.8%	60.6%	23.1%	7.4%	<10.00

Thu - 03/14/2019											
ELEM. HOT BREAKFAST	Total	30									
PANCAKES, WG FROZEN 110393	1 EACH	30	70	3	135	3	2.0	13.01	2.0	0.00	0.000
SYRUP, PANCAKE: PPI'S	PACKET	30	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
FRUIT, ASST	1 EACH	30	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8											
CHICKEN SANDWICH	Total	100									
TATOR TOTS	1 EACH	100	373	40	807	*N/A*	21.19	35.26	16.67	3.54	0.000
LETTUCE, SHREDDED	1 CUP	100	181	0	474	*N/A*	2.26	22.58	9.03	2.26	0.000
PICKLES, DILL	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
FRUIT VARIETY ELEM.	1/8 cup	100	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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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
Weighted Daily Average			698	38	1347	*34	27.63	100.14	20.58	4.65	0.000
% of Calories						*19.5%	15.8%	57.4%	26.5%	6.0%	
Nutrient Guideline			543-608		1035					<10.00	

Fri - 03/15/2019											
ELEM. HOT BREAKFAST	Total	30									
NOTABLES, ASST.	1 EA	30	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			560	7	439	*50	13.55	113.73	6.74	1.84	0.000
% of Calories						*35.8%	9.7%	81.2%	10.8%	3.0%	
Nutrient Guideline			543-608		1035					<10.00	

Mon - 03/18/2019											
ELEM. HOT BREAKFAST	Total	30									
APPLE CINNAMON TEXAS TOAST	SLICE	30	259	*N/A*	299	17	7.96	44.79	5.97	1.00	0.000
FRUIT, ASST	1 EACH	30	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8	Total	100									
CHICKEN FAJITA ELEM.	2 OZ.	100	243	62	582	*1	15.69	23.47	10.07	3.51	0.000
REFRIED BEANS: ELEM	1/2 cup	100	108	0	534	*N/A*	6.44	18.16	1.39	0.47	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
SALSA	2 oz	100	18	0	266	*N/A*	1.77	3.54	0.0	0.00	0.000
LETTUCE, SHREDDED	1 OZ	100	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED	1 OZ	100	106	27	406	*N/A*	6.28	0.45	8.86	5.58	0.000
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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			683	*75	1705	*38	34.65	98.00	17.45	7.79	0.000
% of Calories						*22.3%	20.3%	57.4%	23.0%	10.3%	
Nutrient Guideline			543-608		1035					<10.00	

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Garfield County School District

Mar 1, 2019 thru Mar 29, 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
Tue - 03/19/2019											
ELEM. HOT BREAKFAST	Total	30									
BREAKFAST ROUNDS	1 Each	30	170	1	190	*N/A*	3.0	33.0	4.5	1.00	0.000
CHEESE ,STRING	1 each	30	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8											
CHICKEN NOODLE SOUP	1 CUP	100	163	52	1175	*1	12.92	19.65	3.58	0.85	0.000
BREADSTICK, CHEESE FILLED	1 EACH	100	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
VEGGIE STIX	1/2 cup	100	11	0	25	*1	0.68	2.14	0.1	0.03	0.000
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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			639	70	1522	*35	29.32	95.88	15.72	7.30	0.000
% of Calories						*21.9%	18.4%	60.0%	22.1%	10.3%	
Nutrient Guideline			543-608		1035					<10.00	

Wed - 03/20/2019											
ELEM. HOT BREAKFAST	Total	30									
FRENCH TOAST STIX	3 stick	30	260	0	520	*N/A*	5.0	37.0	11.0	2.00	0.000
SYRUP,PANCAKE: PPI'S	PACKET	30	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
ELEMENTARY LUNCH K-8											
HAMBURGER GRAVY	4 OZ.	100	168	25	459	*N/A*	11.26	6.32	11.23	3.06	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
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 VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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

Mar 1, 2019 thru Mar 29, 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
Weighted Daily Average			640	32	1050	*33	24.77	102.27	15.11	3.59	0.000
% of Calories						*20.9%	15.5%	63.9%	21.2%	5.0%	
Nutrient Guideline			543-608		1035					<10.00	

Thu - 03/21/2019											
ELEM. HOT BREAKFAST	Total	30									
BREAKFAST ROUNDS	1 Each	30	170	1	190	*N/A*	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	4OZ.	30	181	0	151	*N/A*	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	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
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
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	0.000
RANGER COOKIE	1 Each	100	120	5	100	*N/A*	1.0	16.0	6.0	3.50	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			705	*41	1594	*36	29.25	118.11	13.73	*5.58	0.000
% of Calories						*20.7%	16.6%	67.0%	17.5%	*7.1%	
Nutrient Guideline			543-608		1035					<10.00	

Fri - 03/22/2019											
ELEM. HOT BREAKFAST	Total	30									
NOTABLES, ASST.	1 EA	30	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			560	7	439	*50	13.55	113.73	6.74	1.84	0.000
% of Calories						*35.8%	9.7%	81.2%	10.8%	3.0%	
Nutrient Guideline			543-608		1035					<10.00	

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Garfield County School District

Mar 1, 2019 thru Mar 29, 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
Mon - 03/25/2019											
ELEM. HOT BREAKFAST	Total	30									
PANCAKE ON A STICK, Blueberry	1 EACH	30	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	30	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8											
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
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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			660	45	1033	*41	29.93	107.33	11.88	3.93	0.000
% of Calories						*25.0%	18.1%	65.1%	16.2%	5.4%	
Nutrient Guideline			543-608		1035					<10.00	
Tue - 03/26/2019											
ELEM. HOT BREAKFAST	Total	30									
POP TART STRAW.<OR> CINN. WG	1 each	30	180	0	185	*N/A*	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	30	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8											
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
MIXED VEGETABLES, NO SALT, FRO	1/2 CUP	100	80	0	52	4	2.67	16.01	0.0	0.00	0.000
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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			669	21	941	*36	24.78	94.68	17.62	4.95	0.000
% of Calories						*21.8%	14.8%	56.6%	23.7%	6.7%	
Nutrient Guideline			543-608		1035					<10.00	

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Garfield County School District

Mar 1, 2019 thru Mar 29, 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 - 03/27/2019											
ELEM. HOT BREAKFAST	Total	30									
BREAKFAST SANDWICH	1 EACH	30	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
YOGURT, ASST.	4OZ.	30	181	0	151	*N/A*	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	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
CORN	1/2 cup	100	80	0	110	*N/A*	2.0	17.0	1.0	0.00	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
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
FRUIT VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	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			715	76	1206	*33	29.22	119.07	14.75	5.17	0.000
% of Calories						*18.7%	16.4%	66.6%	18.6%	6.5%	
Nutrient Guideline			543-608		1035					<10.00	

Thu - 03/28/2019											
ELEM. HOT BREAKFAST	Total	30									
PANCAKES	1 EACH	30	200	5	300	*N/A*	5.0	32.5	4.0	1.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	30	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8											
PIZZA W/ PEPPERONI: MAX	slice	100	390	20	1000	*N/A*	18.0	42.0	16.0	5.00	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 VARIETY ELEM.	1/2 CUP	100	91	0	0	18	0.0	22.68	0.0	0.00	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

Mar 1, 2019 thru Mar 29, 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
Weighted Daily Average			666	23	1122	*38	27.38	106.36	14.11	4.45	0.000
% of Calories						*22.8%	16.5%	63.9%	19.1%	6.0%	
Nutrient Guideline			543-608		1035					<10.00	

Fri - 03/29/2019											
ELEM. HOT BREAKFAST	Total	30									
NOTABLES, ASST.	1 EA	30	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	30	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			560	7	439	*50	13.55	113.73	6.74	1.84	0.000
% of Calories						*35.8%	9.7%	81.2%	10.8%	3.0%	
Nutrient Guideline			543-608		1035					<10.00	

Weighted Average			634	*36	1003	*40	*24.24	105.69	12.91	*4.42	0.000
						*56.5%	*15.3%	66.7%	18.3%	*6.3%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	634		543 - 608	104%			26	Correction Required - Calories too High
Cholesterol (mg)	36				Missing			
Sodium 1 (mg)	1003		1035				195	Correction Required - Sodium too High
Sodium 2 (mg)	1003		808					
Sugars (g)	40	25.10%			Missing			
Protein (g)	24.24	15.30%			Missing			
Carbohydrate (g)	105.69	66.70%						
Total Fat (g)	12.91	18.33%						
Saturated Fat (g)	4.42	6.28%	<10.00%		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.