

# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 3/26/2019 9:40:36 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 04/01/2019											
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											
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			586	33	1002	*19	26.49	91.55	13.31	5.88	0.000
% of Calories						*13.3%	18.1%	62.5%	20.4%	9.0%	
Nutrient Guideline			545-609		1042					<10.00	

Tue - 04/02/2019											
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
ELEMENTARY LUNCH K-8											
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
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			629	136	651	*20	*38.84	89.34	14.68	6.73	0.000
% of Calories						*12.8%	*24.7%	56.9%	21.0%	9.6%	
Nutrient Guideline			545-609		1042					<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 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
Wed - 04/03/2019											
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									
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 % of Calories			743	28	1002	*31 *17.0%	29.21 15.7%	135.13 72.8%	11.05 13.4%	3.02 3.7%	0.000
Nutrient Guideline			545-609		1042					<10.00	

Thu - 04/04/2019											
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	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
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, 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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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			616	43	867	*19	28.05	93.72	15.07	4.55	0.000
% of Calories						*12.6%	18.2%	60.8%	22.0%	6.6%	
Nutrient Guideline			545-609		1042					<10.00	

Fri - 04/05/2019											
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			545-609		1042					<10.00	

Mon - 04/08/2019											
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									
TACO SALAD	1 each	100	393	92	586	*5	27.15	16.76	25.38	14.29	0.000
REFRIED BEANS: ELEM	1/2 cup	100	108	0	534	*N/A*	6.44	18.16	1.39	0.47	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
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			716	88	1237	*23	39.56	88.24	24.43	12.50	0.000
% of Calories						*13.0%	22.1%	49.3%	30.7%	15.7%	
Nutrient Guideline			545-609		1042					<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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 04/09/2019											
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									
CHICKEN PARMESAN	1 EACH	100	291	38	626	*0	15.63	19.18	16.6	4.76	0.000
NOODLES, EGG, DRY, ENRICHE	1 CUP	100	146	32	8	1	5.38	27.08	1.69	0.45	0.000
BREADSTICK, CHEESE FILLED SEC	1 EACH	100	170	25	330	*N/A*	8.0	13.0	10.0	6.00	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			744	83	1129	*20	34.56	97.41	23.91	9.54	0.000
% of Calories						*10.8%	18.6%	52.4%	28.9%	11.5%	
Nutrient Guideline			545-609		1042					<10.00	

Wed - 04/10/2019											
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	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
MIXED VEGETABLES, NO SALT, FRO	1/2 CUP	100	80	0	52	4	2.67	16.01	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			620	43	1317	*23	29.73	99.47	11.06	4.64	0.000
% of Calories						*14.7%	19.2%	64.1%	16.0%	6.7%	
Nutrient Guideline			545-609		1042					<10.00	

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Thu - 04/11/2019											
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	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			627	*42	1375	*24	27.84	102.19	13.31	*5.37	0.000
% of Calories						*15.1%	17.8%	65.2%	19.1%	*7.7%	
Nutrient Guideline			545-609		1042					<10.00	

Fri - 04/12/2019											
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			545-609		1042					<10.00	

Mon - 04/15/2019											
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

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# Garfield County School District

Apr 1, 2019 thru Apr 30, 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: 3/26/2019 9:40:36 AM

	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 CUP	100	30	0	12	*N/A*	3.35	5.79	0.13	0.02	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			543	*32	492	*23	25.42	111.80	4.77	1.06	0.000
% of Calories						*17.2%	18.7%	82.3%	7.9%	1.7%	
Nutrient Guideline			545-609		1042					<10.00	

Tue - 04/16/2019											
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	1/2 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									
BURRITO, BEAN & CHEESE	1 EACH	100	285	3	453	4	9.12	43.87	8.13	1.73	0.000
NACHO CHIPS	1 CUP	100	134	0	93	0	2.01	19.22	5.86	0.80	0.000
NACHO CHEESE SAUCE	3 TBSP	100	107	17	487	*2	9.01	4.31	6.18	3.63	0.000
SALSA	2 oz	100	18	0	266	*N/A*	1.77	3.54	0.0	0.00	0.000
FRUIT VARIETY	1 CUP	100	181	0	0	36	0.0	45.36	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			818	21	1286	*56	28.39	138.02	17.24	4.94	0.000
% of Calories						*27.4%	13.9%	67.5%	19.0%	5.4%	
Nutrient Guideline			545-609		1042					<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 3/26/2019 9:40:36 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 04/17/2019											
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	Total	100									
CHICKEN SANDWICH	1 EACH	100	373	40	807	*N/A*	21.19	35.26	16.67	3.54	0.000
TATOR TOTS elem	1/2 cup	100	90	0	237	*N/A*	1.13	11.29	4.52	1.13	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
FRUIT VARIETY	1 CUP	100	181	0	0	36	0.0	45.36	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			750	38	1253	*47	27.64	116.21	19.21	4.25	0.000
% of Calories						*25.3%	14.8%	62.0%	23.1%	5.1%	
Nutrient Guideline			545-609		1042					<10.00	

Thu - 04/18/2019											
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
Weighted Daily Average			629	8	543	*20	19.53	129.18	5.26	1.34	0.000
% of Calories						*12.7%	12.4%	82.1%	7.5%	1.9%	
Nutrient Guideline			545-609		1042					<10.00	

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# Garfield County School District

Apr 1, 2019 thru Apr 30, 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
Tue - 04/23/2019											
ELEM. HOT BREAKFAST	Total	30									
BAGEL: PLAIN WW	1 EACH	30	229	0	459	*N/A*	7.65	46.82	0.96	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	1/2 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
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			716	42	1179	*27	33.51	125.03	9.59	2.93	0.000
% of Calories						*15.2%	18.7%	69.8%	12.0%	3.7%	
Nutrient Guideline			545-609		1042					<10.00	

Wed - 04/24/2019											
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											
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			664	58	1060	*22	27.71	92.53	18.57	5.03	0.000
% of Calories						*13.3%	16.7%	55.7%	25.2%	6.8%	
Nutrient Guideline			545-609		1042					<10.00	

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**Garfield County School District**

**Apr 1, 2019 thru Apr 30, 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
<b>Thu - 04/25/2019</b>											
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
<b>ELEMENTARY LUNCH K-8</b>											
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	100	301	30	552	*N/A*	15.05	30.11	11.04	4.01	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			686	31	1011	*25	26.18	112.48	13.59	4.36	0.000
% of Calories						*14.4%	15.3%	65.6%	17.8%	5.7%	
Nutrient Guideline			545-609		1042					<10.00	

<b>Fri - 04/26/2019</b>											
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			545-609		1042					<10.00	

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Apr 1, 2019 thru Apr 30, 2019

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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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 04/29/2019											
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	Total	100									
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	3/4 CUP	100	41	0	0	*N/A*	0.64	8.46	0.74	0.13	0.000
FRUIT VARIETY	1 CUP	100	181	0	0	36	0.0	45.36	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			682	49	912	*48	28.32	110.46	12.91	3.78	0.000
% of Calories						*28.4%	16.6%	64.8%	17.0%	5.0%	
Nutrient Guideline			545-609		1042					<10.00	

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Tue - 04/30/2019											
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
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									
SOFT SHELL TACO (TURKEY) USDA	1 EA	100	289	24	371	3	13.61	32.84	10.14	1.88	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	1 CUP	100	181	0	0	36	0.0	45.36	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			771	49	1499	*50	32.74	113.88	19.59	7.36	0.000
% of Calories						*25.9%	17.0%	59.1%	22.9%	8.6%	
Nutrient Guideline			545-609		1042					<10.00	

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Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

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

002 - BRYCE VALLEY ELEMENTARY

Generated on: 3/26/2019 9:40:37 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Average			661	*42	957	*32 *44.2%	*27.22 *16.5%	109.39 66.2%	13.39 18.2%	*4.64 *6.3%	0.000

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	661		545 - 609	109%			52	Correction Required - Calories too High
Cholesterol (mg)	42				Missing			
Sodium 1 (mg)	957		1042					
Sodium 2 (mg)	957		812				144	Correction Required - Sodium too High
Sugars (g)	32	19.66%			Missing			
Protein (g)	27.22	16.47%			Missing			
Carbohydrate (g)	109.39	66.19%						
Total Fat (g)	13.39	18.22%						
Saturated Fat (g)	4.64	6.32%	<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

<sup>1</sup> - 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.