

Garfield County School District

May 1, 2019 thru May 24, 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: 4/17/2019 9:57:57 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 - 05/01/2019											
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											
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
CARNIVAL COOKIE	1 Each	100	110	5	80	*N/A*	1.0	19.0	3.0	1.00	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			667	33	1062	*19	27.95	110.38	13.19	5.85	0.000
% of Calories						*11.7%	16.8%	66.2%	17.8%	7.9%	
Nutrient Guideline			544-608		1038					<10.00	

Thu - 05/02/2019											
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
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			670	43	798	*47	27.21	106.76	14.78	4.49	0.000
% of Calories						*28.3%	16.2%	63.7%	19.9%	6.0%	
Nutrient Guideline			544-608		1038					<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
Fri - 05/03/2019											
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			544-608		1038					<10.00	

Mon - 05/06/2019											
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	3.92 oz	100	160	45	309	11	12.0	21.0	3.0	0.50	0.000
RICE	1 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			598	44	566	*28	27.39	119.95	6.07	1.59	0.000
% of Calories						*18.7%	18.3%	80.2%	9.1%	2.4%	
Nutrient Guideline			544-608		1038					<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
Tue - 05/07/2019											
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									
COUNTRY FRIED STEAK	3 OZ	100	291	31	427	*N/A*	14.52	13.06	20.27	5.39	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
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			750	38	1105	*20	28.28	111.16	22.43	6.08	0.000
% of Calories						*10.8%	15.1%	59.3%	26.9%	7.3%	
Nutrient Guideline			544-608		1038					<10.00	

Wed - 05/08/2019											
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									
HOT DOG ON A BUN:turkey	1 each	100	273	50	981	*N/A*	10.66	23.63	14.19	4.51	0.000
BAKED BEANS :BountifulHarvest:	1/2 cup	100	140	0	471	*N/A*	6.11	27.91	0.0	0.00	0.000
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
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

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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			702	*45	1512	*23	25.77	113.89	15.57	4.83	0.000
% of Calories						*13.3%	14.7%	64.9%	20.0%	6.2%	
Nutrient Guideline			544-608		1038					<10.00	

Thu - 05/09/2019											
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									
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	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			693	18	883	*54	23.83	108.07	14.55	3.15	0.000
% of Calories						*31.2%	13.8%	62.4%	18.9%	4.1%	
Nutrient Guideline			544-608		1038					<10.00	

Fri - 05/10/2019											
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			544-608		1038					<10.00	

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Mon - 05/13/2019											
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									
BURRITO, BEAN & CHEESE	1 EACH	100	285	3	453	4	9.12	43.87	8.13	1.73	0.000
CORN	1/2 cup	100	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
SALSA	2 oz	100	18	0	266	*N/A*	1.77	3.54	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
BROWNIE, FUDGE	SERVING	100	140	0	140	*N/A*	2.0	25.0	3.0	1.00	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			709	8	1065	*23	22.11	128.56	12.40	2.79	0.000
% of Calories						*12.8%	12.5%	72.5%	15.7%	3.5%	
Nutrient Guideline			544-608		1038					<10.00	

Tue - 05/14/2019											
ELEM. HOT BREAKFAST	Total	30									
BELGIAN WAFFLE	3.17 OZ.	30	389	30	379	25	4.99	47.93	19.97	10.98	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 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			659	103	572	*26	*36.49	93.76	17.00	8.34	0.000
% of Calories						*15.7%	*22.1%	56.9%	23.2%	11.4%	
Nutrient Guideline			544-608		1038					<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
Wed - 05/15/2019											
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
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	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			770	42	1161	*55	32.26	139.37	8.75	2.91	0.000
% of Calories						*28.7%	16.8%	72.4%	10.2%	3.4%	
Nutrient Guideline			544-608		1038					<10.00	

Thu - 05/16/2019											
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											
PIZZA RIPPERS, PEPPERONI, ELEM	2 OZ.	100	151	15	276	*N/A*	7.53	15.05	5.52	2.01	0.000
SALAD, TOSSED (SEC)	1 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

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Garfield County School District

May 1, 2019 thru May 24, 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			598	58	925	*25	24.12	101.98	10.72	3.39	0.000
% of Calories						*16.5%	16.1%	68.2%	16.1%	5.1%	
Nutrient Guideline			544-608		1038					<10.00	

Fri - 05/17/2019											
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			544-608		1038					<10.00	

Mon - 05/20/2019											
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	Total	100									
NEW YORK SUB SANDWICH	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 STIX	1/2 cup	100	11	0	25	*1	0.68	2.14	0.1	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			659	*42	1413	*23	28.47	107.37	13.74	*5.72	0.000
% of Calories						*14.0%	17.3%	65.1%	18.8%	*7.8%	
Nutrient Guideline			544-608		1038					<10.00	

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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 24, 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
Tue - 05/21/2019											
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									
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			727	46	1258	*48	28.79	107.70	19.21	4.72	0.000
% of Calories						*26.2%	15.8%	59.3%	23.8%	5.8%	
Nutrient Guideline			544-608		1038					<10.00	

Wed - 05/22/2019											
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									
CORN DOG	1 EACH	100	281	40	1084	*N/A*	9.03	32.11	12.04	3.01	0.000
POTATO WEDGES, SAVORY ELEM	2 OZ	100	100	0	173	*N/A*	1.33	12.0	4.67	1.33	0.000
BABY CARROTS	1/2 cup	100	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
Choc. Chip Cookie	1 Each	100	129	0	120	*N/A*	1.99	22.91	3.98	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			701	41	1395	*19	20.94	108.43	20.03	5.39	0.000
% of Calories						*11.1%	12.0%	61.9%	25.7%	6.9%	
Nutrient Guideline			544-608		1038					<10.00	

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Garfield County School District

May 1, 2019 thru May 24, 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
Thu - 05/23/2019											
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											
HAMBURGER ON A BUN HS	1 EACH	100	338	71	291	*N/A*	27.63	22.12	15.4	5.46	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
Weighted Daily Average			642	72	846	*19	34.74	84.95	18.62	6.41	0.000
% of Calories						*12.1%	21.6%	52.9%	26.1%	9.0%	
Nutrient Guideline			544-608		1038					<10.00	

Fri - 05/24/2019											
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			544-608		1038					<10.00	

Weighted Average			655	*37	907	*35 *48.2%	*24.59 *15.0%	110.96 67.8%	13.00 17.9%	*4.06 *5.6%	0.000
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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 24, 2019

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

002 - BRYCE VALLEY ELEMENTARY

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Plan Qty % of Target	Cals (kcal)	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Sugars (g) Overage	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Calories	655		544 - 608	108%				47					
Cholesterol (mg)	37					Missing							
Sodium 1 (mg)	907		1038										
Sodium 2 (mg)	907		810					97					
Sugars (g)	35	21.41%				Missing							
Protein (g)	24.59	15.02%				Missing							
Carbohydrate (g)	110.96	67.78%											
Total Fat (g)	13.00	17.87%											
Saturated Fat (g)	4.06	5.58%	<10.00%			Missing							

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