

Garfield County School District

Mar 2, 2020 thru Mar 31, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/02/2020																
ELEM. HOT BREAKFAST	Total	35														
FRENCH TOAST STIX W/SYRUP	SERVING	35	95	0	137	0.25	0.45	10.0	0	0.0	*N/A*	1.25	16.72	2.75	0.50	0.00
SYRUP,PANCAKE: PPI'S	PACKET	35	30	0	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.47	0.0	0.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	10.9	17	0.0	0	0.29	0.43	0.08	0.06	*N/A*
ELEMENTARY LUNCH K-8																
MAC & CHEESE; W.G. ELEM	3/4 CUP	105	230	22	560	1.12	0.81	336.2	560	0.0	*N/A*	14.01	24.09	8.96	4.48	0.00
GREEN BEANS Sec.	3/4 cup	105	15	0	83	1.50	0.27	15.0	150	2.7	*N/A*	0.68	3.0	0.0	0.00	0.00
BABY CARROTS	1/2 cup	105	30	0	66	2.47	0.76	27.2	11728	2.21	*N/A*	0.54	7.01	0.11	0.02	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
Choc. Chip Cookie	1 Each	105	97	0	90	1.49	0.54	14.9	75	0.0	*N/A*	1.49	17.18	2.99	0.75	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average % of Calories			716	29	1136	10.35	*3.02	*448.7	12755	*26.20	*19 *10.8%	27.41 15.3%	120.03 67.1%	15.33 19.3%	5.97 7.5%	*0.00 *0.0%
Nutrient Guideline			542-607		1030										<10.00	

Tue - 03/03/2020																
ELEM. HOT BREAKFAST	Total	35														
PANCAKE ON A STICK, Blueberry	1 EACH	35	63	4	80	0.25	2.70	0.0	0	0.0	*N/A*	1.5	5.75	3.75	1.12	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.29	0.46	0.09	0.05	0.00

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 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Mar 2, 2020 thru Mar 31, 2020

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8	Total	105														
CHICKEN NOODLE SOUP	3/4 CUP	105	123	39	882	1.16	0.90	18.0	2634	1.5	*1	9.7	14.77	2.69	0.64	*0.00
BREADSTICK, CHEESE FILLED	1 EACH	105	128	19	248	1.50	0.54	150.0	300	0.0	*N/A*	6.0	9.75	7.5	4.50	0.00
CORN	1/2 cup	105	60	0	83	1.50	0.27	15.0	0	2.7	*N/A*	1.5	12.75	0.75	0.00	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average			593	68	1486	7.93	*4.60	*217.5	3161	*25.49	*20	28.14	87.62	15.21	6.48	*0.00
% of Calories											*13.7%	19.0%	59.1%	23.1%	9.8%	*0.0%
Nutrient Guideline			542-607		1030										<10.00	

Wed - 03/04/2020																
ELEM. HOT BREAKFAST	Total	35														
PIZZA BAGEL	1 EACH	35	45	4	117	0.00	0.36	49.8	25	0.0	*N/A*	2.24	4.73	1.74	0.75	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK	RTON															
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.29	0.46	0.09	0.05	0.00
ELEMENTARY LUNCH K-8	Total	105														
COUNTRY FRIED STEAK*	1 each	105	106	23	258	0.00	0.27	30.4	0	0.0	*N/A*	7.59	7.59	6.08	2.28	0.00
COUNTRY GRAVY	1/4 cup	105	33	0	164	0.00	0.00	1.2	0	0.0	*0	0.74	3.7	1.48	1.11	0.00
MASHED POTATOES:flakes, (E LEM)	1/2 CUP	105	67	0	278	1.49	0.28	1.8	0	2.68	*N/A*	1.49	13.4	1.12	0.00	0.00
BROCCOLI: frozen, boiled	1/2 CUP	105	11	0	4	1.22	0.25	13.4	410	16.27	*N/A*	1.26	2.17	0.05	0.01	0.00
ROLL, W.G. RICH 1 OZ.	1 OZ.	105	103	6	7	1.61	0.95	12.7	11	0.03	*N/A*	3.43	17.59	2.37	0.56	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average			586	39	1023	7.83	*2.30	*143.7	672	*40.26	*19	26.18	93.77	13.36	4.92	*0.00
% of Calories											*13.2%	17.9%	64.0%	20.5%	7.6%	*0.0%
Nutrient Guideline			542-607		1030										<10.00	

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Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/05/2020																
ELEM. HOT BREAKFAST	Total	35														
MINI PANCAKES, STRAWBERRY SYRUP, PANCAKE: PPI'S	PACKAGE PACKET	35	58	0	65	0.50	0.37	150.0	*N/A*	*N/A*	3	1.0	9.75	1.5	0.00	0.00
JUICE, ASSORTED, FRUIT, ASST	1/2 cup 1 EACH	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	18	0	0	0.83	0.04	2.1	19	1.59	*N/A*	0.09	4.76	0.06	0.01	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
ELEMENTARY LUNCH K-8	Total	105														
SOFT SHELL TACO(BEEF)	1 EACH	105	187	25	334	1.66	2.29	60.2	190	1.57	*2	9.93	19.09	7.67	2.91	*0.02
REFRIED BEANS: ELEM	1/2 cup	105	81	0	401	4.55	1.49	29.5	0	5.36	*N/A*	4.83	13.62	1.04	0.35	0.00
SALSA	2 oz	105	13	0	199	1.33	0.48	26.6	133	3.19	*N/A*	1.33	2.66	0.0	0.00	0.00
CHEESE, SHREDDED, CHEDDAR	1 OZ	105	80	20	304	0.00	0.08	130.9	257	0.0	*N/A*	4.71	0.34	6.64	4.19	*N/A*
LETTUCE, SHREDDED	1 OZ	105	0	0	0	0.00	0.00	0.1	2	0.01	*N/A*	0.0	0.01	0.0	0.00	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average % of Calories			660	51	1504	11.35	*4.89	*438.2	*797	*24.73	*25 *15.2%	31.04 18.8%	95.59 57.9%	17.35 23.6%	7.66 10.4%	*0.02 *0.0%
Nutrient Guideline			542-607		1030											<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/06/2020																
ELEM. HOT BREAKFAST	Total	35														
CEREAL-ASST	1 cup	35	148	0	204	1.23	8.90	85.5	793	7.75	*N/A*	1.86	30.86	1.89	0.12	0.00
CHEESE ,STRING	1 each	35	80	15	190	0.00	0.00	0.0	0	0.0	*N/A*	7.0	1.0	5.0	3.00	0.00
APPLES,Fresh	1 each	35	53	0	1	2.42	0.12	6.1	55	4.65	*N/A*	0.26	13.95	0.17	0.03	0.00
ORANGES	1 EACH	35	62	0	0	3.10	0.13	52.0	295	69.71	*N/A*	1.23	15.39	0.16	0.03	0.00
YOGURT, ASST.	4OZ.	35	181	0	151	0.00	0.00	602.1	0	2.41	*N/A*	6.02	38.13	0.0	0.00	0.00
POP TART, FROSTED CINNAMON	1 EACH	35	180	0	190	3.00	*N/A*	*N/A*	75	*N/A*	15	2.0	37.0	2.5	1.00	0.00
GRANOLA BAR	1 EACH	35	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	17.0	3.0	1.00	0.00
MUFFIN	2 OZ	35	169	30	199	1.99	1.07	39.8	0	0.0	*N/A*	2.98	27.85	5.97	0.99	0.00
NOTABLES, ASST	1 EACH	35	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.00	0.00	0.0	0	33.0	*N/A*	0.0	9.18	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	69	3	103	0.00	*N/A*	*N/A*	51	*N/A*	10	4.57	11.43	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	15	44	5	46	0.00	0.03	130.7	205	0.0	5	3.52	5.22	1.01	0.66	*N/A*
Weighted Daily Average % of Calories			1441	53	1398	17.75	*14.22	*1196.2	2974	*177.51	*61 *16.9%	33.45 9.3%	272.01 75.5%	25.71 16.0%	8.33 5.2%	*0.00 *0.0%
Nutrient Guideline			542-607		1030											<10.00

Mon - 03/09/2020																
ELEM. HOT BREAKFAST	Total	35														
MAPLE BITES	4 EACH	35	60	0	64	0.99	0.36	19.8	0	0.0	4	0.99	10.91	1.49	0.00	0.00
YOGURT, ASST.	4OZ.	35	45	0	38	0.00	0.00	150.5	0	0.6	*N/A*	1.51	9.53	0.0	0.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	10.9	17	0.0	0	0.29	0.43	0.08	0.06	*N/A*
ELEMENTARY LUNCH K-8																
CHICKEN SANDWICH	1 EACH	105	280	30	606	3.77	2.18	60.5	0	0.0	*N/A*	15.9	26.44	12.5	2.65	0.00
TATOR TOTS elem	1/2 cup	105	68	0	178	0.85	0.30	0.0	0	1.52	*N/A*	0.85	8.47	3.39	0.85	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*

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Weighted Daily Average % of Calories			672	37	1078	9.13	*3.04	*276.2	242	*23.41	*23 *13.9%	28.68 17.1%	99.92 59.4%	17.89 24.0%	3.72 5.0%	*0.00 *0.0%
Nutrient Guideline			542-607		1030											<10.00

Tue - 03/10/2020																
ELEM. HOT BREAKFAST	Total	35														
FRENCH TOAST STIX	3 stick	35	65	0	130	0.25	0.45	10.0	0	0.0	*N/A*	1.25	9.25	2.75	0.50	0.00
SYRUP,PANCAKE: PPI'S	PACKET	35	30	0	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.47	0.0	0.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	10.9	17	0.0	0	0.29	0.43	0.08	0.06	*N/A*
	RTON															
ELEMENTARY LUNCH K-8																
PIZZA W/ PEPPERONI: MAX	Total	105														
SALAD, TOSSED	slice	105	293	15	750	3.00	4.05	225.0	375	0.0	*N/A*	13.5	31.5	12.0	3.75	0.00
TOMATO, CHERRY	1/2 cup	105	46	0	79	3.53	1.79	82.9	11780	39.89	*4	2.6	10.01	0.4	0.06	0.00
FRUIT, ASST	1/2 CUP	105	10	0	3	0.67	0.15	5.6	465	7.09	0	0.49	2.18	0.11	0.00	0.00
MILK CHOCOLATE FAT FREE	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK	8 OZ. CA	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
	RTON															
Weighted Daily Average % of Calories			663	21	1162	10.97	*6.64	*368.9	12862	*68.26	*24 *14.4%	27.28 16.5%	104.97 63.3%	15.77 21.4%	4.52 6.1%	*0.00 *0.0%
Nutrient Guideline			542-607		1030											<10.00

Wed - 03/11/2020																
ELEM. HOT BREAKFAST	Total	35														
BELGIAN WAFFLE	3.17 OZ.	35	97	7	95	0.25	0.18	10.0	*N/A*	*N/A*	6	1.25	11.98	4.99	2.75	0.25
SYRUP,PANCAKE: PPI'S	PACKET	35	30	0	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.47	0.0	0.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK	RTON															
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.29	0.46	0.09	0.05	0.00

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Garfield County School District

Mar 2, 2020 thru Mar 31, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8 CREAM OF BROCCOLI WITH CHEESE	Total 1 CUP	105 105	249	21	1300	1.38	0.50	207.4	415	29.04	6	*N/A*	23.51	13.83	4.84	0.00
TEXAS GARLIC TOAST ELEM	1 EACH	105	60	0	135	1.50	0.81	0.0	300	0.0	1	2.25	11.25	1.5	0.00	0.00
BABY CARROTS	1/2 cup	105	30	0	66	2.47	0.76	27.2	11728	2.21	*N/A*	0.54	7.01	0.11	0.02	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average % of Calories			686	34	1797	9.11	*2.44	*279.1	*12670	*52.54	*32 *18.6%	*13.48 *7.9%	105.81 61.7%	20.95 27.5%	7.82 10.3%	*0.25 *0.3%
Nutrient Guideline			542-607		1030										<10.00	

Thu - 03/12/2020																
ELEM. HOT BREAKFAST BREAKFAST ROUNDS	Total 1 Each	35 35	43	0	47	1.25	1.58	75.0	188	0.0	*N/A*	0.75	8.25	1.13	0.25	0.00
YOGURT, ASST.	4OZ.	35	45	0	38	0.00	0.00	150.5	0	0.6	*N/A*	1.51	9.53	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	10.9	17	0.0	0	0.29	0.43	0.08	0.06	*N/A*
ELEMENTARY LUNCH K-8 HAMBURGER ON A BUN ELEM.	Total 1 EACH	105 105	199	36	203	3.02	1.81	33.1	0	0.0	*N/A*	15.32	16.59	8.08	2.73	*0.00
BAKED BEANS :BountifulHarvest:	1/2 cup	105	105	0	353	4.58	3.53	39.3	65	0.0	*N/A*	4.58	20.93	0.0	0.00	0.00
VEGGIE CUP	1 CUP	105	13	0	20	1.00	0.20	14.3	524	14.94	*0	0.75	2.69	0.13	0.03	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average % of Calories			624	42	854	13.36	*7.32	*357.6	1019	*36.82	*20 *12.7%	32.36 20.7%	102.56 65.7%	9.85 14.2%	3.22 4.6%	*0.00 *0.0%
Nutrient Guideline			542-607		1030										<10.00	

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Garfield County School District

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Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/13/2020																
ELEM. HOT BREAKFAST	Total	35														
CEREAL-ASST	1 cup	35	148	0	204	1.23	8.90	85.5	793	7.75	*N/A*	1.86	30.86	1.89	0.12	0.00
CHEESE ,STRING	1 each	35	80	15	190	0.00	0.00	0.0	0	0.0	*N/A*	7.0	1.0	5.0	3.00	0.00
APPLES,Fresh	1 each	35	53	0	1	2.42	0.12	6.1	55	4.65	*N/A*	0.26	13.95	0.17	0.03	0.00
ORANGES	1 EACH	35	62	0	0	3.10	0.13	52.0	295	69.71	*N/A*	1.23	15.39	0.16	0.03	0.00
YOGURT, ASST.	4OZ.	35	181	0	151	0.00	0.00	602.1	0	2.41	*N/A*	6.02	38.13	0.0	0.00	0.00
POP TART, FROSTED CINNAMON	1 EACH	35	180	0	190	3.00	*N/A*	*N/A*	75	*N/A*	15	2.0	37.0	2.5	1.00	0.00
GRANOLA BAR	1 EACH	35	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	17.0	3.0	1.00	0.00
MUFFIN	2 OZ	35	169	30	199	1.99	1.07	39.8	0	0.0	*N/A*	2.98	27.85	5.97	0.99	0.00
NOTABLES, ASST	1 EACH	35	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.00	0.00	0.0	0	33.0	*N/A*	0.0	9.18	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	120	5	180	0.00	*N/A*	*N/A*	90	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	15	2	15	0.00	0.01	43.6	68	0.0	2	1.17	1.74	0.34	0.22	*N/A*
Weighted Daily Average % of Calories			1464	52	1445	17.75	*14.19	*1109.1	2876	*177.51	*65 *17.7%	34.53 9.4%	277.10 75.7%	25.03 15.4%	7.89 4.9%	*0.00 *0.0%
Nutrient Guideline			542-607		1030										<10.00	

Mon - 03/16/2020																
ELEM. HOT BREAKFAST	Total	35														
MUFFIN	2 OZ	35	42	7	50	0.50	0.27	9.9	0	0.0	*N/A*	0.75	6.96	1.49	0.25	0.00
CHEESE ,STRING	1 each	35	20	4	47	0.00	0.00	0.0	0	0.0	*N/A*	1.75	0.25	1.25	0.75	0.00
FRUIT, ASST	1 EACH	35	18	0	0	0.83	0.04	2.1	19	1.59	*N/A*	0.09	4.76	0.06	0.01	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	5	4	0	6	0.00	*N/A*	*N/A*	3	*N/A*	1	0.29	0.71	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*

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Garfield County School District

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Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8	Total	105														
SCALLOPED POT W/ HAM - EL	1/2	105	165	22	921	0.30	*1.00	*246.4	*638	*4.01	*0	12.05	17.41	5.42	2.84	*0.00
EM																
ROLL, W.G. RICH 1 OZ.	1 OZ.	105	103	6	7	1.61	0.95	12.7	11	0.03	*N/A*	3.43	17.59	2.37	0.56	0.00
PEAS & CARROTS	1/2 cup	105	29	0	41	1.86	0.56	13.8	5708	4.86	3	1.85	6.07	0.25	0.05	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
MILK	RTON															
Weighted Daily Average			542	44	1217	7.58	*2.96	*312.9	*6536	*23.50	*18	27.06	86.21	11.19	4.60	*0.00
% of Calories											*13.0%	20.0%	63.7%	18.6%	7.6%	*0.0%
Nutrient Guideline			542-607		1030										<10.00	

Tue - 03/17/2020																
ELEM. HOT BREAKFAST	Total	35														
BREAKFAST SANDWICH	1 EACH	35	65	43	182	1.11	0.54	67.2	97	0.0	*N/A*	3.78	7.23	2.49	1.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK	RTON															
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.29	0.46	0.09	0.05	0.00
ELEMENTARY LUNCH K-8	Total	105														
ORANGE CHICKEN	3.92 oz	105	120	34	232	0.00	0.54	0.0	75	0.0	8	9.0	15.75	2.25	0.38	0.00
RICE	1/2 CUP	105	162	0	7	2.70	0.62	15.0	0	0.0	*N/A*	3.78	33.59	1.32	0.26	0.00
BROCCOLI: frozen, boiled	1/2 CUP	105	11	0	4	1.22	0.25	13.4	410	16.27	*N/A*	1.26	2.17	0.05	0.01	0.00
BABY CARROTS	1/2 cup	105	30	0	66	2.47	0.76	27.2	11728	2.21	*N/A*	0.54	7.01	0.11	0.02	0.00
FORTUNE COOKIE	1 EACH	105	24	0	8	0.11	2.30	52.5	113	0.0	*N/A*	0.15	15.75	0.15	0.00	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
MILK	RTON															
Weighted Daily Average			632	83	694	11.12	*5.19	*209.7	12649	*39.76	*28	27.95	126.09	6.89	1.88	*0.00
% of Calories											*17.5%	17.7%	79.8%	9.8%	2.7%	*0.0%
Nutrient Guideline			542-607		1030										<10.00	

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Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/18/2020																
ELEM. HOT BREAKFAST	Total	35														
BREAKFAST BURRITO	1 EACH	35	70	9	143	0.25	*N/A*	25.0	75	0.3	0	2.5	7.5	2.75	1.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	10.9	17	0.0	0	0.29	0.43	0.08	0.06	*N/A*
ELEMENTARY LUNCH K-8																
BEEFY MAC	3/4 CUP	105	244	28	165	2.23	3.72	39.0	1151	131.96	*6	14.92	37.18	4.38	1.23	*0.00
GREEN BEANS Sec.	3/4 cup	105	15	0	83	1.50	0.27	15.0	150	2.7	*N/A*	0.68	3.0	0.0	0.00	0.00
BREAD STICKS,PLAIN : WW ELEM.	1 EA	105	52	0	90	1.12	0.54	7.5	0	0.0	*N/A*	1.88	10.12	0.75	0.00	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average % of Calories			601	43	673	8.62	*4.73	*131.9	1618	*156.24	*26 *17.2%	29.42 19.6%	102.37 68.1%	8.40 12.6%	2.44 3.7%	*0.00 *0.0%
Nutrient Guideline			542-607		1030										<10.00	

Thu - 03/19/2020																
ELEM. HOT BREAKFAST	Total	35														
APPLE CINNAMON TEXAS TOAST	SLICE	35	65	*N/A*	75	0.50	0.67	10.0	100	0.3	4	1.99	11.2	1.49	0.25	*N/A*
CHEESE ,STRING	1 each	35	20	4	47	0.00	0.00	0.0	0	0.0	*N/A*	1.75	0.25	1.25	0.75	0.00
FRUIT, ASST	1 EACH	35	18	0	0	0.83	0.04	2.1	19	1.59	*N/A*	0.09	4.76	0.06	0.01	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	10.9	17	0.0	0	0.29	0.43	0.08	0.06	*N/A*

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Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8	Total	105														
CORN DOG	1 EACH	105	211	30	813	1.51	1.35	60.2	75	11.29	*N/A*	6.77	24.08	9.03	2.26	0.00
BAKED BEANS :BountifulHarvest:	1/2 cup	105	105	0	353	4.58	3.53	39.3	65	0.0	*N/A*	4.58	20.93	0.0	0.00	0.00
BABY CARROTS	1/2 cup	105	30	0	66	2.47	0.76	27.2	11728	2.21	*N/A*	0.54	7.01	0.11	0.02	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average			642	*40	1547	12.36	*6.49	*177.6	12184	*28.40	*24	24.88	106.13	12.37	3.48	*0.00
% of Calories											*14.7%	15.5%	66.1%	17.3%	4.9%	*0.0%
Nutrient Guideline			542-607		1030										<10.00	

Fri - 03/20/2020																
ELEM. HOT BREAKFAST	Total	35														
CEREAL-ASST	1 cup	35	148	0	204	1.23	8.90	85.5	793	7.75	*N/A*	1.86	30.86	1.89	0.12	0.00
CHEESE ,STRING	1 each	35	80	15	190	0.00	0.00	0.0	0	0.0	*N/A*	7.0	1.0	5.0	3.00	0.00
APPLES,Fresh	1 each	35	53	0	1	2.42	0.12	6.1	55	4.65	*N/A*	0.26	13.95	0.17	0.03	0.00
ORANGES	1 EACH	35	62	0	0	3.10	0.13	52.0	295	69.71	*N/A*	1.23	15.39	0.16	0.03	0.00
YOGURT, ASST.	4OZ.	35	181	0	151	0.00	0.00	602.1	0	2.41	*N/A*	6.02	38.13	0.0	0.00	0.00
POP TART, FROSTED CINNAMON	1 EACH	35	180	0	190	3.00	*N/A*	*N/A*	75	*N/A*	15	2.0	37.0	2.5	1.00	0.00
GRANOLA BAR	1 EACH	35	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	17.0	3.0	1.00	0.00
MUFFIN	2 OZ	35	169	30	199	1.99	1.07	39.8	0	0.0	*N/A*	2.98	27.85	5.97	0.99	0.00
NOTABLES, ASST	1 EACH	35	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.00	0.00	0.0	0	33.0	*N/A*	0.0	9.18	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	120	5	180	0.00	*N/A*	*N/A*	90	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	15	2	15	0.00	0.01	43.6	68	0.0	2	1.17	1.74	0.34	0.22	*N/A*
Weighted Daily Average			1464	52	1445	17.75	*14.19	*1109.1	2876	*177.51	*65	34.53	277.10	25.03	7.89	*0.00
% of Calories											*17.7%	9.4%	75.7%	15.4%	4.9%	*0.0%
Nutrient Guideline			542-607		1030										<10.00	

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Garfield County School District

Mar 2, 2020 thru Mar 31, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/23/2020																
ELEM. HOT BREAKFAST	Total	35														
MAPLE BITES	4 EACH	35	60	0	64	0.99	0.36	19.8	0	0.0	4	0.99	10.91	1.49	0.00	0.00
YOGURT, ASST.	4OZ.	35	45	0	38	0.00	0.00	150.5	0	0.6	*N/A*	1.51	9.53	0.0	0.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	10.9	17	0.0	0	0.29	0.43	0.08	0.06	*N/A*
ELEMENTARY LUNCH K-8																
SPAGHETTI WITH MEAT SAUCE	3/4 CUP	105	216	33	438	2.91	2.24	21.7	361	6.49	*N/A*	13.65	20.39	7.71	2.49	*0.00
TEXAS GARLIC TOAST ELEM	1 EACH	105	60	0	135	1.50	0.81	0.0	300	0.0	1	2.25	11.25	1.5	0.00	0.00
CORN	1/2 cup	105	60	0	83	1.50	0.27	15.0	0	2.7	*N/A*	1.5	12.75	0.75	0.00	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average			660	40	950	10.42	*3.88	*252.5	902	*31.08	*24	29.34	109.40	11.97	2.71	*0.00
% of Calories											*14.6%	17.8%	66.3%	16.3%	3.7%	*0.0%
Nutrient Guideline			542-607		1030										<10.00	

Tue - 03/24/2020																
ELEM. HOT BREAKFAST	Total	35														
BREAKFAST ROUNDS	1 Each	35	43	0	47	1.25	1.58	75.0	188	0.0	*N/A*	0.75	8.25	1.13	0.25	0.00
CHEESE ,STRING	1 each	35	20	4	47	0.00	0.00	0.0	0	0.0	*N/A*	1.75	0.25	1.25	0.75	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.29	0.46	0.09	0.05	0.00

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Garfield County School District

Mar 2, 2020 thru Mar 31, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8	Total	105														
HOT HAM & CHEESE	1 EACH	105	173	29	567	2.92	1.08	146.9	148	0.0	*0	12.23	17.28	6.36	2.79	*0.00
TATOR TOTS elem	1/2 cup	105	68	0	178	0.85	0.30	0.0	0	1.52	*N/A*	0.85	8.47	3.39	0.85	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average % of Calories			523	39	1034	8.53	*3.16	*256.3	562	*22.81	*20 *15.1%	25.02 19.1%	78.84 60.3%	12.65 21.8%	4.86 8.4%	*0.00 *0.0%
Nutrient Guideline			542-607		1030											<10.00

Wed - 03/25/2020																
ELEM. HOT BREAKFAST	Total	35														
PIZZA BAGEL	1 EACH	35	45	4	117	0.00	0.36	49.8	25	0.0	*N/A*	2.24	4.73	1.74	0.75	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	10.9	17	0.0	0	0.29	0.43	0.08	0.06	*N/A*
ELEMENTARY LUNCH K-8	Total	105														
BURRITO, BEAN & CHEESE	1 EACH	105	214	2	340	3.29	2.43	50.3	66	0.29	3	6.84	32.9	6.1	1.30	0.04
NACHO CHIPS	1 CUP	105	100	0	70	1.15	0.32	22.5	1	0.0	0	1.51	14.41	4.4	0.60	0.17
NACHO CHEESE SAUCE	3 TBSP	105	80	13	365	0.00	0.01	200.2	669	0.17	*2	6.76	3.23	4.63	2.72	*0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average % of Calories			659	25	1084	7.95	*3.32	*368.2	1002	*21.75	*24 *14.7%	26.79 16.3%	99.85 60.6%	17.38 23.7%	5.58 7.6%	*0.21 *0.3%
Nutrient Guideline			542-607		1030											<10.00

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Garfield County School District

Mar 2, 2020 thru Mar 31, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/26/2020																
ELEM. HOT BREAKFAST	Total	35														
PANCAKE ON A STICK, Blueberry	1 EACH	35	63	4	80	0.25	2.70	0.0	0	0.0	*N/A*	1.5	5.75	3.75	1.12	0.00
SYRUP, PANCAKE: PPI'S	PACKET	35	30	0	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.47	0.0	0.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.29	0.46	0.09	0.05	0.00
ELEMENTARY LUNCH K-8																
NEW YORK SUB SANDWICH	1 EACH	105	169	*30	871	1.73	1.25	109.6	149	*1.51	*2	14.62	18.3	5.03	*2.00	*0.00
ELEM																
POTATO CHIPS, ASST. BAKED	BAG	105	90	0	150	1.00	0.18	35.0	4	1.2	*1	1.5	15.48	2.37	0.37	0.00
VEGGIE CUP	1 CUP	105	13	0	20	1.00	0.20	14.3	524	14.94	*0	0.75	2.69	0.13	0.03	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
BUTTERSCOTCH PUDD.	1/2 cup	105	101	0	226	0.18	0.96	9.1	8292	0.0	*1	0.77	17.6	3.03	0.62	*0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average			685	*40	1547	7.67	*5.49	*202.5	9195	*38.93	*23	28.58	111.89	14.84	*4.36	*0.00
% of Calories											*13.7%	16.7%	65.3%	19.5%	*5.7%	*0.0%
Nutrient Guideline			542-607		1030										<10.00	

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Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/27/2020																
ELEM. HOT BREAKFAST	Total	35														
CEREAL-ASST	1 cup	35	148	0	204	1.23	8.90	85.5	793	7.75	*N/A*	1.86	30.86	1.89	0.12	0.00
CHEESE ,STRING	1 each	35	80	15	190	0.00	0.00	0.0	0	0.0	*N/A*	7.0	1.0	5.0	3.00	0.00
APPLES,Fresh	1 each	35	53	0	1	2.42	0.12	6.1	55	4.65	*N/A*	0.26	13.95	0.17	0.03	0.00
ORANGES	1 EACH	35	62	0	0	3.10	0.13	52.0	295	69.71	*N/A*	1.23	15.39	0.16	0.03	0.00
YOGURT, ASST.	4OZ.	35	181	0	151	0.00	0.00	602.1	0	2.41	*N/A*	6.02	38.13	0.0	0.00	0.00
POP TART, FROSTED CINNAMON	1 EACH	35	180	0	190	3.00	*N/A*	*N/A*	75	*N/A*	15	2.0	37.0	2.5	1.00	0.00
GRANOLA BAR	1 EACH	35	100	0	75	1.00	0.36	80.0	0	0.0	*N/A*	1.0	17.0	3.0	1.00	0.00
MUFFIN	2 OZ	35	169	30	199	1.99	1.07	39.8	0	0.0	*N/A*	2.98	27.85	5.97	0.99	0.00
NOTABLES, ASST	1 EACH	35	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.00	0.00	0.0	0	33.0	*N/A*	0.0	9.18	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	69	3	103	0.00	*N/A*	*N/A*	51	*N/A*	10	4.57	11.43	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	15	2	15	0.00	0.01	43.6	68	0.0	2	1.17	1.74	0.34	0.22	*N/A*
Weighted Daily Average % of Calories			1412	49	1368	17.75	*14.19	*1109.1	2838	*177.51	*57 *16.2%	31.10 8.8%	268.53 76.1%	25.03 16.0%	7.89 5.0%	*0.00 *0.0%
Nutrient Guideline			542-607		1030										<10.00	

Mon - 03/30/2020																
ELEM. HOT BREAKFAST	Total	35														
FRENCH TOAST STIX W/SYRUP	SERVING	35	95	0	137	0.25	0.45	10.0	0	0.0	*N/A*	1.25	16.72	2.75	0.50	0.00
SYRUP,PANCAKE: PPI'S	PACKET	35	30	0	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.47	0.0	0.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	10.9	17	0.0	0	0.29	0.43	0.08	0.06	*N/A*

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Garfield County School District

Mar 2, 2020 thru Mar 31, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ELEMENTARY LUNCH K-8	Total	105														
PULLED PORK IN BBQ SAUCE	2 OZ	105	162	15	457	3.53	1.34	48.9	112	0.09	*6	10.13	24.56	3.01	0.60	0.01
BAKED BEANS :BountifulHarvest:	1/2 cup	105	105	0	353	4.58	3.53	39.3	65	0.0	*N/A*	4.58	20.93	0.0	0.00	0.00
COLE SLAW	1/2 CUP	105	126	9	98	1.34	0.36	24.4	1603	16.55	*3	0.84	4.89	11.94	1.30	*0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average			737	30	1245	13.21	*5.88	*167.9	2022	*37.92	*29	26.25	119.13	18.21	2.62	*0.01
% of Calories											*15.5%	14.3%	64.7%	22.3%	3.2%	*0.0%
Nutrient Guideline			542-607		1030										<10.00	

Tue - 03/31/2020																
ELEM. HOT BREAKFAST	Total	35														
PANCAKES	1 EACH	35	50	1	75	0.75	0.36	20.0	78	0.0	*N/A*	1.25	8.13	1.0	0.38	0.00
SYRUP,PANCAKE: PPI'S	PACKET	35	30	0	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.47	0.0	0.00	0.00
FRUIT, ASST	1/2 each	35	26	0	0	1.03	0.07	6.5	44	8.28	*N/A*	0.3	6.68	0.09	0.02	0.00
JUICE, ASSORTED,	1/2 cup	35	9	0	0	0.00	0.00	0.0	0	8.25	*N/A*	0.0	2.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	35	30	1	45	0.00	*N/A*	*N/A*	22	*N/A*	5	2.0	5.0	0.0	0.00	0.00
MILK	RTON															
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.29	0.46	0.09	0.05	0.00
ELEMENTARY LUNCH K-8	Total	105														
CHICKEN NUGGETS	SERV	105	150	11	412	3.75	1.35	45.0	0	0.0	*N/A*	9.0	3.0	9.0	1.88	0.00
FRENCH FRIES	1/2 CUP	105	71	0	137	1.00	0.27	0.0	0	0.91	*N/A*	1.0	9.11	3.49	1.00	0.00
BABY CARROTS	1/2 cup	105	30	0	66	2.47	0.76	27.2	11728	2.21	*N/A*	0.54	7.01	0.11	0.02	0.00
FRUIT, ASST	1 EACH	105	54	0	1	2.48	0.12	6.2	56	4.76	*N/A*	0.27	14.29	0.18	0.03	0.00
Choc. Chip Cookie	1 Each	105	97	0	90	1.49	0.54	14.9	75	0.0	*N/A*	1.49	17.18	2.99	0.75	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	105	90	4	135	0.00	*N/A*	*N/A*	67	*N/A*	14	6.0	15.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	10	7	1	8	0.00	0.01	21.8	34	0.0	1	0.59	0.87	0.17	0.11	*N/A*
Weighted Daily Average			647	19	981	12.98	*3.47	*141.6	12108	*24.41	*19	22.73	96.49	17.11	4.24	*0.00
% of Calories											*11.9%	14.0%	59.6%	23.8%	5.9%	*0.0%
Nutrient Guideline			542-607		1030										<10.00	

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

Mar 2, 2020 thru Mar 31, 2020

Planned Menu Spreadsheet

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

Weighted Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			787	*42	1212	11.43	*6.16	*421.6	*5205	*65.12	*30 *34.5%	*28.01 *14.2%	133.70 68.0%	16.25 18.6%	*5.14 *5.9%	*0.02 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	787		542 - 607	130%			180	Correction Required - Calories too High
Cholesterol (mg)	42				Missing			
Sodium 1 (mg)	1212		1030				182	Correction Required - Sodium too High
Sodium 2 (mg)	1212		805				407	
Fiber (g)	11.43							
Iron (mg)	6.16				Missing			
Calcium (mg)	421.6				Missing			
Vitamin A (IU)	5205				Missing			
Sugars (g)	30	15.35%			Missing			
Vitamin C (mg)	65.12				Missing			
Protein (g)	28.01	14.24%			Missing			
Carbohydrate (g)	133.70	67.97%						
Total Fat (g)	16.25	18.59%						
Saturated Fat (g)	5.14	5.88%	<10.00%		Missing			
Trans Fat ¹ (g)	0.02	0.03%			Missing			

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