

Garfield County School District

May 1, 2020 thru May 22, 2020

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Weighted Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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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 - 05/01/2020																
SECONDARY HOT BREAK NOTABLES, ASST.	Total	180														
FRUIT, ASST	1 EA	180	148	0	111	2.31	1.66	92.3	692	27.69	14	1.38	30.0	2.77	0.69	0.00
MILK CHOCOLATE FAT FREE MILK	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
	8 OZ. CA RTON	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*
SECONDARY LUNCH 9-12																
NEW YORK SUB SANDWICH HS	Total	210														
POTATO CHIPS, ASST. BAKED	1 EACH	210	163	28	926	2.98	1.13	72.3	121	1.17	*1	14.06	17.98	4.51	1.84	*0.00
VEGGIE CUP	BAG	210	65	0	108	0.72	0.13	25.1	3	0.86	*1	1.08	11.12	1.7	0.27	0.00
FRUIT, ASST	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
	8 OZ. CA RTON	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
SUGAR COOKIE :WG:	1 EACH	210	58	0	45	0.83	0.30	0.0	0	0.0	*N/A*	0.83	9.9	1.86	0.62	0.00
Weighted Daily Average % of Calories			641	37	1352	11.23	*3.61	*357.2	1583	*59.14	*31 *19.2%	26.73 16.7%	109.91 68.6%	12.31 17.3%	4.22 5.9%	*0.00 *0.0%
Nutrient Guideline			612-735		1060											<10.00

Mon - 05/04/2020																
SECONDARY HOT BREAK	Total	180														
FRENCH TOAST STIX W/SYRUP	SERVING	180	174	0	253	0.46	0.83	18.5	0	0.0	*N/A*	2.31	30.86	5.08	0.92	0.00
FRUIT, ASST	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)
SECONDARY LUNCH 9-12	Total	210														
HOT DOG ON A BUN:turkey	1 each	210	147	27	528	0.63	1.32	75.3	162	0.0	*N/A*	5.74	12.72	7.64	2.43	0.00
POTATO CHIPS, ASST. BAKED	BAG	210	65	0	108	0.72	0.13	25.1	3	0.86	*1	1.08	11.12	1.7	0.27	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
Weighted Daily Average			611	35	1051	6.20	*2.67	*286.3	932	*45.51	*16	18.50	99.84	15.89	4.42	*0.00
% of Calories											*10.8%	12.1%	65.4%	23.4%	6.5%	*0.0%
Nutrient Guideline			612-735		1060										<10.00	

Tue - 05/05/2020																
SECONDARY HOT BREAK	Total	180														
MAPLE BITES	4 EACH	180	110	0	119	1.83	0.66	36.6	0	0.0	7	1.83	20.15	2.75	0.00	0.00
YOGURT, ASST.	4OZ.	180	83	0	69	0.00	0.00	277.9	0	1.11	*N/A*	2.78	17.6	0.0	0.00	0.00
FRUIT, ASST	1 EACH	180	33	0	1	1.53	0.08	3.8	34	2.93	*N/A*	0.17	8.8	0.11	0.02	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*
SECONDARY LUNCH 9-12	Total	210														
HOT HAM & CHEESE	1 EACH	210	124	21	407	2.10	0.78	105.4	106	0.0	*0	8.78	12.41	4.57	2.01	*0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
POTATO CHIPS, ASST. BAKED	BAG	210	65	0	108	0.72	0.13	25.1	3	0.86	*1	1.08	11.12	1.7	0.27	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
PEANUT BUTTER COOKIE	1 EACH	210	77	5	58	0.31	0.12	2.9	6	0.0	*N/A*	1.31	7.28	4.88	1.06	*N/A*
Weighted Daily Average			669	34	924	8.98	*2.03	*607.3	835	*34.27	*24	24.78	110.17	15.33	4.11	*0.00
% of Calories											*14.4%	14.8%	65.9%	20.6%	5.5%	*0.0%
Nutrient Guideline			612-735		1060										<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)
Wed - 05/06/2020																
SECONDARY HOT BREAK	Total	180														
MUFFIN	2 OZ	180	78	14	92	0.92	0.50	18.4	0	0.0	*N/A*	1.38	12.85	2.75	0.46	0.00
CHEESE ,STRING	1 each	180	37	7	88	0.00	0.00	0.0	0	0.0	*N/A*	3.23	0.46	2.31	1.38	0.00
FRUIT, ASST	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*
SECONDARY LUNCH 9-12																
TURKEY & CHEESE WRAP	1 each	210	130	20	465	0.70	1.16	64.2	100	1.79	*1	8.16	13.73	4.51	1.84	0.00
POTATO CHIPS, ASST. BAKED	BAG	210	65	0	108	0.72	0.13	25.1	3	0.86	*1	1.08	11.12	1.7	0.27	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
BANANA PUDDING	1/2 CUP	210	66	0	162	0.13	0.68	6.4	5950	0.0	*N/A*	0.53	12.2	1.7	0.03	0.00
Weighted Daily Average % of Calories			601	49	1076	6.87	*2.86	*281.6	6821	*47.30	*18 *11.7%	23.75 15.8%	95.51 63.6%	14.45 21.6%	4.78 7.2%	*0.00 *0.0%
Nutrient Guideline			612-735		1060											<10.00

Thu - 05/07/2020																
SECONDARY HOT BREAK	Total	180														
PIZZA BAGEL	1 EACH	180	83	7	216	0.00	0.66	91.9	46	0.0	*N/A*	4.14	8.73	3.22	1.38	0.00
FRUIT, ASST	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	160	45	4	53	0.00	*N/A*	*N/A*	25	*N/A*	5	3.28	5.33	1.03	0.62	0.00

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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)
SECONDARY LUNCH 9-12	Total	210														
HAMBURGER ON A BUN HS	1 EACH	210	182	38	157	2.17	1.66	24.9	0	0.0	*N/A*	14.88	11.91	8.29	2.94	*0.00
POTATO CHIPS, ASST. BAKED	BAG	210	65	0	108	0.72	0.13	25.1	3	0.86	*1	1.08	11.12	1.7	0.27	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
Weighted Daily Average			557	53	651	7.28	*2.81	*184.2	645	*45.51	*16	29.38	77.24	14.74	5.36	*0.00
% of Calories											*11.6%	21.1%	55.5%	23.8%	8.7%	*0.0%
Nutrient Guideline			612-735		1060											<10.00

Fri - 05/08/2020																
SECONDARY HOT BREAK	Total	180														
NOTABLES, ASST.	1 EA	180	148	0	111	2.31	1.66	92.3	692	27.69	14	1.38	30.0	2.77	0.69	0.00
FRUIT, ASST	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*
SECONDARY LUNCH 9-12	Total	210														
PBJ SANDWICH WW UNCRUS TABLES	1 EACH	210	162	0	151	2.15	0.58	*N/A*	*N/A*	*N/A*	8	4.85	17.23	8.62	1.88	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
BUTTERSCOTCH PUDD.	1/2 cup	210	73	0	162	0.13	0.69	6.5	5953	0.0	*0	0.55	12.64	2.18	0.44	*0.00
Weighted Daily Average			589	8	586	8.99	*3.32	*266.3	*7413	*57.11	*38	16.16	100.78	15.03	3.81	*0.00
% of Calories											*26.0%	11.0%	68.4%	23.0%	5.8%	*0.0%
Nutrient Guideline			612-735		1060											<10.00

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Mon - 05/11/2020																
SECONDARY HOT BREAK	Total	180														
PANCAKES, WG FROZEN 110393	1 EACH	180	32	1	62	0.46	*N/A*	*N/A*	7	*N/A*	1	0.92	6.0	0.92	0.00	0.00
SYRUP, PANCAKE: PPI'S	PACKET	180	54	0	13	0.00	0.00	0.0	0	0.0	*N/A*	0.0	13.78	0.0	0.00	0.00
JUICE, ASSORTED, FRUIT, ASST	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	1 EACH	180	33	0	1	1.53	0.08	3.8	34	2.93	*N/A*	0.17	8.8	0.11	0.02	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
	8 OZ. CA RTON	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*
SECONDARY LUNCH 9-12																
BURRITO, BEAN & CHEESE	Total	210														
TORTILLA CHIPS :SEC:	1 EACH	210	154	1	244	2.36	1.74	36.1	47	0.21	2	4.91	23.62	4.38	0.93	0.03
SALSA	1 OZ	210	76	0	53	1.02	2.04	3.1	0	0.0	*N/A*	1.02	8.65	3.96	0.51	0.00
NACHO CHEESE SAUCE	2 oz	210	10	0	143	0.95	0.34	19.1	95	2.29	*N/A*	0.95	1.91	0.0	0.00	0.00
VEGGIE STIX	3 TBSP	210	57	9	262	0.00	0.01	143.7	480	0.13	*1	4.85	2.32	3.33	1.95	*0.00
FRUIT, ASST	1/2 cup	210	6	0	13	0.47	0.09	8.3	209	8.18	*0	0.36	1.15	0.05	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
	8 OZ. CA RTON	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
Weighted Daily Average			590	20	939	8.58	*4.42	*359.3	1183	*32.38	*21	21.49	97.12	13.96	4.17	*0.03
% of Calories											*14.0%	14.6%	65.9%	21.3%	6.4%	*0.0%
Nutrient Guideline			612-735		1060										<10.00	

Tue - 05/12/2020																
SECONDARY HOT BREAK	Total	180														
APPLE CINNAMON TEXAS TOAST	SLICE	180	119	*N/A*	138	0.92	1.24	18.4	184	0.55	8	3.67	20.67	2.76	0.46	*N/A*
FRUIT, ASST	1 EACH	180	33	0	1	1.53	0.08	3.8	34	2.93	*N/A*	0.17	8.8	0.11	0.02	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*

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Garfield County School District

May 1, 2020 thru May 22, 2020

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

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)
SECONDARY LUNCH 9-12	Total	210														
CORN DOG	1 EACH	210	151	22	584	1.08	0.97	43.2	54	8.11	*N/A*	4.86	17.29	6.48	1.62	0.00
SUN CHIPS	1bag	210	113	0	129	2.15	0.19	0.0	0	0.0	*N/A*	2.15	14.54	4.85	0.54	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK	RTON															
MILK, 1% LOWFAT	HALF PINT	20	6	1	7	0.00	*N/A*	*N/A*	3	*N/A*	1	0.41	0.67	0.13	0.08	0.00
Weighted Daily Average			594	*30	1014	8.18	*2.75	*205.3	936	*40.96	*24	19.68	94.16	15.52	3.39	*0.00
% of Calories											*15.9%	13.2%	63.4%	23.5%	5.1%	*0.0%
Nutrient Guideline			612-735		1060										<10.00	

Wed - 05/13/2020																
SECONDARY HOT BREAK	Total	180														
MAPLE BITES	4 EACH	180	110	0	119	1.83	0.66	36.6	0	0.0	7	1.83	20.15	2.75	0.00	0.00
YOGURT, ASST.	4OZ.	180	83	0	69	0.00	0.00	277.9	0	1.11	*N/A*	2.78	17.6	0.0	0.00	0.00
FRUIT, ASST	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*
MILK	RTON															
SECONDARY LUNCH 9-12	Total	210														
CHICKEN SANDWICH	1 EACH	210	201	22	435	2.71	1.56	43.4	0	0.0	*N/A*	11.41	18.98	8.98	1.90	0.00
SUN CHIPS	1bag	210	113	0	129	2.15	0.19	0.0	0	0.0	*N/A*	2.15	14.54	4.85	0.54	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
PICKLES,DILL	1/8 cup	210	1	0	91	0.11	0.04	4.4	19	0.08	*N/A*	0.06	0.27	0.01	0.00	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
MILK	RTON															
Weighted Daily Average			733	30	1006	11.21	*2.85	*529.8	787	*45.85	*23	27.62	116.69	18.06	3.24	*0.00
% of Calories											*12.7%	15.1%	63.7%	22.2%	4.0%	*0.0%
Nutrient Guideline			612-735		1060										<10.00	

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Garfield County School District

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Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

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)
Thu - 05/14/2020																
SECONDARY HOT BREAK	Total	180														
FRENCH TOAST STIX	3 stick	180	120	0	240	0.46	0.83	18.5	0	0.0	*N/A*	2.31	17.08	5.08	0.92	0.00
SYRUP,PANCAKE: PPI'S	PACKET	180	54	0	13	0.00	0.00	0.0	0	0.0	*N/A*	0.0	13.78	0.0	0.00	0.00
FRUIT, ASST	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*
SECONDARY LUNCH 9-12																
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	210	162	16	297	1.08	1.95	135.1	162	1.95	*N/A*	8.11	16.21	5.94	2.16	0.00
SALAD, TOSSED (SEC)	1 CUP	210	33	0	56	2.53	1.29	59.5	8457	28.64	*3	1.87	7.19	0.28	0.04	0.00
TOMATO, CHERRY	1/2 CUP	210	7	0	2	0.48	0.11	4.0	334	5.09	0	0.35	1.56	0.08	0.00	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
CHOCOLATE PUDDING	1/2 cup	210	73	0	162	0.13	0.69	6.5	5953	0.0	*0	0.55	12.64	2.18	0.44	*0.00
Weighted Daily Average % of Calories			665	25	919	8.38	*5.10	*380.8	15298	*69.60	*19 *11.6%	22.02 13.2%	111.67 67.2%	14.94 20.2%	4.34 5.9%	*0.00 *0.0%
Nutrient Guideline			612-735		1060											<10.00

Fri - 05/15/2020																
SECONDARY HOT BREAK	Total	180														
NOTABLES, ASST.	1 EA	180	148	0	111	2.31	1.66	92.3	692	27.69	14	1.38	30.0	2.77	0.69	0.00
FRUIT, ASST	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*

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Garfield County School District

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Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

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)
SECONDARY LUNCH 9-12	Total	210														
NEW YORK SUB SANDWICH HS	1 EACH	210	163	28	926	2.98	1.13	72.3	121	1.17	*1	14.06	17.98	4.51	1.84	*0.00
POTATO CHIPS, ASST. BAKED	BAG	210	65	0	108	0.72	0.13	25.1	3	0.86	*1	1.08	11.12	1.7	0.27	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
SUGAR COOKIE :WG:	1 EACH	210	58	0	45	0.83	0.30	0.0	0	0.0	*N/A*	0.83	9.9	1.86	0.62	0.00
Weighted Daily Average % of Calories			641	37	1352	11.23	*3.61	*357.2	1583	*59.14	*31 *19.2%	26.73 16.7%	109.91 68.6%	12.31 17.3%	4.22 5.9%	*0.00 *0.0%
Nutrient Guideline			612-735		1060										<10.00	

Mon - 05/18/2020																
SECONDARY HOT BREAK	Total	180														
BREAKFAST ROUNDS	1 Each	180	78	0	88	2.31	2.91	138.5	346	0.0	*N/A*	1.38	15.23	2.08	0.46	0.00
YOGURT, ASST.	4OZ.	180	83	0	69	0.00	0.00	277.9	0	1.11	*N/A*	2.78	17.6	0.0	0.00	0.00
FRUIT, ASST	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	160	45	4	53	0.00	*N/A*	*N/A*	25	*N/A*	5	3.28	5.33	1.03	0.62	0.00
SECONDARY LUNCH 9-12	Total	210														
HAMBURGER ON A BUN HS	1 EACH	210	182	38	157	2.17	1.66	24.9	0	0.0	*N/A*	14.88	11.91	8.29	2.94	*0.00
POTATO CHIPS, ASST. BAKED	BAG	210	65	0	108	0.72	0.13	25.1	3	0.86	*1	1.08	11.12	1.7	0.27	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
Weighted Daily Average % of Calories			636	46	593	9.59	*5.06	*508.6	945	*46.62	*16 *10.2%	29.41 18.5%	101.34 63.7%	13.60 19.2%	4.45 6.3%	*0.00 *0.0%
Nutrient Guideline			612-735		1060										<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)
Tue - 05/19/2020																
SECONDARY HOT BREAK	Total	180														
BREAKFAST BURRITO	1 EACH	180	129	16	263	0.46	*N/A*	46.2	138	0.55	0	4.62	13.85	5.08	1.85	0.00
FRUIT, ASST	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*
SECONDARY LUNCH 9-12																
CHICKEN SANDWICH	1 EACH	210	201	22	435	2.71	1.56	43.4	0	0.0	*N/A*	11.41	18.98	8.98	1.90	0.00
SUN CHIPS	1bag	210	113	0	129	2.15	0.19	0.0	0	0.0	*N/A*	2.15	14.54	4.85	0.54	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
PICKLES,DILL	1/8 cup	210	1	0	91	0.11	0.04	4.4	19	0.08	*N/A*	0.06	0.27	0.01	0.00	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
Weighted Daily Average % of Calories			669	46	1080	9.84	*2.19	*261.4	925	*45.29	*16 *9.8%	27.62 16.5%	92.78 55.5%	20.39 27.4%	5.09 6.8%	*0.00 *0.0%
Nutrient Guideline			612-735		1060										<10.00	

Wed - 05/20/2020																
SECONDARY HOT BREAK	Total	180														
PANCAKE ON A STICK, Blueberry	1 EACH	180	115	7	148	0.46	4.98	0.0	0	0.0	*N/A*	2.77	10.62	6.92	2.08	0.00
FRUIT, ASST	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	160	45	4	53	0.00	*N/A*	*N/A*	25	*N/A*	5	3.28	5.33	1.03	0.62	0.00

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SECONDARY LUNCH 9-12	Total	210														
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	210	162	16	297	1.08	1.95	135.1	162	1.95	*N/A*	8.11	16.21	5.94	2.16	0.00
SALAD, TOSSED (SEC)	1 CUP	210	33	0	56	2.53	1.29	59.5	8457	28.64	*3	1.87	7.19	0.28	0.04	0.00
TOMATO, CHERRY	1/2 CUP	210	7	0	2	0.48	0.11	4.0	334	5.09	0	0.35	1.56	0.08	0.00	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
	RTON															
CHOCOLATE PUDDING	1/2 cup	210	73	0	162	0.13	0.69	6.5	5953	0.0	*0	0.55	12.64	2.18	0.44	*0.00
Weighted Daily Average			609	31	823	8.38	*9.23	*237.2	15126	*69.60	*19	22.39	91.76	16.84	5.48	*0.00
% of Calories											*12.4%	14.7%	60.3%	24.9%	8.1%	*0.0%
Nutrient Guideline			612-735		1060										<10.00	

Thu - 05/21/2020																
SECONDARY HOT BREAK	Total	180														
APPLE CINNAMON TEXAS TOAST	SLICE	180	119	*N/A*	138	0.92	1.24	18.4	184	0.55	8	3.67	20.67	2.76	0.46	*N/A*
FRUIT, ASST	1 EACH	180	33	0	1	1.53	0.08	3.8	34	2.93	*N/A*	0.17	8.8	0.11	0.02	0.00
JUICE, ASSORTED,	1/2 cup	180	17	0	0	0.00	0.00	0.0	0	15.23	*N/A*	0.0	4.23	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*
	RTON															
SECONDARY LUNCH 9-12	Total	210														
PBJ SANDWICH WW UNCRUSTABLES	1 EACH	210	162	0	151	2.15	0.58	*N/A*	*N/A*	*N/A*	8	4.85	17.23	8.62	1.88	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
	RTON															
BUTTERSCOTCH PUDD.	1/2 cup	210	73	0	162	0.13	0.69	6.5	5953	0.0	*0	0.55	12.64	2.18	0.44	*0.00
Weighted Daily Average			563	*8	613	7.23	*2.85	*184.2	*6857	*32.85	*32	18.07	92.15	14.97	3.56	*0.00
% of Calories											*22.9%	12.8%	65.4%	23.9%	5.7%	*0.0%
Nutrient Guideline			612-735		1060										<10.00	

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Garfield County School District

May 1, 2020 thru May 22, 2020

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Weighted Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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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 - 05/22/2020																
SECONDARY HOT BREAK NOTABLES, ASST.	Total	180														
FRUIT, ASST	1 EA	180	148	0	111	2.31	1.66	92.3	692	27.69	14	1.38	30.0	2.77	0.69	0.00
MILK CHOCOLATE FAT FREE MILK	1/2 each	180	48	0	1	1.90	0.12	11.9	82	15.28	*N/A*	0.55	12.32	0.16	0.04	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	6	0	9	0.00	*N/A*	*N/A*	5	*N/A*	1	0.41	1.03	0.0	0.00	0.00
	8 OZ. CA RTON	160	42	5	44	0.00	0.03	125.1	196	0.0	5	3.37	5.0	0.97	0.63	*N/A*
SECONDARY LUNCH 9-12	Total	210														
HOT DOG ON A BUN:turkey	1 each	210	147	27	528	0.63	1.32	75.3	162	0.0	*N/A*	5.74	12.72	7.64	2.43	0.00
POTATO CHIPS, ASST. BAKED	BAG	210	65	0	108	0.72	0.13	25.1	3	0.86	*1	1.08	11.12	1.7	0.27	0.00
VEGGIE CUP	1 CUP	210	9	0	14	0.72	0.15	10.3	376	10.72	*0	0.54	1.93	0.1	0.02	0.00
FRUIT, ASST	1 EACH	210	39	0	1	1.78	0.09	4.5	40	3.42	*N/A*	0.19	10.26	0.13	0.02	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	190	58	2	88	0.00	*N/A*	*N/A*	44	*N/A*	9	3.9	9.74	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	20	5	1	6	0.00	0.00	15.6	25	0.0	1	0.42	0.62	0.12	0.08	*N/A*
Weighted Daily Average % of Calories			567	35	908	8.05	*3.50	*360.1	1624	*57.97	*30 *21.4%	17.58 12.4%	94.75 66.9%	13.59 21.6%	4.19 6.6%	*0.00 *0.0%
Nutrient Guideline			612-735		1060											<10.00
Weighted Average			621	*33	930	8.76	*3.68	*335.4	*3968	*49.32	*23 *34.0%	23.25 15.0%	99.74 64.3%	15.12 21.9%	4.30 6.2%	*0.00 *0.0%

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Garfield County School District

May 1, 2020 thru May 22, 2020

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Weighted Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)							
Calories	621		612 - 735		100%												
Cholesterol (mg)	33					Missing											
Sodium 1 (mg)	930			1060													
Sodium 2 (mg)	930			845					86	Correction Required - Sodium too High							
Fiber (g)	8.76																
Iron (mg)	3.68					Missing											
Calcium (mg)	335.4					Missing											
Vitamin A (IU)	3968					Missing											
Sugars (g)	23	15.10%				Missing											
Vitamin C (mg)	49.32					Missing											
Protein (g)	23.25	14.98%															
Carbohydrate (g)	99.74	64.25%															
Total Fat (g)	15.12	21.92%															
Saturated Fat (g)	4.30	6.23%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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