

Garfield County School District

Sep 1, 2020 thru Sep 30, 2020

Planned Menu Spreadsheet

SECONDARY LUNCH 9-12

Weighted Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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Generated on: 8/28/2020 11:21:55 AM

| | 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 - 09/01/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| BURRITO, BEAN & CHEESE | 1 EACH | 90 | 285 | 3 | 453 | 4.39 | 3.24 | 67.1 | 88 | 0.39 | 4 | 9.12 | 43.87 | 8.13 | 1.73 | 0.05 |
| NACHO CHIPS | 1 CUP | 90 | 134 | 0 | 93 | 1.53 | 0.43 | 30.1 | 1 | 0.0 | 0 | 2.01 | 19.22 | 5.86 | 0.80 | 0.23 |
| NACHO CHEESE SAUCE | 3 TBSP | 90 | 107 | 17 | 487 | 0.00 | 0.01 | 266.9 | 892 | 0.23 | *2 | 9.01 | 4.31 | 6.18 | 3.63 | *0.00 |
| FRUIT VARIETY ELEM. | 1/2 CUP | 90 | 91 | 0 | 0 | 2.27 | *N/A* | *N/A* | *N/A* | *N/A* | 18 | 0.0 | 22.68 | 0.0 | 0.00 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LOWFAT | HALF PINT | 5 | 6 | 1 | 7 | 0.00 | *N/A* | *N/A* | 3 | *N/A* | 1 | 0.44 | 0.72 | 0.14 | 0.08 | 0.00 |
| Weighted Daily Average % of Calories | | | 736 | 25 | 1210 | 8.18 | *3.68 | *364.0 | *1069 | *0.62 | *42 *23.0% | 28.14 15.3% | 109.69 59.6% | 20.30 24.8% | 6.24 7.6% | *0.28 *0.3% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|----|---------|----|------|------|-------|-------|-----|--------|---------------|----------------|----------------|----------------|--------------|----------------|
| Wed - 09/02/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| HAMBURGER ON A BUN HS | 1 EACH | 90 | 338 | 71 | 291 | 4.02 | 3.08 | 46.2 | 0 | 0.0 | *N/A* | 27.63 | 22.12 | 15.4 | 5.46 | *0.00 |
| FRENCH FRIES | 1/2 CUP | 90 | 94 | 0 | 182 | 1.34 | 0.36 | 0.0 | 0 | 1.22 | *N/A* | 1.34 | 12.15 | 4.66 | 1.34 | 0.00 |
| VEGGIE STIX | 1/2 cup | 90 | 10 | 0 | 25 | 0.88 | 0.17 | 15.4 | 389 | 15.19 | *1 | 0.68 | 2.14 | 0.1 | 0.04 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average % of Calories | | | 634 | 77 | 675 | 9.55 | *3.79 | *86.8 | 575 | *22.75 | *18 *11.6% | 38.02 24.0% | 75.03 47.3% | 20.52 29.1% | 6.96 9.9% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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

Sep 1, 2020 thru Sep 30, 2020

Planned Menu Spreadsheet

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) |
|--------------------------------------|---------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Thu - 09/03/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| MAC & CHEESE; W.G. ELEM | 3/4 CUP | 90 | 306 | 30 | 747 | 1.49 | 1.08 | 448.2 | 747 | 0.0 | *N/A* | 18.68 | 32.12 | 11.95 | 5.98 | 0.00 |
| GREEN BEANS Sec. | 3/4 cup | 90 | 20 | 0 | 110 | 2.00 | 0.36 | 20.0 | 200 | 3.6 | *N/A* | 0.9 | 4.0 | 0.0 | 0.00 | 0.00 |
| BABY CARROTS | 1/2 cup | 90 | 40 | 0 | 88 | 3.29 | 1.01 | 36.3 | 15638 | 2.95 | *N/A* | 0.73 | 9.34 | 0.15 | 0.03 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| SUGAR COOKIE :WG: | 1 EACH | 90 | 107 | 0 | 84 | 1.53 | 0.55 | 0.0 | 0 | 0.0 | *N/A* | 1.53 | 18.39 | 3.45 | 1.15 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average % of Calories | | | 664 | 35 | 1207 | 11.63 | *3.17 | *529.7 | 16771 | *12.90 | *18 *10.7% | 30.20 18.2% | 102.48 61.7% | 15.91 21.6% | 7.28 9.9% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|----|---------|----|------|-------|-------|-------|-------|--------|---------------|----------------|----------------|----------------|--------------|----------------|
| Tue - 09/08/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| SPAGHETTI WITH MEAT SAUCE | 3/4 CUP | 90 | 288 | 44 | 584 | 3.88 | 2.99 | 29.0 | 481 | 8.65 | *N/A* | 18.2 | 27.18 | 10.28 | 3.32 | *0.00 |
| TEXAS GARLIC TOAST ELEM | 1 EACH | 90 | 80 | 0 | 180 | 2.00 | 1.08 | 0.0 | 400 | 0.0 | 1 | 3.0 | 15.0 | 2.0 | 0.00 | 0.00 |
| CARROTS:frozen, boiled | 1/2 CUP | 90 | 41 | 0 | 0 | 3.60 | 0.58 | 39.0 | 18206 | 2.55 | *N/A* | 0.64 | 8.46 | 0.74 | 0.13 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average % of Calories | | | 599 | 50 | 941 | 12.79 | *4.82 | *93.2 | 19272 | *17.55 | *19 *12.5% | 30.20 20.2% | 89.27 59.6% | 13.39 20.1% | 3.58 5.4% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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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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) | 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 - 09/09/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| CHICKEN FAJITA ELEM. | 2 OZ. | 90 | 243 | 62 | 582 | 2.81 | 1.67 | 65.7 | 472 | 2.68 | *1 | 15.69 | 23.47 | 10.07 | 3.51 | 0.00 |
| REFRIED BEANS: ELEM | 1/2 cup | 90 | 108 | 0 | 534 | 6.07 | 1.99 | 39.3 | 0 | 7.14 | *N/A* | 6.44 | 18.16 | 1.39 | 0.47 | 0.00 |
| LETTUCE, SHREDDED | 1 OZ | 90 | 0 | 0 | 0 | 0.01 | 0.00 | 0.1 | 3 | 0.01 | *N/A* | 0.0 | 0.01 | 0.0 | 0.00 | 0.00 |
| CHEESE, SHREDDED | 1 OZ | 90 | 106 | 27 | 406 | 0.00 | 0.11 | 174.5 | 343 | 0.0 | *N/A* | 6.28 | 0.45 | 8.86 | 5.58 | *N/A* |
| VEGGIE STIX | 1/2 cup | 90 | 10 | 0 | 25 | 0.88 | 0.17 | 15.4 | 389 | 15.19 | *1 | 0.68 | 2.14 | 0.1 | 0.04 | 0.00 |
| PEACHES, DICED, CUP, FROZEN | 4.4 OZ | 90 | 80 | 0 | 0 | 1.00 | *N/A* | *N/A* | 80 | *N/A* | 16 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| APPLE SLICES | 1/2 | 90 | 57 | 0 | 1 | 2.62 | 0.13 | 6.5 | 59 | 5.01 | 11 | 0.28 | 15.05 | 0.19 | 0.03 | 0.00 |
| MILK CHOCOLATE FAT FREE | 8 OZ. CA | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK | RTON | | | | | | | | | | | | | | | |
| MILK 1% LOWFAT | 8 OZ. CA | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average | | | 724 | 94 | 1724 | 13.38 | *4.08 | *318.4 | 1457 | *30.04 | *47 | 38.38 | 97.85 | 20.74 | 9.71 | *0.00 |
| % of Calories | | | | | | | | | | | *25.7% | 21.2% | 54.1% | 25.8% | 12.1% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

| | 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 - 09/10/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| PIZZA W/ PEPPERONI: MAX | slice | 90 | 390 | 20 | 1000 | 4.00 | 5.40 | 300.0 | 500 | 0.0 | *N/A* | 18.0 | 42.0 | 16.0 | 5.00 | 0.00 |
| SALAD, TOSSED | 1/2 cup | 90 | 62 | 0 | 105 | 4.71 | 2.39 | 110.6 | 15706 | 53.18 | *6 | 3.47 | 13.35 | 0.53 | 0.08 | 0.00 |
| BABY CARROTS | 1/2 cup | 90 | 40 | 0 | 88 | 3.29 | 1.01 | 36.3 | 15638 | 2.95 | *N/A* | 0.73 | 9.34 | 0.15 | 0.03 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| MILK CHOCOLATE FAT FREE | 8 OZ. CA | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK | RTON | | | | | | | | | | | | | | | |
| MILK 1% LOWFAT | 8 OZ. CA | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average | | | 682 | 25 | 1371 | 15.31 | *8.97 | *472.1 | 32030 | *62.48 | *24 | 30.57 | 103.32 | 17.04 | 5.23 | *0.00 |
| % of Calories | | | | | | | | | | | *13.9% | 17.9% | 60.6% | 22.5% | 6.9% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

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Planned Menu Spreadsheet

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) |
|--------------------------------------|---------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Mon - 09/14/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| SOFT SHELL TACO(BEEF) | 1 EACH | 90 | 249 | 33 | 446 | 2.21 | 3.05 | 80.3 | 253 | 2.1 | *3 | 13.24 | 25.45 | 10.23 | 3.89 | *0.02 |
| REFRIED BEANS: ELEM | 1/2 cup | 90 | 108 | 0 | 534 | 6.07 | 1.99 | 39.3 | 0 | 7.14 | *N/A* | 6.44 | 18.16 | 1.39 | 0.47 | 0.00 |
| CORN | 1/2 cup | 90 | 80 | 0 | 110 | 2.00 | 0.36 | 20.0 | 0 | 3.6 | *N/A* | 2.0 | 17.0 | 1.0 | 0.00 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average % of Calories | | | 628 | 38 | 1268 | 13.59 | *5.57 | *164.8 | 439 | *19.19 | *21 *13.1% | 30.05 19.1% | 99.23 63.2% | 12.98 18.6% | 4.48 6.4% | *0.02 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|----|---------|----|------|-------|-------|-------|-----|--------|---------------|----------------|-----------------|---------------|--------------|--------------|
| Tue - 09/15/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| Teriyaki Chicken | 2 oz | 90 | 75 | 33 | 266 | 0.00 | 0.30 | 0.0 | 0 | 0.0 | *N/A* | 9.97 | 4.98 | 1.66 | 0.42 | 0.00 |
| RICE | 1/2 CUP | 90 | 216 | 0 | 10 | 3.61 | 0.82 | 20.0 | 0 | 0.0 | *N/A* | 5.04 | 44.79 | 1.76 | 0.35 | 0.00 |
| BROCCOLI: frozen, boiled | 1/2 CUP | 90 | 15 | 0 | 6 | 1.62 | 0.33 | 17.8 | 547 | 21.69 | *N/A* | 1.68 | 2.89 | 0.07 | 0.01 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 7 | 0.00 | *N/A* | *N/A* | 3 | *N/A* | 1 | 0.44 | 0.72 | 0.14 | 0.08 | 0.00 |
| SUGAR COOKIE :WG: | 1 EACH | 90 | 107 | 0 | 84 | 1.53 | 0.55 | 0.0 | 0 | 0.0 | *N/A* | 1.53 | 18.39 | 3.45 | 1.15 | 0.00 |
| Weighted Daily Average % of Calories | | | 604 | 39 | 545 | 10.07 | *2.17 | *46.1 | 710 | *28.04 | *18 *11.7% | 26.57 17.6% | 109.72 72.6% | 7.31 10.9% | 2.05 3.1% | 0.00 0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

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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) |
|--------------------------------------|---------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|--------------|----------------|-----------------|----------------|--------------|-------------------------|
| Wed - 09/16/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| COUNTRY FRIED STEAK | 3 OZ | 90 | 291 | 31 | 427 | 1.11 | 2.72 | 33.1 | 98 | 0.02 | *N/A* | 14.52 | 13.06 | 20.27 | 5.39 | *N/A* |
| MASHED POTATOES:flakes, (ELEM) | 1/2 CUP | 90 | 89 | 0 | 371 | 1.98 | 0.37 | 2.4 | 0 | 3.57 | *N/A* | 1.98 | 17.86 | 1.49 | 0.00 | 0.00 |
| COUNTRY GRAVY | 1/4 cup | 90 | 44 | 0 | 219 | 0.00 | 0.00 | 1.6 | 0 | 0.0 | *0 | 0.99 | 4.93 | 1.97 | 1.48 | 0.00 |
| ROLL, W.G. RICH 1 OZ. | 1 OZ. | 90 | 137 | 9 | 10 | 2.15 | 1.27 | 16.9 | 14 | 0.04 | *N/A* | 4.57 | 23.45 | 3.17 | 0.75 | 0.00 |
| veggie sticks | 1/2 cup | 90 | 20 | 0 | 110 | 2.00 | 0.36 | 20.0 | 200 | 3.6 | *N/A* | 0.9 | 4.0 | 0.0 | 0.00 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average % of Calories | | | 773 | 45 | 1313 | 10.56 | *4.89 | *99.2 | 498 | *13.58 | *18 *9.2% | 31.33 16.2% | 101.92 52.7% | 27.26 31.7% | 7.75 9.0% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

| | 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 - 09/17/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| NEW YORK SUB SANDWICH ELEM | 1 EACH | 90 | 225 | *40 | 1161 | 2.31 | 1.67 | 146.2 | 198 | *2.01 | *3 | 19.5 | 24.4 | 6.7 | *2.66 | *0.00 |
| POTATO CHIPS, BAKED, LAYS | 1 OZ | 90 | 125 | 0 | 196 | 1.78 | *N/A* | *N/A* | 18 | *N/A* | 4 | 1.78 | 21.4 | 3.12 | 0.45 | 0.00 |
| VEGGIE STIX | 1/2 cup | 90 | 10 | 0 | 25 | 0.88 | 0.17 | 15.4 | 389 | 15.19 | *1 | 0.68 | 2.14 | 0.1 | 0.04 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average % of Calories | | | 551 | *45 | 1559 | 8.29 | *2.01 | *186.8 | 791 | *23.55 | *25 *18.1% | 30.33 22.0% | 86.55 62.8% | 10.29 16.8% | *3.27 *5.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <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

Sep 1, 2020 thru Sep 30, 2020

Planned Menu Spreadsheet

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) |
|--------------------------------------|---------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Mon - 09/21/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| CHICKEN PARMESAN | 1 EACH | 90 | 291 | 38 | 626 | 2.70 | 1.70 | 192.8 | 897 | 14.11 | *0 | 15.63 | 19.18 | 16.6 | 4.76 | *0.00 |
| BREAD STICKS,PLAIN : WW E LEM. | 1 EA | 90 | 70 | 0 | 120 | 1.50 | 0.72 | 10.0 | 0 | 0.0 | *N/A* | 2.5 | 13.5 | 1.0 | 0.00 | 0.00 |
| BROCCOLI: frozen, boiled | 1 CUP | 90 | 30 | 0 | 12 | 3.25 | 0.66 | 35.7 | 1094 | 43.38 | *N/A* | 3.35 | 5.79 | 0.13 | 0.02 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average % of Calories | | | 582 | 43 | 935 | 10.76 | *3.25 | *263.8 | 2177 | *63.84 | *18 *12.2% | 29.85 20.5% | 77.09 53.0% | 18.10 28.0% | 4.91 7.6% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|----|---------|----|------|-------|-------|--------|-------|--------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Tue - 09/22/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| MAC & CHEESE; W.G. ELEM | 3/4 CUP | 90 | 306 | 30 | 747 | 1.49 | 1.08 | 448.2 | 747 | 0.0 | *N/A* | 18.68 | 32.12 | 11.95 | 5.98 | 0.00 |
| GREEN BEANS Sec. | 3/4 cup | 90 | 20 | 0 | 110 | 2.00 | 0.36 | 20.0 | 200 | 3.6 | *N/A* | 0.9 | 4.0 | 0.0 | 0.00 | 0.00 |
| BABY CARROTS | 1/2 cup | 90 | 40 | 0 | 88 | 3.29 | 1.01 | 36.3 | 15638 | 2.95 | *N/A* | 0.73 | 9.34 | 0.15 | 0.03 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| SUGAR COOKIE :WG: | 1 EACH | 90 | 107 | 0 | 84 | 1.53 | 0.55 | 0.0 | 0 | 0.0 | *N/A* | 1.53 | 18.39 | 3.45 | 1.15 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average % of Calories | | | 664 | 35 | 1207 | 11.63 | *3.17 | *529.7 | 16771 | *12.90 | *18 *10.7% | 30.20 18.2% | 102.48 61.7% | 15.91 21.6% | 7.28 9.9% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

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Garfield County School District

Sep 1, 2020 thru Sep 30, 2020

Planned Menu Spreadsheet

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) |
|--------------------------------------|---------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Wed - 09/23/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| PULLED PORK IN BBQ SAUCE | 2 OZ | 90 | 216 | 20 | 609 | 4.70 | 1.79 | 65.2 | 150 | 0.11 | *9 | 13.51 | 32.74 | 4.01 | 0.80 | 0.01 |
| BAKED BEANS :BountifulHarvest: | 1/2 cup | 90 | 140 | 0 | 471 | 6.11 | 4.71 | 52.3 | 87 | 0.0 | *N/A* | 6.11 | 27.91 | 0.0 | 0.00 | 0.00 |
| COLE SLAW | 1/2 CUP | 90 | 168 | 12 | 131 | 1.79 | 0.48 | 32.5 | 2138 | 22.06 | *4 | 1.12 | 6.52 | 15.92 | 1.74 | *0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average % of Calories | | | 714 | 37 | 1388 | 15.91 | *7.14 | *175.3 | 2561 | *28.52 | *30 *16.8% | 29.11 16.3% | 105.79 59.2% | 20.30 25.6% | 2.67 3.4% | *0.01 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|----|---------|----|------|-------|-------|--------|--------|--------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Thu - 09/24/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| PIZZA RIPPERS, PEPPERONI, 7-8 | 4 OZ. | 90 | 301 | 30 | 552 | 2.01 | 3.61 | 250.9 | 301 | 3.61 | *N/A* | 15.05 | 30.11 | 11.04 | 4.01 | 0.00 |
| SALAD, TOSSED | 1/2 cup | 90 | 62 | 0 | 105 | 4.71 | 2.39 | 110.6 | 15706 | 53.18 | *6 | 3.47 | 13.35 | 0.53 | 0.08 | 0.00 |
| TOMATO, CHERRY | 1/2 CUP | 90 | 13 | 0 | 4 | 0.90 | 0.20 | 7.5 | 621 | 9.45 | 0 | 0.65 | 2.9 | 0.15 | 0.00 | 0.00 |
| FRUIT VARIETY ELEM. | 1/2 CUP | 90 | 91 | 0 | 0 | 2.27 | *N/A* | *N/A* | *N/A* | *N/A* | 18 | 0.0 | 22.68 | 0.0 | 0.00 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| BUTTERSCOTCH PUDD. | 1/2 cup | 90 | 135 | 0 | 302 | 0.24 | 1.27 | 12.1 | 11055 | 0.0 | *1 | 1.03 | 23.47 | 4.05 | 0.82 | *0.00 |
| Weighted Daily Average % of Calories | | | 721 | 36 | 1138 | 10.12 | *7.48 | *398.0 | *27795 | *66.25 | *43 *23.7% | 28.21 15.7% | 112.07 62.2% | 15.89 19.8% | 5.00 6.2% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Garfield County School District

Planned Menu Spreadsheet

Weighted Values - Detailed

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Sep 1, 2020 thru Sep 30, 2020

SECONDARY LUNCH 9-12

007 - BRYCE VALLEY HIGHSCHOOL

Generated on: 8/28/2020 11:21:56 AM

| | 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) |
|------------------------------|---------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/28/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS | 90 SERV | 90 | 200 | 15 | 550 | 5.00 | 1.80 | 60.0 | 0 | 0.0 | *N/A* | 12.0 | 4.0 | 12.0 | 2.50 | 0.00 |
| FRENCH FRIES | 1/2 CUP | 90 | 94 | 0 | 182 | 1.34 | 0.36 | 0.0 | 0 | 1.22 | *N/A* | 1.34 | 12.15 | 4.66 | 1.34 | 0.00 |
| BABY CARROTS | 1/2 cup | 90 | 40 | 0 | 88 | 3.29 | 1.01 | 36.3 | 15638 | 2.95 | *N/A* | 0.73 | 9.34 | 0.15 | 0.03 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| RANGER COOKIE | 1 Each | 90 | 120 | 5 | 100 | 1.00 | 0.72 | 0.0 | 200 | 0.0 | *N/A* | 1.0 | 16.0 | 6.0 | 3.50 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 6 | 0.00 | 0.00 | 16.9 | 27 | 0.0 | 1 | 0.46 | 0.68 | 0.13 | 0.09 | *N/A* |
| Weighted Daily Average | | | 645 | 25 | 1098 | 13.94 | *4.06 | *121.5 | 16024 | *10.51 | *18 | 23.43 | 80.12 | 23.17 | 7.49 | *0.00 |
| % of Calories | | | | | | | | | | | *11.0% | 14.5% | 49.7% | 32.3% | 10.5% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|---------------|----|---------|----|------|-------|-------|--------|-------|--------|--------|-------|--------|-------|--------|-------|
| Tue - 09/29/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| TACO SOUP | 3/4 CUP | 90 | 285 | 27 | 490 | 15.29 | 4.75 | 90.0 | 425 | 15.72 | *1 | 20.5 | 39.99 | 5.25 | 1.83 | *0.00 |
| SALAD, TOSSED | 1/2 cup | 90 | 62 | 0 | 105 | 4.71 | 2.39 | 110.6 | 15706 | 53.18 | *6 | 3.47 | 13.35 | 0.53 | 0.08 | 0.00 |
| BREADSTICK, CHEESE FILLED SEC | 1 EACH | 90 | 170 | 25 | 330 | 2.00 | 0.72 | 200.0 | 400 | 0.0 | *N/A* | 8.0 | 13.0 | 10.0 | 6.00 | 0.00 |
| FRUIT, ASST | 1 EACH | 90 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | *N/A* | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LOWFAT | 8 OZ. CA RTON | 5 | 6 | 1 | 7 | 0.00 | *N/A* | *N/A* | 3 | *N/A* | 1 | 0.44 | 0.72 | 0.14 | 0.08 | 0.00 |
| Weighted Daily Average | | | 708 | 57 | 1103 | 25.31 | *8.03 | *408.9 | 16694 | *75.25 | *25 | 40.32 | 105.01 | 16.15 | 8.03 | *0.00 |
| % of Calories | | | | | | | | | | | *14.1% | 22.8% | 59.3% | 20.5% | 10.2% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Sep 1, 2020 thru Sep 30, 2020

Planned Menu Spreadsheet

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) |
|------------------------------|---------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/30/2020 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 90 | | | | | | | | | | | | | | |
| BURRITO, BEAN & CHEESE | 1 EACH | 90 | 285 | 3 | 453 | 4.39 | 3.24 | 67.1 | 88 | 0.39 | 4 | 9.12 | 43.87 | 8.13 | 1.73 | 0.05 |
| NACHO CHIPS | 1 CUP | 90 | 134 | 0 | 93 | 1.53 | 0.43 | 30.1 | 1 | 0.0 | 0 | 2.01 | 19.22 | 5.86 | 0.80 | 0.23 |
| NACHO CHEESE SAUCE | 3 TBSP | 90 | 107 | 17 | 487 | 0.00 | 0.01 | 266.9 | 892 | 0.23 | *2 | 9.01 | 4.31 | 6.18 | 3.63 | *0.00 |
| FRUIT VARIETY ELEM. | 1/2 CUP | 90 | 91 | 0 | 0 | 2.27 | *N/A* | *N/A* | *N/A* | *N/A* | 18 | 0.0 | 22.68 | 0.0 | 0.00 | 0.00 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CA RTON | 85 | 113 | 5 | 170 | 0.00 | *N/A* | *N/A* | 85 | *N/A* | 17 | 7.55 | 18.89 | 0.0 | 0.00 | 0.00 |
| MILK, 1% LOWFAT | HALF PINT | 5 | 6 | 1 | 7 | 0.00 | *N/A* | *N/A* | 3 | *N/A* | 1 | 0.44 | 0.72 | 0.14 | 0.08 | 0.00 |
| Weighted Daily Average | | | 736 | 25 | 1210 | 8.18 | *3.68 | *364.0 | *1069 | *0.62 | *42 | 28.14 | 109.69 | 20.30 | 6.24 | *0.28 |
| % of Calories | | | | | | | | | | | *23.0% | 15.3% | 59.6% | 24.8% | 7.6% | *0.3% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|------|-------|-------|--------|-------|--------|--------|-------|-------|-------|-------|-------|
| Weighted Average | | | 669 | *43 | 1170 | 12.31 | *4.70 | *271.9 | *9218 | *28.74 | *26 | 30.77 | 98.08 | 17.39 | *5.77 | *0.04 |
| | | | | | | | | | | | *34.9% | 18.4% | 58.7% | 23.4% | *7.8% | *0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|--|
| Calories | 669 | | 750 - 850 | 89% | | 81 | | Correction Required - Calories are Low |
| Cholesterol (mg) | 43 | | | | Missing | | | |
| Sodium 1 (mg) | 1170 | | 1420 | | | | | |
| Sodium 2 (mg) | 1170 | | 1080 | | | | 90 | Correction Required - Sodium too High |
| Fiber (g) | 12.31 | | | | | | | |
| Iron (mg) | 4.70 | | | | Missing | | | |
| Calcium (mg) | 271.9 | | | | Missing | | | |
| Vitamin A (IU) | 9218 | | | | Missing | | | |
| Sugars (g) | 26 | 15.53% | | | Missing | | | |
| Vitamin C (mg) | 28.74 | | | | Missing | | | |
| Protein (g) | 30.77 | 18.41% | | | | | | |
| Carbohydrate (g) | 98.08 | 58.68% | | | | | | |
| Total Fat (g) | 17.39 | 23.41% | | | | | | |
| Saturated Fat (g) | 5.77 | 7.77% | <10.00% | | Missing | | | |
| Trans Fat ¹ (g) | 0.04 | 0.05% | | | Missing | | | |

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