

Garfield County School District

Apr 3, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 04/03/2018											
SECONDARY HOT BREAK	Total	35									
BAGEL: PLAIN WW	1 EACH	35	229	0	459	*N/A*	7.65	46.82	0.96	0.00	0.000
CREAM CHEESE:PPI	PPI	35	100	30	100	*N/A*	2.0	2.0	9.0	6.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12											
CHICKEN NUGGETS, SEC.	Total	105									
TATOR TOTS	SERV	105	227	17	623	*N/A*	13.6	4.53	13.6	2.83	0.000
BREADSTICK, CHEESE FILLED SEC	1 CUP	105	181	0	474	*N/A*	2.26	22.58	9.03	2.26	0.000
PEACHES	1 EACH	105	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
APPLE SLICES	1/2 CUP	90	63	0	9	*N/A*	0.0	15.3	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	1/2	90	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MILK 1% LOWFAT	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
Weighted Daily Average	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
% of Calories			746	44	1393	*25 *13.3%	28.79 15.4%	90.24 48.4%	27.34 33.0%	9.97 12.0%	0.000
Nutrient Guideline			662-776		1191					<10.00	

Wed - 04/04/2018											
SECONDARY HOT BREAK	Total	35									
FRENCH TOAST STIX	3 stick	35	260	0	520	*N/A*	5.0	37.0	11.0	2.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
SECONDARY LUNCH 9-12											
SCALLOPED POT W/ HAM, SEC.	Total	105									
ROLL, DINNER, WW	1 CUP	105	370	43	2046	*0	25.14	44.42	10.44	4.57	0.000
GREEN BEANS	2 OZ.	105	151	0	295	5	4.93	28.97	2.66	0.47	0.000
FRUIT COCKTAIL,, SEC.	1/2 CUP	90	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
ORANGE SLICES	1 CUP	90	138	0	15	*N/A*	0.97	36.13	0.17	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	1/2 CUP	90	42	0	0	*N/A*	0.85	10.58	0.11	0.02	0.000
MILK 1% LOWFAT	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			767	38	2148	*21	33.86	132.77	13.01	4.44	0.000
% of Calories						*11.1%	17.6%	69.2%	15.3%	5.2%	
Nutrient Guideline			662-776		1191					<10.00	

Thu - 04/05/2018											
SECONDARY HOT BREAK	Total	35									
BREAKFAST SANDWICH	1 EACH	35	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	35	155	0	3	*12	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105									
PIZZA W/ PEPPERONI: MAX	slice	105	390	20	1000	*N/A*	18.0	42.0	16.0	5.00	0.000
SALAD, TOSSED (SEC)	1 CUP	105	62	0	105	*6	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	70	13	0	4	0	0.65	2.9	0.15	0.00	0.000
KIWI, SEC.	1 CUP	90	108	0	5	16	2.02	25.95	0.92	0.05	0.000
PINEAPPLE CHUNKS	1/2 CUP	90	66	0	1	*N/A*	0.45	16.95	0.15	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SUGAR COOKIE :WG:	1 EACH	0	0	0	0	*N/A*	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average			689	64	1192	*35	30.24	109.60	15.93	4.99	0.000
% of Calories						*20.5%	17.6%	63.7%	20.8%	6.5%	
Nutrient Guideline			662-776		1191					<10.00	

Fri - 04/06/2018											
SECONDARY HOT BREAK	Total	35									
NOTABLES, ASST.	1 EA	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			541	6	411	*47	12.21	110.58	6.68	1.81	0.000
% of Calories						*34.9%	9.0%	81.8%	11.1%	3.0%	
Nutrient Guideline			662-776		1191					<10.00	

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Portion Values - Detailed

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Mon - 04/09/2018											
SECONDARY HOT BREAK	Total	35									
MUFFIN	2 OZ	35	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
YOGURT	6 oz	35	80	5	75	*N/A*	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105									
ORANGE CHICKEN	3.92 oz	105	160	45	309	11	12.0	21.0	3.0	0.50	0.000
RICE	1 CUP	105	216	0	10	*N/A*	5.04	44.79	1.76	0.35	0.000
BROCCOLI: frozen, boiled	1 CUP	100	30	0	12	*N/A*	3.35	5.79	0.13	0.02	0.000
APPLE CRISP	1/2 cup	105	194	15	71	*14	1.96	33.78	6.25	3.62	0.000
MANDARIN ORANGES	1/2 cup	90	66	0	12	*N/A*	0.82	15.61	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			707	59	552	*36	27.48	128.22	10.10	3.75	0.000
% of Calories						*20.5%	15.5%	72.5%	12.9%	4.8%	
Nutrient Guideline			662-776		1191					<10.00	

Tue - 04/10/2018											
SECONDARY HOT BREAK	Total	35									
PIZZA BAGEL	1 EACH	35	179	15	468	*N/A*	8.96	18.93	6.97	2.99	0.000
YOGURT	6 oz	35	80	5	75	*N/A*	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	105									
SPAGHETTI WITH MEAT SAUCE, SEC	1 CUP	105	288	44	584	*N/A*	18.2	27.18	10.28	3.32	0.000
BREADSTICK, CHEESE FILLED	1 EACH	105	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
GREEN BEANS	1/2 CUP	90	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	90	80	0	0	16	1.0	19.0	0.0	0.00	0.000
APPLE SLICES	1/2	90	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Portion Values - Detailed

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007 - BRYCE VALLEY HIGHSCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			662	63	1066	*35	32.85	91.49	17.42	7.94	0.000
% of Calories						*21.1%	19.8%	55.3%	23.7%	10.8%	
Nutrient Guideline			662-776		1191					<10.00	

Wed - 04/11/2018											
SECONDARY HOT BREAK	Total	35									
PANCAKE ON A STICK, Blueberry	1 EACH	35	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	35	155	0	3	*12	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105									
HAMBURGER GRAVY	4 OZ.	105	168	25	459	*N/A*	11.26	6.32	11.23	3.06	0.000
MASHED POTATOES:flakes, (SEC)	1 CUP	105	179	0	741	*N/A*	3.97	35.72	2.98	0.00	0.000
ROLL, W.G. RICH	2 oz	105	137	9	10	*N/A*	4.57	23.45	3.17	0.75	0.000
CORN	1/2 cup	90	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	95	122	0	4	31	0.68	33.05	0.17	0.01	0.000
ORANGE SLICES	1/2 CUP	90	42	0	0	*N/A*	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			783	35	1241	*41	27.09	134.03	17.97	4.20	0.000
% of Calories						*21.0%	13.8%	68.5%	20.7%	4.8%	
Nutrient Guideline			662-776		1191					<10.00	

Thu - 04/12/2018											
SECONDARY HOT BREAK	Total	35									
BREAKFAST ROUNDS	1 Each	35	170	1	190	*N/A*	3.0	33.0	4.5	1.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000

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SECONDARY LUNCH 9-12	Total	105									
CHICKEN SANDWICH	1 EACH	105	373	40	807	*N/A*	21.19	35.26	16.67	3.54	0.000
FRENCH FRIES	1 CUP	105	189	0	364	*N/A*	2.67	24.3	9.31	2.67	0.000
LETTUCE, SHREDDED	1 OZ	0	0	0	0	*N/A*	0.0	0.0	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	0	0	0	0	*N/A*	0.0	0.0	0.0	0.00	0.000
PEARS	1/2 CUP	90	116	0	4	*N/A*	0.77	30.23	0.25	0.00	0.000
APPLE SLICES	1/2	90	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			729	36	1103	*25	27.64	110.19	21.24	5.11	0.000
% of Calories						*13.6%	15.2%	60.5%	26.2%	6.3%	
Nutrient Guideline			662-776		1191					<10.00	

Fri - 04/13/2018											
SECONDARY HOT BREAK	Total	35									
NOTABLES, ASST.	1 EA	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	355	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			1486	6	422	*47	23.01	354.73	9.80	2.60	0.000
% of Calories						*12.7%	6.2%	95.5%	5.9%	1.6%	
Nutrient Guideline			662-776		1191					<10.00	

Mon - 04/16/2018											
SECONDARY HOT BREAK	Total	35									
MAPLE BITES	4 EACH	35	238	0	258	16	3.97	43.66	5.95	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000

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SECONDARY LUNCH 9-12	Total	105									
MAC & CHEESE; WHOLE GRAIN	1 CUP	105	408	40	996	*N/A*	24.9	42.83	15.94	7.97	0.000
BISCUITS: WHOLE GRN,PURCHASED	1 each	105	190	0	650	*N/A*	4.0	24.0	8.0	5.00	0.000
GREEN BEANS	1/2	90	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT COCKTAIL	1/2 CUP	90	69	0	7	*N/A*	0.48	18.07	0.08	0.01	0.000
KIWI	.5 CUP	90	54	0	3	8	1.01	12.97	0.46	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			754	36	1549	*26	32.52	111.72	20.13	9.94	0.000
% of Calories						*14.1%	17.3%	59.3%	24.0%	11.9%	
Nutrient Guideline			662-776		1191					<10.00	

Tue - 04/17/2018											
SECONDARY HOT BREAK	Total	35									
FRENCH TOAST STIX	3 stick	35	260	0	520	*N/A*	5.0	37.0	11.0	2.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
SECONDARY LUNCH 9-12	Total	105									
SOFT SHELL TACO(BEEF)	1 EACH	105	249	33	446	*3	13.24	25.45	10.23	3.89	0.000
REFRIED BEANS: ELEM	1/2 cup	90	217	0	1069	*N/A*	12.88	36.32	2.78	0.93	0.000
LETTUCE, SHREDDED	1 OZ	80	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED, CHEDDAR	1 OZ	80	106	27	406	*N/A*	6.28	0.45	8.86	5.58	0.000
CORN	1/2 cup	90	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
PEACHES	1/2 CUP	90	63	0	9	*N/A*	0.0	15.3	0.0	0.00	0.000
BANANA, HALF	1/2 EACH	75	45	0	1	*N/A*	0.55	11.53	0.17	0.06	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			751	46	1640	*20	32.95	114.50	18.34	7.42	0.000
% of Calories						*10.4%	17.6%	61.0%	22.0%	8.9%	
Nutrient Guideline			662-776		1191					<10.00	

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Garfield County School District

Apr 3, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 04/18/2018											
SECONDARY HOT BREAK	Total	35									
BREAKFAST SANDWICH	1 EACH	35	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	35	155	0	3	*12	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105									
CHICKEN ALFREDO	4 OZ.	105	343	108	48	*1	*26.62	47.55	6.22	1.48	0.000
BREADSTICK, CHEESE FILLED SEC	1 EACH	105	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
BROCCOLI: frozen, boiled	1 CUP	90	30	0	12	*N/A*	3.35	5.79	0.13	0.02	0.000
APPLESAUCE	1/2 cup	90	50	0	15	*N/A*	1.0	13.0	0.0	0.00	0.000
GRAPES,Fresh	1/2 CUP	100	76	0	2	18	0.71	19.45	0.4	0.13	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			721	149	657	*34	*41.51	110.16	15.39	6.91	0.000
% of Calories						*19.1%	*23.0%	61.1%	19.2%	8.6%	
Nutrient Guideline			662-776		1191					<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 04/19/2018											
SECONDARY HOT BREAK	Total	35									
APPLE CINNAMON TEXAS TOAST	SLICE	35	259	*N/A*	299	17	7.96	44.79	5.97	1.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105									
HAMBURGER ON A BUN HS	1 EACH	105	338	71	291	*N/A*	27.63	22.12	15.4	5.46	0.000
FRENCH FRIES	1 CUP	105	189	0	364	*N/A*	2.67	24.3	9.31	2.67	0.000
PICKLES,DILL	1/8 cup	90	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
LETTUCE, SHREDDED	1 OZ	90	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
PEARS	1/2 CUP	90	116	0	4	*N/A*	0.77	30.23	0.25	0.00	0.000
ORANGE SLICES	1/2 CUP	90	42	0	0	*N/A*	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			717	*59	853	*22	34.15	100.98	20.53	6.50	0.000
% of Calories						*12.2%	19.0%	56.3%	25.8%	8.2%	
Nutrient Guideline			662-776		1191					<10.00	

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Garfield County School District

Apr 3, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Fri - 04/20/2018											
SECONDARY HOT BREAK NOTABLES, ASST.	Total	35									
FRUIT, ASST	1 EA	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
MILK CHOCOLATE FAT FREE MILK	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK 1% LOWFAT	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average % of Calories			541	6	411	*47 *34.9%	12.21 9.0%	110.58 81.8%	6.68 11.1%	1.81 3.0%	0.000
Nutrient Guideline			662-776		1191					<10.00	

Mon - 04/23/2018											
SECONDARY HOT BREAK MUFFIN	Total	35									
YOGURT	2 OZ	35	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
FRUIT, ASST	6 oz	35	80	5	75	*N/A*	5.0	16.01	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12 CORN DOG	Total	105									
POTATO WEDGES, SAVORY HS	1 EACH	105	281	40	1084	*N/A*	9.03	32.11	12.04	3.01	0.000
GREEN BEANS	4 OZ	105	200	0	347	*N/A*	2.67	24.0	9.33	2.67	0.000
APPLESAUCE	1/2 CUP	105	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
KIWI	1/2 cup	105	50	0	15	*N/A*	1.0	13.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	.5 CUP	90	54	0	3	8	1.01	12.97	0.46	0.03	0.000
MILK 1% LOWFAT	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
RANGER COOKIE	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
	1 Each	0	0	0	0	*N/A*	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average % of Calories			664	44	1412	*23 *13.7%	21.15 12.7%	102.55 61.8%	18.07 24.5%	4.66 6.3%	0.000
Nutrient Guideline			662-776		1191					<10.00	

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Garfield County School District

Apr 3, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 04/24/2018											
SECONDARY HOT BREAK	Total	35									
PIZZA BAGEL	1 EACH	35	179	15	468	*N/A*	8.96	18.93	6.97	2.99	0.000
YOGURT	6 oz	35	80	5	75	*N/A*	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	105									
CHICKEN PARMESAN	1 EACH	105	228	32	461	*0	12.13	12.9	14.1	3.45	0.000
TEXAS GARLIC TOAST	1 each	105	80	0	180	1	3.0	15.0	2.0	0.00	0.000
BROCCOLI: frozen, boiled	1 CUP	105	30	0	12	*N/A*	3.35	5.79	0.13	0.02	0.000
BABY CARROTS	1/2 cup	90	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
PEARS	1/2 CUP	90	116	0	4	*N/A*	0.77	30.23	0.25	0.00	0.000
ORANGE SLICES	1/2 CUP	90	42	0	0	*N/A*	0.85	10.58	0.11	0.02	0.000
BROWNIE, FUDGE	SERVING	105	140	0	140	*N/A*	2.0	25.0	3.0	1.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			705	34	966	*18	28.66	113.43	16.75	4.26	0.000
% of Calories						*10.4%	16.3%	64.3%	21.4%	5.4%	
Nutrient Guideline			662-776		1191					<10.00	

Wed - 04/25/2018											
SECONDARY HOT BREAK	Total	35									
PANCAKE ON A STICK, Blueberry	1 EACH	35	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	35	155	0	3	*12	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105									
BEEF DIPPERS HS	6 each	105	240	53	660	*N/A*	21.0	9.0	13.5	5.22	0.000
TATOR TOTS	1 CUP	105	181	0	474	*N/A*	2.26	22.58	9.03	2.26	0.000
BISCUITS: WHOLE GRN,PURCHASED	1 each	105	190	0	650	*N/A*	4.0	24.0	8.0	5.00	0.000
CARROTS:frozen, boiled	3/4 CUP	90	41	0	0	*N/A*	0.64	8.46	0.74	0.13	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	105	80	0	0	16	1.0	19.0	0.0	0.00	0.000
APPLE SLICES	1/2	90	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 3, 2018 thru Apr 30, 2018

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

007 - BRYCE VALLEY HIGHSCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			839	49	1601	*40	31.73	116.09	27.53	10.73	0.000
% of Calories						*19.0%	15.1%	55.3%	29.5%	11.5%	
Nutrient Guideline			662-776		1191					<10.00	

Thu - 04/26/2018											
SECONDARY HOT BREAK	Total	35									
BAGEL: PLAIN WW	1 EACH	35	229	0	459	*N/A*	7.65	46.82	0.96	0.00	0.000
CREAM CHEESE:PPI	PPI	35	100	30	100	*N/A*	2.0	2.0	9.0	6.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	105									
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	105	301	30	552	*N/A*	15.05	30.11	11.04	4.01	0.000
SALAD, TOSSED (SEC)	1 CUP	105	62	0	105	*6	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	90	13	0	4	0	0.65	2.9	0.15	0.00	0.000
APPLESAUCE	1/2 cup	90	50	0	15	*N/A*	1.0	13.0	0.0	0.00	0.000
PINEAPPLE CHUNKS	1/2 CUP	90	66	0	1	*N/A*	0.45	16.95	0.15	0.01	0.000
BUTTERSCOTCH PUDD.	1/2 cup	105	135	0	302	*1	1.03	23.47	4.05	0.82	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			693	36	1047	*23	26.73	111.96	14.65	5.33	0.000
% of Calories						*13.1%	15.4%	64.7%	19.0%	6.9%	
Nutrient Guideline			662-776		1191					<10.00	

Fri - 04/27/2018											
SECONDARY HOT BREAK	Total	35									
NOTABLES, ASST.	1 EA	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			541	6	411	*47	12.21	110.58	6.68	1.81	0.000
% of Calories						*34.9%	9.0%	81.8%	11.1%	3.0%	
Nutrient Guideline			662-776		1191					<10.00	

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Apr 3, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 04/30/2018											
SECONDARY HOT BREAK	Total	35									
APPLE CINNAMON TEXAS TOAST	SLICE	35	259	*N/A*	299	17	7.96	44.79	5.97	1.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105									
SLOPPY JOE	1 EACH	105	303	46	515	*10	19.02	34.45	10.48	3.51	0.000
BAKED BEANS : BH, SEC.	3/4 CUP	90	209	0	707	*N/A*	9.16	41.87	0.0	0.00	0.000
FRUIT COCKTAIL	1/2 CUP	80	69	0	7	*N/A*	0.48	18.07	0.08	0.01	0.000
BANANAS, WHOLE	1 EACH	100	90	0	1	*N/A*	1.1	23.07	0.33	0.11	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			684	*40	1095	*29	31.52	119.16	9.89	3.10	0.000
% of Calories						*17.2%	18.4%	69.7%	13.0%	4.1%	
Nutrient Guideline			662-776		1191					<10.00	

Weighted Average			736	*43	1059	*32 *39.3%	*27.43 *14.9%	124.18 67.5%	15.71 19.2%	5.36 6.6%	0.000
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	736		662 - 776	100%				
Cholesterol (mg)	43				Missing			
Sodium (mg)	1059		1191					
Sugars (g)	32	17.47%			Missing			
Protein (g)	27.43	14.91%			Missing			
Carbohydrate (g)	124.18	67.49%						
Total Fat (g)	15.71	19.21%						
Saturated Fat (g)	5.36	6.56%	<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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.