

# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 2, 2017 thru Oct 31, 2017

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

007 - BRYCE VALLEY HIGHSCHOOL

Generated on: 9/22/2017 10:46:20 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 10/02/2017										
SECONDARY HOT BREAK	Total	35								
PANCAKES	1 EACH	35	96	7	189	2.14	15.48	2.8	0.48	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00	0.000
SECONDARY LUNCH 9-12	Total	105								
BURRITO, BEAN & CHEESE	1 EACH	105	285	3	453	9.12	43.87	8.13	1.73	0.000
NACHO CHIPS	1 CUP	105	134	0	93	2.01	19.22	5.86	0.80	0.000
NACHO CHEESE SAUCE	3 TBSP	105	149	24	714	12.31	4.95	9.39	5.45	0.000
PEACHES	1/2 CUP	105	63	0	9	0.0	15.3	0.0	0.00	0.000
APPLE SLICES	1/2	105	57	0	1	0.28	15.05	0.19	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
Weighted Daily Average			723	27	1184	26.62	113.60	18.63	6.25	0.000
% of Calories						14.7%	62.8%	23.2%	7.8%	
Nutrient Guideline			665-780		1200				<10.00	

Tue - 10/03/2017										
SECONDARY HOT BREAK	Total	35								
BREAKFAST ROUNDS	1 Each	35	170	1	190	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	4OZ.	35	181	0	151	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	105								
CHICKEN NOODLE SOUP	1 CUP	105	163	52	1175	12.92	19.65	3.58	0.85	0.000
BREADSTICK, CHEESE FILLED	1 EACH	105	170	25	330	8.0	13.0	10.0	6.00	0.000
BABY CARROTS	1/2 cup	105	40	0	88	0.73	9.34	0.15	0.03	0.000
FRUIT COCKTAIL	1/2 CUP	105	69	0	7	0.48	18.07	0.08	0.01	0.000
APPLE CRISP	1/2 cup	105	194	15	71	1.96	33.78	6.25	3.62	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 2, 2017 thru Oct 31, 2017

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

007 - BRYCE VALLEY HIGH SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			718	75	1515	28.63	116.61	16.43	8.26	0.000
% of Calories						15.9%	64.9%	20.6%	10.3%	
Nutrient Guideline			665-780		1200				<10.00	

Wed - 10/04/2017										
SECONDARY HOT BREAK	Total	35								
POP TART STRAW.<OR> CINN. WG	1 each	35	180	0	185	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	105								
COUNTRY FRIED STEAK	3 OZ	105	291	31	427	14.52	13.06	20.27	5.39	0.000
MASHED POTATOES:flakes, (SEC)	1 CUP	105	179	0	741	3.97	35.72	2.98	0.00	0.000
COUNTRY GRAVY	1/4 cup	105	44	0	219	0.99	4.93	1.97	1.48	0.000
ROLL, W.G. RICH	2 oz	105	137	9	10	4.57	23.45	3.17	0.75	0.000
GREEN BEANS	1/2	105	20	0	110	0.9	4.0	0.0	0.00	0.000
APPLESAUCE	1/2 cup	105	50	0	15	1.0	13.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			760	39	1411	30.01	108.54	23.48	6.84	0.000
% of Calories						15.8%	57.1%	27.8%	8.1%	
Nutrient Guideline			665-780		1200				<10.00	

Thu - 10/05/2017										
SECONDARY HOT BREAK	Total	35								
PIZZA BAGEL	1 EACH	35	179	15	468	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000

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**Oct 2, 2017 thru Oct 31, 2017**

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Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY LUNCH 9-12	Total	105								
HOT HAM & CHEESE	1 EACH	105	230	38	756	16.31	23.04	8.49	3.73	0.000
TATOR TOTS	1 CUP	105	181	0	474	2.26	22.58	9.03	2.26	0.000
BROCCOLI: frozen, boiled	1 CUP	105	30	0	12	3.35	5.79	0.13	0.02	0.000
PEARS	1/2 CUP	105	116	0	4	0.77	30.23	0.25	0.00	0.000
CRAISINS	1/2 cup	70	110	0	0	*N/A*	28.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			672	38	1228	*27.56	108.40	15.42	5.38	0.000
% of Calories						*16.4%	64.5%	20.7%	7.2%	
Nutrient Guideline			665-780		1200				<10.00	

Fri - 10/06/2017										
SECONDARY HOT BREAK	Total	35								
NOTABLES, ASST.	1 EA	30	320	0	240	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			495	6	377	11.78	101.30	5.82	1.59	0.000
% of Calories						9.5%	81.8%	10.6%	2.9%	
Nutrient Guideline			665-780		1200				<10.00	

Mon - 10/09/2017										
SECONDARY HOT BREAK	Total	35								
POP TART STRAW.<OR> CINN. WG	1 each	35	180	0	185	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY LUNCH 9-12	Total	105								
HAMBURGER ON A BUN ELEM.	1 EACH	105	266	48	271	20.43	22.12	10.77	3.64	0.000
FRENCH FRIES	1 CUP	105	189	0	364	2.67	24.3	9.31	2.67	0.000
BABY CARROTS	1/2 cup	105	40	0	88	0.73	9.34	0.15	0.03	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	105	80	0	0	1.0	19.0	0.0	0.00	0.000
FRUIT, ASST	1/2 each	105	103	0	1	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			727	45	813	30.07	113.99	17.62	5.95	0.000
% of Calories						16.5%	62.7%	21.8%	7.4%	
Nutrient Guideline			665-780		1200				<10.00	

Tue - 10/10/2017										
SECONDARY HOT BREAK	Total	35								
FRENCH TOAST STIX W/SYRUP	SERVING	35	378	0	549	5.0	66.87	11.0	2.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
CHICKEN FAJITA	4 oz.	105	243	62	582	15.69	23.47	10.07	3.51	0.000
REFRIED BEANS: canned	1 CUP	105	217	0	1069	12.88	36.32	2.78	0.93	0.000
CORN	1/2 cup	105	80	0	110	2.0	17.0	1.0	0.00	0.000
KIWI	1 CUP	105	108	0	5	2.02	25.95	0.92	0.05	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			734	52	1637	34.00	122.18	14.09	4.00	0.000
% of Calories						18.5%	66.6%	17.3%	4.9%	
Nutrient Guideline			665-780		1200				<10.00	

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Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 10/11/2017										
SECONDARY HOT BREAK	Total	35								
MUFFIN	2 OZ	35	169	30	199	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
CHILI	1 CUP	105	185	26	542	14.35	21.33	5.06	1.83	0.000
CRACKERS	3 PACKETS	105	75	0	169	1.7	13.33	1.56	0.30	0.000
VEGGIE STIX	1/2 cup	105	11	0	25	0.68	2.14	0.1	0.03	0.000
CINNAMON ROLL	ROLL	105	229	3	108	2.71	44.88	4.63	1.44	0.000
GRAPES,Fresh	1/2 CUP	105	76	0	2	0.71	19.45	0.4	0.12	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			648	38	907	25.92	111.46	11.80	3.92	0.000
% of Calories						16.0%	68.8%	16.4%	5.4%	
Nutrient Guideline			665-780		1200				<10.00	

Thu - 10/12/2017										
SECONDARY HOT BREAK	Total	35								
PIZZA BAGEL	1 EACH	35	179	15	468	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	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	15.05	30.11	11.04	4.01	0.000
SALAD, TOSSED	1/2 cup	105	62	0	105	3.47	13.35	0.53	0.07	0.000
TOMATO, CHERRY	1/2 CUP	75	13	0	4	0.65	2.9	0.15	0.00	0.000
PINEAPPLE CHUNKS	1/2 CUP	105	66	0	1	0.45	16.95	0.15	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
BUTTERSCOTCH PUDD.	1/2 cup	105	135	0	302	1.03	23.47	4.05	0.82	0.000

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			628	32	1015	25.89	97.63	13.91	4.57	0.000
% of Calories						16.5%	62.1%	19.9%	6.5%	
Nutrient Guideline			665-780		1200				<10.00	

Fri - 10/13/2017										
SECONDARY HOT BREAK	Total	35								
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			541	6	411	12.21	110.58	6.68	1.81	0.000
% of Calories						9.0%	81.8%	11.1%	3.0%	
Nutrient Guideline			665-780		1200				<10.00	

Mon - 10/16/2017										
SECONDARY HOT BREAK	Total	35								
BREAKFAST ROUNDS	1 Each	35	170	1	190	3.0	33.0	4.5	1.00	0.000
YOGURT	6 oz	35	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
PULLED PORK IN BBQ SAUCE	2 OZ	105	216	20	609	13.51	32.74	4.01	0.80	0.000
HOAGIE BUN, 4" WG	1 EA	105	110	*N/A*	190	5.0	21.0	1.6	*N/A*	0.000
BAKED BEANS :BountifulHarvest:	1/2 cup	105	140	0	471	6.11	27.91	0.0	0.00	0.000
COLE SLAW	1/2 CUP	105	168	12	131	1.12	6.52	15.92	1.74	0.000
MANDARIN ORANGES	1/2 cup	105	66	0	12	0.82	15.61	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			741	*31	1301	30.23	118.50	17.53	*2.28	0.000
% of Calories						16.3%	64.0%	21.3%	*2.8%	
Nutrient Guideline			665-780		1200				<10.00	

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**Garfield County School District**

**Oct 2, 2017 thru Oct 31, 2017**

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
<b>Tue - 10/17/2017</b>										
SECONDARY HOT BREAK	Total	35								
PANCAKE ON A STICK, Plain	1 EACH	35	240	20	320	6.0	22.0	14.0	5.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
HAMBURGER GRAVY	3 OZ.	105	165	37	320	12.1	6.97	9.59	2.76	0.000
MASHED POTATOES:flakes, (SEC)	1 CUP	105	179	0	741	3.97	35.72	2.98	0.00	0.000
ROLL, W.G. RICH	2 oz	105	137	9	10	4.57	23.45	3.17	0.75	0.000
GREEN BEANS	1/2	105	20	0	110	0.9	4.0	0.0	0.00	0.000
FRUIT COCKTAIL	1/2 CUP	105	69	0	7	0.48	18.07	0.08	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			642	45	1147	26.33	100.06	15.62	4.02	0.000
% of Calories						16.4%	62.4%	21.9%	5.6%	
Nutrient Guideline			665-780		1200				<10.00	

<b>Wed - 10/18/2017</b>										
SECONDARY HOT BREAK	Total	35								
MUFFIN	2 OZ	35	169	30	199	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	35	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
SOFT SHELL TACO(BEEF)	1 EACH	105	241	33	429	13.07	26.0	9.21	3.18	0.000
REFRIED BEANS: canned	1 CUP	105	217	0	1069	12.88	36.32	2.78	0.93	0.000
CORN	1/2 cup	105	80	0	110	2.0	17.0	1.0	0.00	0.000
PEACHES	1/2 CUP	105	63	0	9	0.0	15.3	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000

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**Garfield County School District**

**Oct 2, 2017 thru Oct 31, 2017**

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			667	41	1485	31.77	106.59	12.74	4.21	0.000
% of Calories						19.1%	63.9%	17.2%	5.7%	
Nutrient Guideline			665-780		1200				<10.00	

Thu - 10/19/2017										
SECONDARY HOT BREAK	Total	35								
FRENCH TOAST STIX	3 stick	35	260	0	520	5.0	37.0	11.0	2.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
NEW YORK SUB SANDWICH HS	1 EACH	105	300	53	1551	26.0	32.9	8.35	3.41	0.000
POTATO CHIPS, BAKED, LAYS	1 OZ	105	125	0	196	1.78	21.4	3.12	0.45	0.000
VEGGIE STIX	1/2 cup	105	11	0	25	0.68	2.14	0.1	0.03	0.000
APPLESAUCE	1/2 cup	105	50	0	15	1.0	13.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
RANGER COOKIE	1 Each	105	120	5	100	1.0	16.0	6.0	3.50	0.000
Weighted Daily Average			673	49	1720	32.40	101.73	16.19	6.17	0.000
% of Calories						19.2%	60.4%	21.6%	8.2%	
Nutrient Guideline			665-780		1200				<10.00	

Tue - 10/24/2017										
SECONDARY HOT BREAK	Total	35								
POP TART STRAW.<OR> CINN. WG	1 each	35	180	0	185	2.0	36.92	2.74	1.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000

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**Garfield County School District**

**Oct 2, 2017 thru Oct 31, 2017**

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY LUNCH 9-12	Total	105								
TOMATO SOUP	1 CUP	105	179	20	1002	5.69	26.6	5.96	2.83	0.000
CHEESE SAND. WW BREAD (I.W.)	1 EA	105	0	28	448	11.2	29.11	13.44	6.72	0.000
BABY CARROTS	1/2 cup	105	40	0	88	0.73	9.34	0.15	0.03	0.000
PICKLES,DILL	1/8 cup	105	2	0	170	0.12	0.5	0.03	0.01	0.000
PEARS	1/2 CUP	105	116	0	4	0.77	30.23	0.25	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			452	42	1506	22.69	109.49	15.81	7.57	0.000
% of Calories						20.1%	97.0%	31.5%	15.1%	
Nutrient Guideline			665-780		1200				<10.00	

Wed - 10/25/2017										
SECONDARY HOT BREAK	Total	35								
BREAKFAST ROUNDS	1 Each	35	170	1	190	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	4OZ.	35	181	0	151	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
CHICKEN ALFREDO	4 OZ.	105	343	108	48	*26.62	47.55	6.22	1.48	0.000
BREAD STICKS,PLAIN : WW	2 each	105	140	0	240	5.0	27.0	2.0	0.00	0.000
BROCCOLI: frozen, boiled	1 CUP	105	30	0	12	3.35	5.79	0.13	0.02	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	105	80	0	0	1.0	19.0	0.0	0.00	0.000
BROWNIE, FUDGE	SERVING	105	140	0	140	2.0	25.0	3.0	1.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			791	87	591	*39.04	139.44	9.89	2.25	0.000
% of Calories						*19.7%	70.5%	11.2%	2.6%	
Nutrient Guideline			665-780		1200				<10.00	

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**Garfield County School District**

**Oct 2, 2017 thru Oct 31, 2017**

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
<b>Thu - 10/26/2017</b>										
SECONDARY HOT BREAK	Total	35								
FRENCH TOAST STIX	3 stick	35	260	0	520	5.0	37.0	11.0	2.00	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	6	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
CORN DOG	1 EACH	105	281	40	1084	9.03	32.11	12.04	3.01	0.000
POTATO WEDGES, SAVORY HS	4 OZ	105	200	0	347	2.67	24.0	9.33	2.67	0.000
GREEN BEANS	1/2 CUP	105	20	0	110	0.9	4.0	0.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	105	122	0	4	0.68	33.05	0.17	0.01	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			717	36	1471	19.58	115.08	19.18	4.91	0.000
% of Calories						10.9%	64.2%	24.1%	6.2%	
Nutrient Guideline			665-780		1200				<10.00	

<b>Fri - 10/27/2017</b>										
SECONDARY HOT BREAK	Total	35								
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			541	6	411	12.21	110.58	6.68	1.81	0.000
% of Calories						9.0%	81.8%	11.1%	3.0%	
Nutrient Guideline			665-780		1200				<10.00	

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**Garfield County School District**

**Oct 2, 2017 thru Oct 31, 2017**

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
<b>Mon - 10/30/2017</b>										
SECONDARY HOT BREAK	Total	35								
PANCAKES	1 EACH	35	200	5	300	5.0	32.5	4.0	1.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
CHICKEN SANDWICH	1 EACH	105	373	40	807	21.19	35.26	16.67	3.54	0.000
FRENCH FRIES	1 CUP	105	189	0	364	2.67	24.3	9.31	2.67	0.000
VEGGIE CUP	1 CUP	105	17	0	26	1.0	3.59	0.18	0.03	0.000
MANDARIN ORANGES	1/2 cup	105	66	0	12	0.82	15.61	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			717	37	1165	28.83	103.07	20.88	5.19	0.000
% of Calories						16.1%	57.5%	26.2%	6.5%	
Nutrient Guideline			665-780		1200				<10.00	

<b>Tue - 10/31/2017</b>										
SECONDARY HOT BREAK	Total	35								
PIZZA BAGEL	1 EACH	35	179	15	468	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
MAC & CHEESE; WHOLE GRAIN	1 CUP	105	408	40	996	24.9	42.83	15.94	7.97	0.000
GREEN BEANS	1/2	105	20	0	110	0.9	4.0	0.0	0.00	0.000
BABY CARROTS	1/2 cup	105	40	0	88	0.73	9.34	0.15	0.03	0.000
GRAPES,Fresh	1/2 CUP	105	76	0	2	0.71	19.45	0.4	0.12	0.000
BANANA, HALF	1/2 EACH	50	45	0	1	0.55	11.53	0.17	0.06	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	100	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000

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# Garfield County School District

Oct 2, 2017 thru Oct 31, 2017

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			623	39	1190	31.18	93.98	14.42	6.99	0.000
% of Calories						20.0%	60.4%	20.8%	10.1%	
Nutrient Guideline			665-780		1200				<10.00	

Weighted Average			661	*38	1124	*26.35 *16.0%	110.14 66.7%	14.64 19.9%	*4.70 *6.4%	0.000
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	661		665 - 780	99%		5		Correction Required - Calories are Low
Cholesterol (mg)	38				Missing			
Sodium (mg)	1124		1200					
Protein (g)	26.35	15.96%			Missing			
Carbohydrate (g)	110.14	66.70%						
Total Fat (g)	14.64	19.95%						
Saturated Fat (g)	4.70	6.40%	<10.00%		Missing			

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