

Garfield County School District

Dec 3, 2018 thru Dec 21, 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 - 12/03/2018											
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
YOGURT, ASST.	4OZ.	35	181	0	151	*N/A*	6.02	38.13	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	35	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											
MAC & CHEESE; WHOLE GRAIN	1 CUP	95	408	40	996	*N/A*	24.9	42.83	15.94	7.97	0.000
GREEN BEANS Sec.	1/2	95	27	0	147	*N/A*	1.2	5.33	0.0	0.00	0.000
BABY CARROTS	1/2 cup	95	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
GRAPES,Fresh	1/2 CUP	95	76	0	2	18	0.71	19.45	0.4	0.13	0.000
BANANA, HALF	1/2 EACH	95	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			696	35	1183	*32	31.90	114.44	13.66	6.39	0.000
% of Calories						*18.6%	18.3%	65.8%	17.7%	8.3%	
Nutrient Guideline			655-771		1174					<10.00	

Tue - 12/04/2018											
SECONDARY HOT BREAK	Total	35									
POP TART STRAW.<OR> CINN. WG	1 each	35	180	0	185	*N/A*	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	35	80	15	190	*N/A*	7.0	1.0	5.0	3.00	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	35	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 PARMESAN	1 EACH	95	228	32	461	*0	12.13	12.9	14.1	3.45	0.000
BREADSTICK, CHEESE FILLED	1 EACH	95	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
CORN	1/2 cup	95	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
APPLE SLICES	1/2	95	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MANDARIN ORANGES	1/2 cup	95	66	0	12	*N/A*	0.82	15.61	0.0	0.00	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	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

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

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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			675	51	958	*27	28.34	94.59	20.84	8.15	0.000
% of Calories						*16.1%	16.8%	56.1%	27.8%	10.9%	
Nutrient Guideline			655-771		1174					<10.00	

Wed - 12/05/2018											
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
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	35	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	95									
CHILI	1 CUP	95	185	26	542	*5	14.35	21.33	5.06	1.83	0.000
CRACKERS	3 PACKETS	95	75	0	169	0	1.7	13.33	1.56	0.30	0.000
BABY CARROTS	1/2 cup	95	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
CINNAMON ROLL	ROLL	95	229	3	108	*N/A*	2.71	44.88	4.63	1.44	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			672	31	940	*23	25.06	115.69	12.81	4.01	0.000
% of Calories						*13.4%	14.9%	68.9%	17.2%	5.4%	
Nutrient Guideline			655-771		1174					<10.00	

Thu - 12/06/2018											
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	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	35	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	95									
CORN DOG	1 EACH	95	281	40	1084	*N/A*	9.03	32.11	12.04	3.01	0.000
TATOR TOTS	1 CUP	95	181	0	474	*N/A*	2.26	22.58	9.03	2.26	0.000
CARROTS:frozen, boiled	3/4 CUP	95	41	0	0	*N/A*	0.64	8.46	0.74	0.13	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	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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Weighted Daily Average			655	82	1524	*19	22.00	98.46	19.07	5.20	0.000
% of Calories						*11.6%	13.4%	60.2%	26.2%	7.1%	
Nutrient Guideline			655-771		1174					<10.00	

Fri - 12/07/2018											
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	35	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			558	7	437	*50	13.35	113.44	6.68	1.81	0.000
% of Calories						*35.7%	9.6%	81.3%	10.8%	2.9%	
Nutrient Guideline			655-771		1174					<10.00	

Mon - 12/10/2018											
SECONDARY HOT BREAK	Total	35									
FRENCH TOAST STIX W/SYRUP	SERVING	35	378	0	549	*N/A*	5.0	66.87	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	35	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	95									
TOMATO SOUP	1 CUP	95	179	20	1002	*N/A*	5.69	26.6	5.96	2.83	0.000
CHEESE SANDWICH ON WG BREAD	SANDWICH	95	267	28	449	1	11.23	29.19	13.47	6.74	0.000
BABY CARROTS	1/2 cup	95	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
PICKLES,DILL	1/8 cup	95	2	0	170	*N/A*	0.12	0.5	0.03	0.01	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
Chocolate Chip Cookies :WG:	1 Each	95	129	0	120	*N/A*	1.99	22.91	3.98	1.00	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			771	41	1674	*20	24.99	127.23	20.65	8.46	0.000
% of Calories						*10.3%	13.0%	66.0%	24.1%	9.9%	
Nutrient Guideline			655-771		1174					<10.00	

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Tue - 12/11/2018											
SECONDARY HOT BREAK	Total	35									
MUFFIN	2 OZ	35	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	35	80	15	190	*N/A*	7.0	1.0	5.0	3.00	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	35	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	95									
CHICKEN PARMESAN	1 EACH	95	228	32	461	*0	12.13	12.9	14.1	3.45	0.000
NOODLES, EGG, DRY, ENRICHE	1 CUP	95	146	32	8	1	5.38	27.08	1.69	0.45	0.000
BREAD STICKS,PLAIN : WW	2 each	95	140	0	240	*N/A*	5.0	27.0	2.0	0.00	0.000
GREEN BEANS Sec.	3/4 cup	95	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			676	65	893	*19	29.01	104.16	16.40	4.10	0.000
% of Calories						*11.5%	17.2%	61.7%	21.8%	5.5%	
Nutrient Guideline			655-771		1174					<10.00	

Wed - 12/12/2018											
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
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	35	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	95									
SOFT SHELL TACO(BEEF)	1 EACH	95	249	33	446	*3	13.24	25.45	10.23	3.89	0.000
LETTUCE, SHREDDED	1 OZ	95	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED	1 OZ	95	106	27	406	*N/A*	6.28	0.45	8.86	5.58	0.000
SALSA	2 oz	95	18	0	266	*N/A*	1.77	3.54	0.0	0.00	0.000
REFRIED BEANS: ELEM	1/2 cup	95	217	0	1069	*N/A*	12.88	36.32	2.78	0.93	0.000
CORN	1/2 cup	95	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Weighted Daily Average			756	54	1994	*21	38.05	110.15	19.04	8.58	0.000
% of Calories						*11.1%	20.1%	58.3%	22.7%	10.2%	
Nutrient Guideline			655-771		1174					<10.00	

Thu - 12/13/2018											
SECONDARY HOT BREAK	Total	35									
BREAKFAST BURRITO	1 EACH	35	280	35	570	1	10.0	30.0	11.0	4.00	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	35	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	95									
NEW YORK SUB SANDWICH HS	1 EACH	95	300	53	1551	*1	26.0	32.9	8.35	3.41	0.000
POTATO CHIPS: ASST.BAKED	BAG	95	120	0	200	*1	2.0	20.65	3.16	0.50	0.000
VEGGIE CUP	1 CUP	95	17	0	26	*1	1.0	3.59	0.18	0.03	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
RANGER COOKIE	1 Each	95	120	5	100	*N/A*	1.0	16.0	6.0	3.50	0.000
Weighted Daily Average			701	57	1715	*21	33.83	106.04	16.34	6.69	0.000
% of Calories						*12.1%	19.3%	60.5%	21.0%	8.6%	
Nutrient Guideline			655-771		1174					<10.00	

Fri - 12/14/2018											
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	35	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			558	7	437	*50	13.35	113.44	6.68	1.81	0.000
% of Calories						*35.7%	9.6%	81.3%	10.8%	2.9%	
Nutrient Guideline			655-771		1174					<10.00	

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Mon - 12/17/2018											
SECONDARY HOT BREAK	Total	35									
PANCAKE ON A STICK, Plain	1 EACH	35	240	20	320	*N/A*	6.0	22.0	14.0	5.00	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	35	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	95									
BURRITO, BEAN & CHEESE	1 EACH	95	285	3	453	4	9.12	43.87	8.13	1.73	0.000
NACHO CHIPS	1 CUP	95	134	0	93	0	2.01	19.22	5.86	0.80	0.000
NACHO CHEESE SAUCE	3 TBSP	95	107	17	487	*2	9.01	4.31	6.18	3.63	0.000
CORN	1/2 cup	95	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			725	26	1111	*24	27.01	112.12	19.68	6.02	0.000
% of Calories						*13.1%	14.9%	61.8%	24.4%	7.5%	
Nutrient Guideline			655-771		1174					<10.00	

Tue - 12/18/2018											
SECONDARY HOT BREAK	Total	35									
MUFFIN	2 OZ	35	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	35	80	15	190	*N/A*	7.0	1.0	5.0	3.00	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	35	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	95									
TERIYAKI CHICKEN (SEC)	5.2 OZ	95	180	80	640	*N/A*	24.0	12.0	4.0	1.00	0.000
RICE	1 CUP	95	216	0	10	*N/A*	5.04	44.79	1.76	0.35	0.000
BROCCOLI: frozen, boiled	1 CUP	95	30	0	12	*N/A*	3.35	5.79	0.13	0.02	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
FORTUNE COOKIE	1 EACH	95	32	0	11	*N/A*	0.2	21.0	0.2	0.00	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			620	76	786	*19	35.72	113.36	7.85	2.25	0.000
% of Calories						*12.2%	23.0%	73.1%	11.4%	3.3%	
Nutrient Guideline			655-771		1174					<10.00	

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Garfield County School District

Dec 3, 2018 thru Dec 21, 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 - 12/19/2018											
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	35	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	95									
SCALLOPED POT W/ HAM, SEC.	1 CUP	95	370	43	2046	*0	25.14	44.42	10.44	4.57	0.000
ROLL, W.G. RICH	2 oz	95	137	9	10	*N/A*	4.57	23.45	3.17	0.75	0.000
GREEN BEANS Sec.	3/4 cup	95	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			673	44	1912	*19	32.92	107.00	13.35	4.59	0.000
% of Calories						*11.3%	19.6%	63.6%	17.9%	6.1%	
Nutrient Guideline			655-771		1174					<10.00	

Thu - 12/20/2018											
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
YOGURT, ASST.	4OZ.	35	181	0	151	*N/A*	6.02	38.13	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	35	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	95									
PIZZA W/ PEPPERONI: MAX	slice	95	390	20	1000	*N/A*	18.0	42.0	16.0	5.00	0.000
SALAD, TOSSED (SEC)	1 CUP	95	62	0	105	*6	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	95	13	0	4	0	0.65	2.9	0.15	0.00	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
BUTTERSCOTCH PUDD.	1/2 cup	95	135	0	302	*1	1.03	23.47	4.05	0.82	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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Garfield County School District

Dec 3, 2018 thru Dec 21, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

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Generated on: 11/19/2018 10:34:28 AM

	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			751	21	1313	*24	28.55	123.43	16.81	4.75	0.000
% of Calories						*12.8%	15.2%	65.7%	20.1%	5.7%	
Nutrient Guideline			655-771		1174					<10.00	

Fri - 12/21/2018											
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	35	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			558	7	437	*50	13.35	113.44	6.68	1.81	0.000
% of Calories						*35.7%	9.6%	81.3%	10.8%	2.9%	
Nutrient Guideline			655-771		1174					<10.00	

Weighted Average			670	40	1154	*28	26.50	111.13	14.44	4.97	0.000
						*37.4%	15.8%	66.4%	19.4%	6.7%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	670		655 - 771	100%				
Cholesterol (mg)	40							
Sodium 1 (mg)	1154		1174					
Sodium 2 (mg)	1154		919				235	Correction Required - Sodium too High
Sugars (g)	28	16.63%			Missing			
Protein (g)	26.50	15.83%						
Carbohydrate (g)	111.13	66.38%						
Total Fat (g)	14.44	19.40%						
Saturated Fat (g)	4.97	6.68%	<10.00%					

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