

Garfield County School District

Jan 2, 2018 thru Jan 31, 2018

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
Tue - 01/02/2018										
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	10	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	25	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12										
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
APPLESAUCE	1/2 cup	105	50	0	15	1.0	13.0	0.0	0.00	0.000
FRUIT COCKTAIL,, SEC.	1 CUP	90	138	0	15	0.97	36.13	0.17	0.02	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			685	36	1403	20.06	110.85	17.57	4.70	0.000
% of Calories						11.7%	64.7%	23.1%	6.2%	
Nutrient Guideline			662-777		1191				<10.00	

Wed - 01/03/2018										
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	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	25	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	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										
CHICKEN PARMESAN	1 EACH	105	228	32	461	12.13	12.9	14.1	3.45	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
BABY CARROTS	1/2 cup	90	40	0	88	0.73	9.34	0.15	0.03	0.000
GRAPES,Fresh	1/2 CUP	100	76	0	2	0.71	19.45	0.4	0.13	0.000
BANANA, HALF	1/2 EACH	50	45	0	1	0.55	11.53	0.17	0.06	0.000
VANILLA PUDDING	1/2 cup	105	135	0	302	1.03	23.47	4.05	0.82	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

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Garfield County School District

Jan 2, 2018 thru Jan 31, 2018

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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			684	31	1048	25.98	110.61	16.65	3.64	0.000
% of Calories						15.2%	64.7%	21.9%	4.8%	
Nutrient Guideline			662-777		1191				<10.00	

Thu - 01/04/2018										
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	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	20	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	15	102	12	107	8.22	12.18	2.37	1.54	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	110								
HAMBURGER ON A BUN HS	1 EACH	110	338	71	291	27.63	22.12	15.4	5.46	0.000
FRENCH FRIES	1 CUP	110	189	0	364	2.67	24.3	9.31	2.67	0.000
PICKLES,DILL	1/8 cup	90	2	0	170	0.12	0.5	0.03	0.01	0.000
LETTUCE, SHREDDED	1 OZ	90	0	0	0	0.0	0.01	0.0	0.00	0.000
CARROTS:frozen, boiled	3/4 CUP	90	41	0	0	0.64	8.46	0.74	0.13	0.000
ORANGE SLICES	1/2 CUP	80	42	0	0	0.85	10.58	0.11	0.02	0.000
APPLESAUCE	1/2 cup	80	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	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			701	60	911	33.85	92.61	22.38	7.02	0.000
% of Calories						19.3%	52.8%	28.7%	9.0%	
Nutrient Guideline			662-777		1191				<10.00	

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Portion Values - Detailed

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Fri - 01/05/2018										
SECONDARY HOT BREAK	Total	35								
CEREAL-ASST	1 cup	10	148	0	204	1.86	30.86	1.89	0.12	0.000
CHEESE ,STRING	1 each	15	80	15	190	7.0	1.0	5.0	3.00	0.000
APPLES,Fresh	1 each	5	53	0	1	0.26	13.95	0.17	0.03	0.000
ORANGES	1 EACH	5	62	0	0	1.23	15.39	0.16	0.03	0.000
YOGURT, ASST.	4OZ.	10	181	0	151	6.02	38.13	0.0	0.00	0.000
MUFFIN	2 OZ	10	169	30	199	2.98	27.85	5.97	0.99	0.000
NOTABLES, ASST	1 EACH	15	320	0	240	3.0	65.0	6.0	1.50	0.000
JUICE, ASSORTED,	1/2 cup	30	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
Weighted Daily Average			479	21	512	15.63	86.89	7.35	2.48	0.000
% of Calories						13.1%	72.5%	13.8%	4.7%	
Nutrient Guideline			662-777		1191				<10.00	

Mon - 01/08/2018										
SECONDARY HOT BREAK	Total	35								
BREAKFAST SANDWICH	1 EACH	35	259	173	726	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	15	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	20	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	15	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
SPAGHETTI WITH MEAT SAUCE, SEC	1 CUP	105	288	44	584	18.2	27.18	10.28	3.32	0.000
BREADSTICK, CHEESE FILLED	1 EACH	105	170	25	330	8.0	13.0	10.0	6.00	0.000
GREEN BEANS	1/2 CUP	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	0.13	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			687	101	1199	34.15	96.23	18.50	8.34	0.000
% of Calories						19.9%	56.1%	24.2%	10.9%	
Nutrient Guideline			662-777		1191				<10.00	

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Tue - 01/09/2018										
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	15	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	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								
TERIYAKI CHICKEN (SEC)	5.2 OZ	105	180	80	640	24.0	12.0	4.0	1.00	0.000
RICE	1 CUP	105	216	0	10	5.04	44.79	1.76	0.35	0.000
BROCCOLI: frozen, boiled	1 CUP	105	30	0	12	3.35	5.79	0.13	0.02	0.000
MANDARIN ORANGES	1/2 cup	105	66	0	12	0.82	15.61	0.0	0.00	0.000
BANANA, HALF	1/2 EACH	50	45	0	1	0.55	11.53	0.17	0.06	0.000
FORTUNE COOKIE	1 EACH	105	32	0	11	0.2	21.0	0.2	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			598	67	756	34.65	111.46	6.06	1.74	0.000
% of Calories						23.2%	74.6%	9.1%	2.6%	
Nutrient Guideline			662-777		1191				<10.00	

Wed - 01/10/2018										
SECONDARY HOT BREAK	Total	35								
MUFFIN	2 OZ	35	169	30	199	2.98	27.85	5.97	0.99	0.000
YOGURT	6 oz	30	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	20	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	15	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
BEEFY MAC (SEC)	1 CUP	105	325	37	220	19.89	49.58	5.84	1.63	0.000
ROLL, DINNER, WW	2 OZ.	105	151	0	295	4.93	28.97	2.66	0.47	0.000
CORN	1/2 cup	105	80	0	110	2.0	17.0	1.0	0.00	0.000
PEARS	1/2 CUP	90	116	0	4	0.77	30.23	0.25	0.00	0.000
APPLE SLICES	1/2	90	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000

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Weighted Daily Average			721	42	708	30.77	134.22	9.28	2.08	0.000
% of Calories						17.1%	74.4%	11.6%	2.6%	
Nutrient Guideline			662-777		1191				<10.00	

Thu - 01/11/2018										
SECONDARY HOT BREAK	Total	35								
PIZZA BAGEL	1 EACH	35	179	15	468	8.96	18.93	6.97	2.99	0.000
YOGURT	6 oz	15	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	20	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	15	110	10	130	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	105								
BEEF DIPPERS HS	6 each	105	240	53	660	21.0	9.0	13.5	5.22	0.000
TATOR TOTS	1 CUP	105	181	0	474	2.26	22.58	9.03	2.26	0.000
BISCUITS: WHOLE GRN,PURCHASED	1 each	105	190	0	650	4.0	24.0	8.0	5.00	0.000
VEGGIE CUP	1 CUP	90	17	0	26	1.0	3.59	0.18	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
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			721	49	1652	32.79	88.78	25.16	10.35	0.000
% of Calories						18.2%	49.3%	31.4%	12.9%	
Nutrient Guideline			662-777		1191				<10.00	

Fri - 01/12/2018										
SECONDARY HOT BREAK	Total	35								
CEREAL-ASST	1 cup	15	148	0	204	1.86	30.86	1.89	0.12	0.000
CHEESE ,STRING	1 each	15	80	15	190	7.0	1.0	5.0	3.00	0.000
APPLES,Fresh	1 each	5	53	0	1	0.26	13.95	0.17	0.03	0.000
ORANGES	1 EACH	5	62	0	0	1.23	15.39	0.16	0.03	0.000
YOGURT, ASST.	4OZ.	16	181	0	151	6.02	38.13	0.0	0.00	0.000
MUFFIN	2 OZ	16	169	30	199	2.98	27.85	5.97	0.99	0.000
NOTABLES, ASST	1 EACH	5	320	0	240	3.0	65.0	6.0	1.50	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	20	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	15	102	12	107	8.22	12.18	2.37	1.54	0.000

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Weighted Daily Average			464	28	512	16.65	81.81	7.60	2.68	0.000
% of Calories						14.4%	70.6%	14.8%	5.2%	
Nutrient Guideline			662-777		1191				<10.00	

Wed - 01/17/2018										
SECONDARY HOT BREAK	Total	35								
PANCAKE ON A STICK, Blueberry	1 EACH	35	250	15	320	6.0	23.0	15.0	4.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	15	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	25	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12	Total	105								
CHICKEN CHILI	1 CUP	105	258	52	493	26.47	30.88	4.38	0.80	0.000
BREADSTICK, CHEESE FILLED	1 EACH	105	170	25	330	8.0	13.0	10.0	6.00	0.000
CARROTS:frozen, boiled	3/4 CUP	90	41	0	0	0.64	8.46	0.74	0.13	0.000
FRUIT COCKTAIL	1/2 CUP	80	69	0	7	0.48	18.07	0.08	0.01	0.000
APPLE SLICES	1/2	100	57	0	1	0.28	15.05	0.19	0.03	0.000
BUTTERSCOTCH PUDD.	1/2 cup	100	135	0	302	1.03	23.47	4.05	0.82	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			755	68	1098	37.18	114.20	18.38	7.10	0.000
% of Calories						19.7%	60.5%	21.9%	8.5%	
Nutrient Guideline			662-777		1191				<10.00	

Thu - 01/18/2018										
SECONDARY HOT BREAK	Total	35								
BREAKFAST SANDWICH	1 EACH	35	259	173	726	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	15	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	25	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	0.000

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Garfield County School District

Jan 2, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
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	0.08	0.000
TOMATO, CHERRY	1/2 CUP	90	13	0	4	0.65	2.9	0.15	0.00	0.000
APPLESAUCE	1/2 cup	90	50	0	15	1.0	13.0	0.0	0.00	0.000
PINEAPPLE CHUNKS	1/2 CUP	90	66	0	1	0.45	16.95	0.15	0.01	0.000
Chocolate Chip Cookies :WG:	1 Each	105	129	0	120	1.99	22.91	3.98	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			657	72	949	28.73	102.92	14.65	5.01	0.000
% of Calories						17.5%	62.7%	20.1%	6.9%	
Nutrient Guideline			662-777		1191				<10.00	

Fri - 01/19/2018										
SECONDARY HOT BREAK	Total	35								
CEREAL-ASST	1 cup	15	148	0	204	1.86	30.86	1.89	0.12	0.000
CHEESE ,STRING	1 each	15	80	15	190	7.0	1.0	5.0	3.00	0.000
APPLES,Fresh	1 each	10	53	0	1	0.26	13.95	0.17	0.03	0.000
ORANGES	1 EACH	10	62	0	0	1.23	15.39	0.16	0.03	0.000
YOGURT, ASST.	4OZ.	5	181	0	151	6.02	38.13	0.0	0.00	0.000
MUFFIN	2 OZ	15	169	30	199	2.98	27.85	5.97	0.99	0.000
NOTABLES, ASST	1 EACH	5	320	0	240	3.0	65.0	6.0	1.50	0.000
JUICE, ASSORTED,	1/2 cup	30	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
Weighted Daily Average			424	25	480	14.82	75.45	6.80	2.21	0.000
% of Calories						14.0%	71.3%	14.5%	4.7%	
Nutrient Guideline			662-777		1191				<10.00	

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Garfield County School District

Jan 2, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 01/22/2018										
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	20	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	25	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	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	90	63	0	9	0.0	15.3	0.0	0.00	0.000
APPLE SLICES	1/2	990	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			1055	35	1208	29.47	197.78	21.34	7.05	0.000
% of Calories						11.2%	75.0%	18.2%	6.0%	
Nutrient Guideline			662-777		1191				<10.00	

Tue - 01/23/2018										
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	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	25	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	10	102	12	107	8.22	12.18	2.37	1.54	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								
CHICKEN ALFREDO	2 OZ	105	269	92	40	*23.93	33.93	5.34	1.23	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	95	30	0	12	3.35	5.79	0.13	0.02	0.000
GRAPES,Fresh	1/2 CUP	100	76	0	2	0.71	19.45	0.4	0.13	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	100	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

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Garfield County School District

Jan 2, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			773	75	634	*36.10	135.89	11.17	2.46	0.000
% of Calories						*18.7%	70.3%	13.0%	2.9%	
Nutrient Guideline			662-777		1191				<10.00	

Wed - 01/24/2018										
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	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	25	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	105								
TACO SOUP	1 CUP	105	285	27	490	20.5	39.99	5.25	1.83	0.000
SALAD, TOSSED	1 cup	105	124	0	210	6.94	26.71	1.05	0.16	0.000
TORTILLA CHIPS :SEC:	1 OZ	105	142	0	99	1.89	16.07	7.35	0.94	0.000
CHEESE	1 EACH	105	106	27	406	6.28	0.45	8.86	5.58	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	100	122	0	4	0.68	33.05	0.17	0.01	0.000
APPLE SLICES	1/2	90	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	8 OZ. CARTO	5	110	10	130	8.0	13.0	2.5	1.50	0.000
Weighted Daily Average			831	47	1164	36.75	134.71	18.43	6.96	0.000
% of Calories						17.7%	64.8%	19.9%	7.5%	
Nutrient Guideline			662-777		1191				<10.00	

Thu - 01/25/2018										
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	30	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	25	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	10	110	10	130	8.0	13.0	2.5	1.50	0.000

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Garfield County School District

Jan 2, 2018 thru Jan 31, 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
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
PICKLES,DILL	1/8 cup	90	2	0	170	0.12	0.5	0.03	0.01	0.000
LETTUCE, SHREDDED	1 OZ	90	0	0	0	0.0	0.01	0.0	0.00	0.000
BABY CARROTS	1/2 cup	90	40	0	88	0.73	9.34	0.15	0.03	0.000
APPLESAUCE	1/2 cup	90	50	0	15	1.0	13.0	0.0	0.00	0.000
ORANGE SLICES	1/2 CUP	90	42	0	0	0.85	10.58	0.11	0.02	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			690	50	1798	33.27	109.29	14.71	5.97	0.000
% of Calories						19.3%	63.4%	19.2%	7.8%	
Nutrient Guideline			662-777		1191				<10.00	

Fri - 01/26/2018										
SECONDARY HOT BREAK	Total	35								
CEREAL-ASST	1 cup	15	148	0	204	1.86	30.86	1.89	0.12	0.000
CHEESE ,STRING	1 each	15	80	15	190	7.0	1.0	5.0	3.00	0.000
APPLES,Fresh	1 each	5	53	0	1	0.26	13.95	0.17	0.03	0.000
ORANGES	1 EACH	5	62	0	0	1.23	15.39	0.16	0.03	0.000
YOGURT, ASST.	4OZ.	16	181	0	151	6.02	38.13	0.0	0.00	0.000
MUFFIN	2 OZ	16	169	30	199	2.98	27.85	5.97	0.99	0.000
NOTABLES, ASST	1 EACH	5	320	0	240	3.0	65.0	6.0	1.50	0.000
JUICE, ASSORTED,	1/2 cup	30	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	20	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	15	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			464	28	512	16.65	81.81	7.60	2.68	0.000
% of Calories						14.4%	70.6%	14.8%	5.2%	
Nutrient Guideline			662-777		1191				<10.00	

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Garfield County School District

Jan 2, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 01/29/2018										
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	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	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								
CHICKEN FAJITA	4 oz.	105	243	62	582	15.69	23.47	10.07	3.51	0.000
REFRIED BEANS: ELEM	1/2 cup	100	217	0	1069	12.88	36.32	2.78	0.93	0.000
LETTUCE, SHREDDED	1 OZ	90	0	0	0	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED, CHEDDAR	1 OZ	90	106	27	406	6.28	0.45	8.86	5.58	0.000
CORN	1/2 cup	105	80	0	110	2.0	17.0	1.0	0.00	0.000
PEACHES	1/2 CUP	90	63	0	9	0.0	15.3	0.0	0.00	0.000
ORANGE SLICES	1/2 CUP	90	42	0	0	0.85	10.58	0.11	0.02	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			722	71	1779	35.72	108.21	16.97	7.14	0.000
% of Calories						19.8%	60.0%	21.2%	8.9%	
Nutrient Guideline			662-777		1191				<10.00	

Tue - 01/30/2018										
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	15	103	0	1	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	20	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
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00	0.000

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Garfield County School District

Jan 2, 2018 thru Jan 31, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

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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	90	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
APPLE SLICES	1/2	90	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	8 OZ. CARTO	5	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			773	*28	1359	29.37	127.15	17.52	*2.36	0.000
% of Calories						15.2%	65.8%	20.4%	*2.7%	
Nutrient Guideline			662-777		1191				<10.00	

Wed - 01/31/2018										
SECONDARY HOT BREAK	Total	35								
BREAKFAST SANDWICH	1 EACH	35	259	173	726	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	20	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	20	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 CUP	100	20	0	110	0.9	4.0	0.0	0.00	0.000
BABY CARROTS	1/2 cup	90	40	0	88	0.73	9.34	0.15	0.03	0.000
BREAD STICKS,PLAIN : WW	2 each	105	140	0	240	5.0	27.0	2.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	90	122	0	4	0.68	33.05	0.17	0.01	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
Weighted Daily Average			757	79	1422	36.21	120.35	16.44	7.15	0.000
% of Calories						19.1%	63.6%	19.6%	8.5%	
Nutrient Guideline			662-777		1191				<10.00	

Weighted Average			682	*51	1055	*28.94 *17.0%	111.06 65.1%	14.73 19.4%	*4.96 *6.5%	0.000
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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.

Garfield County School District

Jan 2, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)		
Calories	682		662 - 777	100%						
Cholesterol (mg)	51				Missing					
Sodium (mg)	1055		1191							
Protein (g)	28.94	16.97%			Missing					
Carbohydrate (g)	111.06	65.14%								
Total Fat (g)	14.73	19.43%								
Saturated Fat (g)	4.96	6.54%	<10.00%		Missing					

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.

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