

# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

007 - BRYCE VALLEY HIGHSCHOOL

Generated on: 1/18/2018 3:20:50 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 02/01/2018										
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	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										
HAMBURGER ON A BUN HS	1 EACH	105	338	71	291	27.63	22.12	15.4	5.46	0.000
FRENCH FRIES	1 CUP	105	189	0	364	2.67	24.3	9.31	2.67	0.000
PICKLES, DILL	1/8 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
LETTUCE, SHREDDED	1 OZ	0	0	0	0	0.0	0.0	0.0	0.00	0.000
PEARS	1/2 CUP	90	116	0	4	0.77	30.23	0.25	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			731	60	752	33.32	105.08	20.02	6.62	0.000
% of Calories						18.2%	57.5%	24.7%	8.1%	
Nutrient Guideline			529-666		845				<10.00	

Fri - 02/02/2018										
SECONDARY HOT BREAK	Total	35								
CEREAL-ASST	1 cup	20	148	0	204	1.86	30.86	1.89	0.12	0.000
CHEESE ,STRING	1 each	20	80	15	190	7.0	1.0	5.0	3.00	0.000
APPLES, Fresh	1 each	3	53	0	1	0.26	13.95	0.17	0.03	0.000
ORANGES	1 EACH	2	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	5	320	0	240	3.0	65.0	6.0	1.50	0.000
JUICE, ASSORTED,	1/2 cup	25	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			423	25	508	16.25	71.62	7.54	2.95	0.000
% of Calories						15.4%	67.8%	16.1%	6.3%	
Nutrient Guideline			529-666		845				<10.00	

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Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 02/05/2018										
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	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	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	0								
CHICKEN NUGGETS, SEC.	SERV	0	0	0	0	0.0	0.0	0.0	0.00	0.000
TATOR TOTS	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
BREADSTICK, CHEESE FILLED SEC	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
PEACHES	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
APPLE SLICES	1/2	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average			433	21	642	18.14	72.49	7.67	3.29	0.000
% of Calories						16.8%	67.0%	15.9%	6.8%	
Nutrient Guideline			529-666		845				<10.00	

Tue - 02/06/2018										
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	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
SYRUP, PANCAKE: PPI'S	PACKET	35	118	0	29	0.0	29.87	0.0	0.00	0.000
SECONDARY LUNCH 9-12	Total	0								
COUNTRY FRIED STEAK	3 OZ	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MASHED POTATOES: flakes, (ELEM)	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
COUNTRY GRAVY	1/4 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
ROLL, W.G. RICH	2 oz	0	0	0	0	0.0	0.0	0.0	0.00	0.000
CORN	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
ORANGE SLICES	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Feb 1, 2018 thru Feb 28, 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			636	6	720	14.21	121.63	11.68	2.31	0.000
% of Calories						8.9%	76.5%	16.5%	3.3%	
Nutrient Guideline			529-666		845				<10.00	

Wed - 02/07/2018										
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	30	155	0	3	1.72	40.37	0.46	0.13	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
SECONDARY LUNCH 9-12	Total	0								
CHILI	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
CRACKERS	3 PACKETS	0	0	0	0	0.0	0.0	0.0	0.00	0.000
BABY CARROTS	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
CINNAMON ROLL :SEC:	ROLL	0	0	0	0	0.0	0.0	0.0	0.00	0.000
PEARS	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
BANANA, HALF	1/2 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average			541	179	898	24.64	90.27	10.70	4.33	0.000
% of Calories						18.2%	66.7%	17.8%	7.2%	
Nutrient Guideline			529-666		845				<10.00	

Thu - 02/08/2018										
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	30	80	15	190	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	1.18	26.7	0.34	0.09	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

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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	0								
PIZZA W/ PEPPERONI: MAX	slice	0	0	0	0	0.0	0.0	0.0	0.00	0.000
SALAD, TOSSED (SEC)	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
TOMATO, CHERRY	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
KIWI, SEC.	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
PINEAPPLE CHUNKS	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average			486	19	518	17.04	87.41	7.66	3.86	0.000
% of Calories						14.0%	71.9%	14.2%	7.2%	
Nutrient Guideline			529-666		845				<10.00	

Fri - 02/09/2018										
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	5	62	0	0	1.23	15.39	0.16	0.03	0.000
YOGURT, ASST.	4OZ.	20	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			492	25	544	17.23	89.60	6.78	2.21	0.000
% of Calories						14.0%	72.8%	12.4%	4.0%	
Nutrient Guideline			529-666		845				<10.00	

Mon - 02/12/2018										
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	30	103	0	1	1.18	26.7	0.34	0.09	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

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Feb 1, 2018 thru Feb 28, 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY LUNCH 9-12	Total	0								
SCALLOPED POT W/ HAM, SEC.	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
ROLL, DINNER, WW	2 OZ.	0	0	0	0	0.0	0.0	0.0	0.00	0.000
GREEN BEANS	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
FRUIT COCKTAIL, SEC.	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
ORANGE SLICES	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average			476	40	434	16.32	91.21	6.60	1.29	0.000
% of Calories						13.7%	76.7%	12.5%	2.4%	
Nutrient Guideline			529-666		845				<10.00	

Tue - 02/13/2018										
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	20	80	5	75	5.0	16.01	0.0	0.00	0.000
FRUIT, ASST	1/2 each	30	103	0	1	1.18	26.7	0.34	0.09	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	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	0								
ORANGE CHICKEN	3.92 oz	0	0	0	0	0.0	0.0	0.0	0.00	0.000
RICE	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
BROCCOLI: frozen, boiled	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
FORTUNE COOKIE	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MANDARIN ORANGES	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
BANANA, HALF	1/2 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average			464	24	685	20.83	77.83	7.62	3.28	0.000
% of Calories						18.0%	67.1%	14.8%	6.4%	
Nutrient Guideline			529-666		845				<10.00	

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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
Wed - 02/14/2018										
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	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	0								
SPAGHETTI WITH MEAT SAUCE, SEC	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
BREADSTICK, CHEESE FILLED	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
CORN	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	0	0	0	0	0.0	0.0	0.0	0.00	0.000
APPLE SLICES	1/2	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average			596	21	520	15.02	100.06	15.60	4.79	0.000
% of Calories						10.1%	67.2%	23.6%	7.2%	
Nutrient Guideline			529-666		845				<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 02/15/2018										
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	30	155	0	3	1.72	40.37	0.46	0.13	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
SECONDARY LUNCH 9-12	Total	0								
NEW YORK SUB SANDWICH HS	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
POTATO CHIPS: ASST.BAKED	BAG	0	0	0	0	0.0	0.0	0.0	0.00	0.000
LETTUCE, SHREDDED	1 OZ	0	0	0	0	0.0	0.0	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
VEGGIE CUP	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
APPLESAUCE	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
KIWI, SEC.	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
RANGER COOKIE	1 Each	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000

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# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			541	179	898	24.64	90.27	10.70	4.33	0.000
% of Calories						18.2%	66.7%	17.8%	7.2%	
Nutrient Guideline			529-666		845				<10.00	

Fri - 02/16/2018										
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.	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	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			425	21	473	15.26	76.92	5.95	2.07	0.000
% of Calories						14.4%	72.4%	12.6%	4.4%	
Nutrient Guideline			529-666		845				<10.00	

Tue - 02/20/2018										
SECONDARY HOT BREAK	Total	0								
MUFFIN	2 OZ	0	0	0	0	0.0	0.0	0.0	0.00	0.000
YOGURT	6 oz	0	0	0	0	0.0	0.0	0.0	0.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
SECONDARY LUNCH 9-12	Total	0								
TOMATO SOUP	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
CHEESE SANDWICH ON WG BREAD	SANDWICH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
CARROTS:frozen, boiled	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
PEACHES	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
BANANA, HALF	1/2 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000

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**Garfield County School District**

**Feb 1, 2018 thru Feb 28, 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
Weighted Daily Average			0	0	0	0.00	0.00	0.00	0.00	0.000
% of Calories						0.0%	0.0%	0.0%	0.0%	
Nutrient Guideline			529-666		845				<10.00	

Wed - 02/21/2018										
SECONDARY HOT BREAK	Total	0								
PANCAKES	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
SYRUP,PANCAKE: PPI'S	PACKET	0	0	0	0	0.0	0.0	0.0	0.00	0.000
FRUIT, ASST	1/2 each	0	0	0	0	0.0	0.0	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	0	0	0	0	0.0	0.0	0.0	0.00	0.000
SECONDARY LUNCH 9-12	Total	0								
HAMBURGER GRAVY	4 OZ.	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MASHED POTATOES:flakes, (ELEM)	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
ROLL, W.G. RICH	2 oz	0	0	0	0	0.0	0.0	0.0	0.00	0.000
CORN	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
ORANGE SLICES	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average			0	0	0	0.00	0.00	0.00	0.00	0.000
% of Calories						0.0%	0.0%	0.0%	0.0%	
Nutrient Guideline			529-666		845				<10.00	

Thu - 02/22/2018										
SECONDARY HOT BREAK	Total	0								
BREAKFAST ROUNDS	1 Each	0	0	0	0	0.0	0.0	0.0	0.00	0.000
YOGURT	6 oz	0	0	0	0	0.0	0.0	0.0	0.00	0.000
FRUIT, ASST	1/2 each	0	0	0	0	0.0	0.0	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	0	0	0	0	0.0	0.0	0.0	0.00	0.000

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**Garfield County School District**

**Feb 1, 2018 thru Feb 28, 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	0								
CHICKEN SANDWICH	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
FRENCH FRIES	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
PEARS	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
APPLE SLICES	1/2	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.00	0.00	0.000
Nutrient Guideline			529-666		845				<10.00	

Fri - 02/23/2018										
SECONDARY HOT BREAK	Total	0								
CEREAL-ASST	1 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
CHEESE ,STRING	1 each	0	0	0	0	0.0	0.0	0.0	0.00	0.000
APPLES,Fresh	1 each	0	0	0	0	0.0	0.0	0.0	0.00	0.000
ORANGES	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
YOGURT, ASST.	4OZ.	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MUFFIN	2 OZ	0	0	0	0	0.0	0.0	0.0	0.00	0.000
NOTABLES, ASST	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.00	0.00	0.000
Nutrient Guideline			529-666		845				<10.00	

Mon - 02/26/2018										
SECONDARY HOT BREAK	Total	0								
PANCAKE ON A STICK, Plain	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
FRUIT, ASST	1/2 each	0	0	0	0	0.0	0.0	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	0	0	0	0	0.0	0.0	0.0	0.00	0.000
SYRUP,PANCAKE: PPI'S	PACKET	0	0	0	0	0.0	0.0	0.0	0.00	0.000

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# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY LUNCH 9-12	Total	0								
MAC & CHEESE; WHOLE GRAIN	1 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
BISCUITS: WHOLE GRN,PURCHASED	1 each	0	0	0	0	0.0	0.0	0.0	0.00	0.000
GREEN BEANS	1/2	0	0	0	0	0.0	0.0	0.0	0.00	0.000
FRUIT COCKTAIL	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
KIWI	.5 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average			0	0	0	0.00	0.00	0.00	0.00	0.000
% of Calories						0.0%	0.0%	0.0%	0.0%	
Nutrient Guideline			529-666		845				<10.00	

Tue - 02/27/2018										
	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY HOT BREAK	Total	0								
FRENCH TOAST STIX	3 stick	0	0	0	0	0.0	0.0	0.0	0.00	0.000
FRUIT, ASST	1/2 each	0	0	0	0	0.0	0.0	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
SYRUP,PANCAKE: PPI'S	PACKET	0	0	0	0	0.0	0.0	0.0	0.00	0.000
SECONDARY LUNCH 9-12	Total	0								
SOFT SHELL TACO(BEEF)	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
REFRIED BEANS: ELEM	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
LETTUCE, SHREDDED	1 OZ	0	0	0	0	0.0	0.0	0.0	0.00	0.000
CHEESE, SHREDDED, CHEDDAR	1 OZ	0	0	0	0	0.0	0.0	0.0	0.00	0.000
CORN	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
PEACHES	1/2 CUP	0	0	0	0	0.0	0.0	0.0	0.00	0.000
BANANA, HALF	1/2 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
Weighted Daily Average			0	0	0	0.00	0.00	0.00	0.00	0.000
% of Calories						0.0%	0.0%	0.0%	0.0%	
Nutrient Guideline			529-666		845				<10.00	

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# Garfield County School District

Feb 1, 2018 thru Feb 28, 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
Wed - 02/28/2018										
SECONDARY HOT BREAK	Total	0								
BREAKFAST SANDWICH	1 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	0	0	0	0	0.0	0.0	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	0	0	0	0	0.0	0.0	0.0	0.00	0.000
SECONDARY LUNCH 9-12	Total	45								
CHICKEN ALFREDO	4 OZ.	45	343	108	48	*26.62	47.55	6.22	1.48	0.000
BREADSTICK, CHEESE FILLED SEC	1 EACH	45	170	25	330	8.0	13.0	10.0	6.00	0.000
BROCCOLI: frozen, boiled	1 CUP	40	30	0	12	3.35	5.79	0.13	0.02	0.000
APPLESAUCE	1/2 cup	40	50	0	15	1.0	13.0	0.0	0.00	0.000
GRAPES,Fresh	1/2 CUP	40	76	0	2	0.71	19.45	0.4	0.13	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	43	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	2	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			771	138	581	*47.13	114.19	16.79	7.68	0.000
% of Calories						*24.5%	59.3%	19.6%	9.0%	
Nutrient Guideline			529-666		845				<10.00	

Weighted Average			540	58	629	*21.54	91.43	10.41	3.77	0.000
						*16.0%	67.8%	17.4%	6.3%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	540		529 - 666	100%				
Cholesterol (mg)	58							
Sodium (mg)	629		845					
Protein (g)	21.54	15.97%			Missing			
Carbohydrate (g)	91.43	67.78%						
Total Fat (g)	10.41	17.36%						
Saturated Fat (g)	3.77	6.29%	<10.00%					

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