

Garfield County School District

Nov 1, 2018 thru Nov 30, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 11/01/2018											
SECONDARY HOT BREAK	Total	35									
PANCAKES	1 EACH	35	96	7	189	3	2.14	15.48	2.8	0.48	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
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
SECONDARY LUNCH 9-12	Total	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
PEAS & CARROTS	1/2 cup	95	38	0	54	3	2.47	8.1	0.34	0.06	0.000
FRUIT COCKTAIL	1/2 CUP	95	69	0	7	*N/A*	0.48	18.07	0.08	0.01	0.000
KIWI	1 CUP	95	108	0	5	16	2.02	25.95	0.92	0.05	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			751	46	1799	*34	34.86	130.51	11.96	4.24	0.000
% of Calories						*18.1%	18.6%	69.5%	14.3%	5.1%	
Nutrient Guideline			655-770		1172					<10.00	

Fri - 11/02/2018											
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			655-770		1172					<10.00	

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Mon - 11/05/2018											
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									
SPAGHETTI WITH MEAT SAUCE, SEC	1 CUP	95	288	44	584	*N/A*	18.2	27.18	10.28	3.32	0.000
TEXAS GARLIC TOAST	1 EACH	95	80	0	180	1	3.0	15.0	2.0	0.00	0.000
GREEN BEANS	1/2 CUP	95	20	0	110	*N/A*	0.9	4.0	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
APPLESAUCE	1/2 cup	95	50	0	15	*N/A*	1.0	13.0	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
Weighted Daily Average			665	39	997	*33	29.30	114.07	10.87	2.95	0.000
% of Calories						*19.9%	17.6%	68.6%	14.7%	4.0%	
Nutrient Guideline			655-770		1172					<10.00	

Tue - 11/06/2018											
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	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
MANDARIN ORANGES	1/2 cup	95	66	0	12	*N/A*	0.82	15.61	0.0	0.00	0.000
BANANA, HALF	1/2 EACH	95	45	0	1	*N/A*	0.55	11.53	0.17	0.06	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

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Weighted Daily Average			652	68	791	*19	36.18	121.75	6.94	2.26	0.000
% of Calories						*11.6%	22.2%	74.7%	9.6%	3.1%	
Nutrient Guideline			655-770		1172					<10.00	

Wed - 11/07/2018											
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									
BEEFY MAC (SEC)	1 CUP	95	325	37	220	*8	19.89	49.58	5.84	1.63	0.000
ROLL, DINNER, WW	2 OZ.	95	151	0	295	5	4.93	28.97	2.66	0.47	0.000
CORN	1/2 cup	95	80	0	110	*N/A*	2.0	17.0	1.0	0.00	0.000
PEARS	1/2 CUP	95	116	0	4	*N/A*	0.77	30.23	0.25	0.00	0.000
APPLE SLICES	1/2	95	57	0	1	11	0.28	15.05	0.19	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			766	37	737	*37	30.93	139.74	11.58	2.91	0.000
% of Calories						*19.2%	16.2%	73.0%	13.6%	3.4%	
Nutrient Guideline			655-770		1172					<10.00	

Thu - 11/08/2018											
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

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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, BAKED, LAYS	1 OZ	95	125	0	196	4	1.78	21.4	3.12	0.45	0.000
VEGGIE STIX	1/2 cup	95	11	0	25	*1	0.68	2.14	0.1	0.03	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			701	91	1767	*23	35.54	110.29	14.50	4.82	0.000
% of Calories						*13.0%	20.3%	62.9%	18.6%	6.2%	
Nutrient Guideline			655-770		1172					<10.00	

Fri - 11/09/2018											
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			655-770		1172					<10.00	

Mon - 11/12/2018											
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

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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
REFRIED BEANS: canned	1 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
LETTUCE, SHREDDED	1 OZ	95	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED, CHEDDAR	1 OZ	95	106	27	406	*N/A*	6.28	0.45	8.86	5.58	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			797	50	1821	*21	35.70	120.43	20.12	8.31	0.000
% of Calories						*10.6%	17.9%	60.5%	22.7%	9.4%	
Nutrient Guideline			655-770		1172					<10.00	

Tue - 11/13/2018											
	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
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 NOODLE SOUP	1 CUP	95	163	52	1175	*1	12.92	19.65	3.58	0.85	0.000
BREADSTICK, CHEESE FILLED	1 EACH	95	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
BABY CARROTS	1/2 cup	95	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
APPLE CRISP	1/2 cup	95	194	15	71	*14	1.96	33.78	6.25	3.62	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			699	85	1510	*30	29.15	107.67	18.00	8.91	0.000
% of Calories						*17.2%	16.7%	61.6%	23.2%	11.5%	
Nutrient Guideline			655-770		1172					<10.00	

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Wed - 11/14/2018											
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									
COUNTRY FRIED STEAK	3 OZ	95	291	31	427	*N/A*	14.52	13.06	20.27	5.39	0.000
MASHED POTATOES:flakes, (SEC)	1 CUP	95	179	0	741	*N/A*	3.97	35.72	2.98	0.00	0.000
COUNTRY GRAVY	1/4 cup	95	44	0	219	*0	0.99	4.93	1.97	1.48	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.	1/2	95	27	0	147	*N/A*	1.2	5.33	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			762	39	1444	*19	30.06	109.93	23.07	6.54	0.000
% of Calories						*9.9%	15.8%	57.7%	27.2%	7.7%	
Nutrient Guideline			655-770		1172					<10.00	

Thu - 11/15/2018											
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									
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	95	301	30	552	*N/A*	15.05	30.11	11.04	4.01	0.000
SALAD, TOSSED	1/2 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
PINEAPPLE CHUNKS	1/2 CUP	95	66	0	1	*N/A*	0.45	16.95	0.15	0.01	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	95	102	12	107	13	8.22	12.18	2.37	1.54	0.000
BUTTERSCOTCH PUDD.	1/2 cup	5	135	0	302	*1	1.03	23.47	4.05	0.82	0.000
Weighted Daily Average			640	46	912	*32	31.72	94.27	13.70	5.32	0.000
% of Calories						*20.3%	19.8%	58.9%	19.3%	7.5%	
Nutrient Guideline			655-770		1172					<10.00	

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Garfield County School District

Nov 1, 2018 thru Nov 30, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Fri - 11/16/2018											
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			655-770		1172					<10.00	

Mon - 11/19/2018											
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									
HAMBURGER ON A BUN HS	1 EACH	95	338	71	291	*N/A*	27.63	22.12	15.4	5.46	0.000
SUN CHIPS	1bag	95	210	0	240	*N/A*	4.0	27.0	9.0	1.00	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
Weighted Daily Average			696	64	683	*19	34.68	88.96	22.17	6.26	0.000
% of Calories						*11.2%	19.9%	51.1%	28.7%	8.1%	
Nutrient Guideline			655-770		1172					<10.00	

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Garfield County School District

Nov 1, 2018 thru Nov 30, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 11/20/2018											
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									
ROASTED TURKEY	2 oz.	95	88	30	386	0	12.09	1.74	3.28	1.08	0.000
MASHED POTATOES:flakes, (SEC)	1 CUP	95	179	0	741	*N/A*	3.97	35.72	2.98	0.00	0.000
TURKEY GRAVY	1/4 cup	95	23	5	280	*N/A*	0.93	3.71	0.46	0.00	0.000
ROLL, W.G. RICH	2 oz	95	137	9	10	*N/A*	4.57	23.45	3.17	0.75	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
PUMPKIN BARS	SERVING	95	211	10	232	*19	2.33	29.72	9.91	2.25	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			810	57	1579	*33	30.81	133.65	18.59	4.22	0.000
% of Calories						*16.1%	15.2%	66.0%	20.7%	4.7%	
Nutrient Guideline			655-770		1172					<10.00	

Mon - 11/26/2018											
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									
ORANGE CHICKEN SECONDARY	4 OZ.	95	163	46	315	11	12.24	21.43	3.06	0.51	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
MANDARIN ORANGES	1/2 cup	95	66	0	12	*N/A*	0.82	15.61	0.0	0.00	0.000
APPLE SLICES	1/2	95	57	0	1	11	0.28	15.05	0.19	0.03	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

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Garfield County School District

Nov 1, 2018 thru Nov 30, 2018

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Weighted Daily Average			648	39	593	*35	26.33	130.93	7.14	1.35	0.000
% of Calories						*21.9%	16.3%	80.8%	9.9%	1.9%	
Nutrient Guideline			655-770		1172					<10.00	

Tue - 11/27/2018											
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
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
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
BROWNIE, FUDGE	SERVING	95	140	0	140	*N/A*	2.0	25.0	3.0	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	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
Weighted Daily Average			753	20	1097	*24	25.92	122.02	18.12	5.67	0.000
% of Calories						*12.6%	13.8%	64.8%	21.7%	6.8%	
Nutrient Guideline			655-770		1172					<10.00	

Wed - 11/28/2018											
SECONDARY HOT BREAK	Total	35									
PANCAKES, WG FROZEN 110393	1 EACH	35	70	3	135	3	2.0	13.01	2.0	0.00	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	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

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Garfield County School District

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Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY LUNCH 9-12	Total	95									
CHICKEN SANDWICH	1 EACH	95	373	40	807	*N/A*	21.19	35.26	16.67	3.54	0.000
FRENCH FRIES	1 CUP	95	189	0	364	*N/A*	2.67	24.3	9.31	2.67	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
Weighted Daily Average			692	36	1109	*20	27.92	102.21	20.10	4.73	0.000
% of Calories						*11.7%	16.1%	59.1%	26.1%	6.2%	
Nutrient Guideline			655-770		1172					<10.00	

Thu - 11/29/2018											
	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
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
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	*N/A*	0.0	29.87	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	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	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
PINEAPPLE CHUNKS	1/2 CUP	95	66	0	1	*N/A*	0.45	16.95	0.15	0.01	0.000
ORANGE SLICES	1/2 CUP	95	42	0	0	*N/A*	0.85	10.58	0.11	0.02	0.000
CHOCOLATE PUDDING	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
Weighted Daily Average			784	67	1423	*24	30.89	126.26	18.29	5.55	0.000
% of Calories						*12.2%	15.8%	64.4%	21.0%	6.4%	
Nutrient Guideline			655-770		1172					<10.00	

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Planned Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Fri - 11/30/2018											
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
Weighted Daily Average			627	7	540	*20	19.34	128.87	5.20	1.30	0.000
% of Calories						*12.6%	12.3%	82.2%	7.5%	1.9%	
Nutrient Guideline			655-770		1172					<10.00	

Weighted Average			690	43	1059	*30 *39.3%	27.86 16.1%	116.94 67.8%	13.70 17.9%	4.25 5.5%	0.000
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	690		655 - 770	100%				
Cholesterol (mg)	43							
Sodium 1 (mg)	1059		1172					
Sodium 2 (mg)	1059		918				141	Correction Required - Sodium too High
Sugars (g)	30	17.47%			Missing			
Protein (g)	27.86	16.14%						
Carbohydrate (g)	116.94	67.75%						
Total Fat (g)	13.70	17.87%						
Saturated Fat (g)	4.25	5.54%	<10.00%					

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