

# Garfield County School District

Dec 1, 2017 thru Dec 21, 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
Fri - 12/01/2017										
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			653-769		1168				<10.00	

Mon - 12/04/2017										
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	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	Total	110								
CHICKEN NOODLE SOUP	1 CUP	110	163	52	1175	12.92	19.65	3.58	0.85	0.000
BREADSTICK, CHEESE FILLED	1 EACH	110	170	25	330	8.0	13.0	10.0	6.00	0.000
VEGGIE STIX	1/2 cup	90	11	0	25	0.68	2.14	0.1	0.03	0.000
FRUIT COCKTAIL	1/2 CUP	80	69	0	7	0.48	18.07	0.08	0.01	0.000
APPLE CRISP	1/2 cup	110	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	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			648	77	1439	26.86	100.28	16.25	8.31	0.000
% of Calories						16.6%	61.9%	22.6%	11.5%	
Nutrient Guideline			653-769		1168				<10.00	

\*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 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
Tue - 12/05/2017										
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	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	110								
COUNTRY FRIED STEAK	3 OZ	110	291	31	427	14.52	13.06	20.27	5.39	0.000
MASHED POTATOES:flakes, (ELEM)	1/2 CUP	110	89	0	371	1.98	17.86	1.49	0.00	0.000
COUNTRY GRAVY	1/4 cup	110	44	0	219	0.99	4.93	1.97	1.48	0.000
ROLL, DINNER, WW	2 OZ.	110	151	0	295	4.93	28.97	2.66	0.47	0.000
CORN	1/2 cup	90	80	0	110	2.0	17.0	1.0	0.00	0.000
ORANGE SLICES	1/2 CUP	90	42	0	0	0.85	10.58	0.11	0.02	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	90	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	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			831	30	1368	28.72	130.53	23.88	6.31	0.000
% of Calories						13.8%	62.8%	25.8%	6.8%	
Nutrient Guideline			653-769		1168				<10.00	

Wed - 12/06/2017										
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	35	155	0	3	1.72	40.37	0.46	0.13	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	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	110								
CHICKEN ALFREDO	2 OZ	110	269	92	40	*23.93	33.93	5.34	1.23	0.000
BREAD STICKS,PLAIN : WW	2 each	110	140	0	240	5.0	27.0	2.0	0.00	0.000
BROCCOLI: frozen, boiled	1 CUP	90	30	0	12	3.35	5.79	0.13	0.02	0.000
GRAPES,Fresh	1/2 CUP	90	76	0	2	0.71	19.45	0.4	0.13	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	90	80	0	0	1.0	19.0	0.0	0.00	0.000
BROWNIE, FUDGE	SERVING	110	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	10	102	12	107	8.22	12.18	2.37	1.54	0.000

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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
Weighted Daily Average			759	118	674	*38.71	130.50	11.01	3.00	0.000
% of Calories						*20.4%	68.8%	13.1%	3.6%	
Nutrient Guideline			653-769		1168				<10.00	

Thu - 12/07/2017										
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	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	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			692	64	871	34.97	90.53	21.56	7.46	0.000
% of Calories						20.2%	52.4%	28.1%	9.7%	
Nutrient Guideline			653-769		1168				<10.00	

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Fri - 12/08/2017										
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			653-769		1168				<10.00	

Mon - 12/11/2017										
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	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	110								
CHICKEN FAJITA	4 oz.	110	243	62	582	15.69	23.47	10.07	3.51	0.000
REFRIED BEANS: canned	1 CUP	100	217	0	1069	12.88	36.32	2.78	0.93	0.000
BROCCOLI: frozen, boiled	1/2 CUP	90	15	0	6	1.68	2.89	0.07	0.01	0.000
KIWI	.5 CUP	90	54	0	3	1.01	12.97	0.46	0.03	0.000
PEARS	1/2 CUP	80	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	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			652	64	1450	33.60	103.93	13.08	4.53	0.000
% of Calories						20.6%	63.7%	18.1%	6.2%	
Nutrient Guideline			653-769		1168				<10.00	

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Tue - 12/12/2017										
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	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										
HAMBURGER GRAVY	4 OZ.	110	168	25	459	11.26	6.32	11.23	3.06	0.000
MASHED POTATOES:flakes, (SEC)	1 CUP	110	179	0	741	3.97	35.72	2.98	0.00	0.000
ROLL, DINNER, WW	2 OZ.	110	151	0	295	4.93	28.97	2.66	0.47	0.000
GREEN BEANS	1/2	90	20	0	110	0.9	4.0	0.0	0.00	0.000
APPLE SLICES	1/2	90	57	0	1	0.28	15.05	0.19	0.03	0.000
FRUIT COCKTAIL	1/2 CUP	80	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	10	102	12	107	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			658	28	1492	26.76	107.87	15.06	3.66	0.000
% of Calories						16.3%	65.5%	20.6%	5.0%	
Nutrient Guideline			653-769		1168				<10.00	

Wed - 12/13/2017										
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	35	155	0	3	1.72	40.37	0.46	0.13	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	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										
CHILI	1 CUP	110	185	26	542	14.35	21.33	5.06	1.83	0.000
CRACKERS	3 PACKETS	110	75	0	169	1.7	13.33	1.56	0.30	0.000
VEGGIE CUP	1 CUP	90	17	0	26	1.0	3.59	0.18	0.03	0.000
CINNAMON ROLL	ROLL	110	229	3	108	2.71	44.88	4.63	1.44	0.000
GRAPES,Fresh	1/2 CUP	90	76	0	2	0.71	19.45	0.4	0.13	0.000
PEACHES	1/2 CUP	90	63	0	9	0.0	15.3	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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
Weighted Daily Average			695	69	994	27.39	122.26	11.64	3.96	0.000
% of Calories						15.8%	70.3%	15.1%	5.1%	
Nutrient Guideline			653-769		1168				<10.00	

Thu - 12/14/2017										
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	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	110								
NEW YORK SUB SANDWICH HS	1 EACH	110	300	53	1551	26.0	32.9	8.35	3.41	0.000
POTATO CHIPS, BAKED, LAYS	1 OZ	110	125	0	196	1.78	21.4	3.12	0.45	0.000
PICKLES,DILL	1/8 cup	100	2	0	170	0.12	0.5	0.03	0.01	0.000
LETTUCE, SHREDDED	1 OZ	100	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	10	102	12	107	8.22	12.18	2.37	1.54	0.000
RANGER COOKIE	1 Each	110	120	5	100	1.0	16.0	6.0	3.50	0.000
Weighted Daily Average			709	51	1817	33.76	113.52	14.93	6.09	0.000
% of Calories						19.0%	64.0%	18.9%	7.7%	
Nutrient Guideline			653-769		1168				<10.00	

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# Garfield County School District

Dec 1, 2017 thru Dec 21, 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
Fri - 12/15/2017										
SECONDARY HOT BREAK	Total	35								
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			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			653-769		1168				<10.00	

Mon - 12/18/2017										
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	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	110								
MAC & CHEESE; WHOLE GRAIN	1 CUP	110	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	100	40	0	88	0.73	9.34	0.15	0.03	0.000
BREAD STICKS,PLAIN : WW	2 each	110	140	0	240	5.0	27.0	2.0	0.00	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	100	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	105	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			769	47	1344	35.18	123.76	16.86	7.23	0.000
% of Calories						18.3%	64.4%	19.7%	8.5%	
Nutrient Guideline			653-769		1168				<10.00	

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**Garfield County School District**

**Dec 1, 2017 thru Dec 21, 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
<b>Tue - 12/19/2017</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
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	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
<b>SECONDARY LUNCH 9-12</b>										
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	0	0	0	0	0.0	0.0	0.0	0.00	0.000
SALAD, TOSSED	1/2 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
APPLESAUCE	1/2 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
Chocolate Chip Cookies :WG:	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
Weighted Daily Average			633	7	709	14.24	120.51	12.02	2.53	0.000
% of Calories						9.0%	76.1%	17.1%	3.6%	
Nutrient Guideline			653-769		1168				<10.00	

<b>Wed - 12/20/2017</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	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
<b>SECONDARY LUNCH 9-12</b>										
SCALLOPED POT W/ HAM, SEC.	1 CUP	110	370	43	2046	25.14	44.42	10.44	4.57	0.000
ROLL, DINNER, WW	2 OZ.	110	151	0	295	4.93	28.97	2.66	0.47	0.000
BROCCOLI: frozen, boiled	1 CUP	100	30	0	12	3.35	5.79	0.13	0.02	0.000
FRUIT COCKTAIL	1/2 CUP	80	69	0	7	0.48	18.07	0.08	0.01	0.000
ORANGE SLICES	1/2 CUP	100	42	0	0	0.85	10.58	0.11	0.02	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	105	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
SUGAR COOKIE :WG:	1 EACH	110	107	0	84	1.53	18.39	3.45	1.15	0.000

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# Garfield County School District

Dec 1, 2017 thru Dec 21, 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			760	42	2140	37.59	123.35	14.79	5.63	0.000
% of Calories						19.8%	64.9%	17.5%	6.7%	
Nutrient Guideline			653-769		1168				<10.00	

Thu - 12/21/2017										
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	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
Weighted Daily Average			471	14	385	11.32	99.22	3.86	0.99	0.000
% of Calories						9.6%	84.2%	7.4%	1.9%	
Nutrient Guideline			653-769		1168				<10.00	

Weighted Average			659	47	1122	*27.24	109.64	13.56	4.63	0.000
						*16.5%	66.6%	18.5%	6.3%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	659		653 - 769	100%				
Cholesterol (mg)	47							
Sodium (mg)	1122		1168					
Protein (g)	27.24	16.54%			Missing			
Carbohydrate (g)	109.64	66.58%						
Total Fat (g)	13.56	18.53%						
Saturated Fat (g)	4.63	6.33%	<10.00%					

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