

# Garfield County School District

Mar 6, 2019 thru Mar 6, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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| Wed - 03/06/2019              | 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        | 20       |             |             |           |            |           |          |           |           |       |
| MAPLE BITES                   | 4 EACH       | 20       | 238         | 0           | 258       | 16         | 3.97      | 43.66    | 5.95      | 0.00      | 0.000 |
| YOGURT - ASST.                | 4OZ.         | 20       | 181         | 0           | 151       | *N/A*      | 6.02      | 38.13    | 0.0       | 0.00      | 0.000 |
| FRUIT, ASST                   | 1 EACH       | 20       | 72          | 0           | 1         | *N/A*      | 0.36      | 19.06    | 0.23      | 0.04      | 0.000 |
| JUICE, ASSORTED,              | 1/2 cup      | 20       | 37          | 0           | 0         | *N/A*      | 0.0       | 9.18     | 0.0       | 0.00      | 0.000 |
| MILK CHOCOLATE FAT FREE MILK  | 8 OZ. CARTO  | 20       | 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 CHILI                 | 1 CUP        | 95       | 258         | 52          | 493       | *0         | 26.47     | 30.88    | 4.38      | 0.80      | 0.000 |
| BREADSTICK, CHEESE FILLED SEC | 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 VARIETY                 | 1 CUP        | 95       | 181         | 0           | 0         | 36         | 0.0       | 45.36    | 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        |              |          | 757         | 70          | 1014      | *52        | 39.59     | 121.63   | 13.28     | 5.78      | 0.000 |
| % of Calories                 |              |          |             |             |           | *27.4%     | 20.9%     | 64.3%    | 15.8%     | 6.9%      |       |
| Nutrient Guideline            |              |          | 698-807     |             | 1284      |            |           |          |           | <10.00    |       |

| Weighted Average | Menu AVG | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* |
|------------------|----------|-----------|---------------|--------------|-----------|------------|----------|--------------------------|
|                  | 757      |           | 698 - 807     |              |           |            |          |                          |
|                  | 70       |           | 1284          |              |           |            |          |                          |
|                  | 1014     |           | 991           |              |           |            |          |                          |
|                  | 52       | 27.42%    |               |              | Missing   |            |          |                          |
|                  | 39.59    | 20.93%    |               |              |           |            |          |                          |
|                  | 121.63   | 64.30%    |               |              |           |            |          |                          |
|                  | 13.28    | 15.80%    |               |              |           |            |          |                          |
|                  | 5.78     | 6.88%     |               |              |           |            |          |                          |

| Nutrient         | Menu AVG | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* |
|------------------|----------|-----------|---------------|--------------|-----------|------------|----------|--------------------------|
| Calories         | 757      |           | 698 - 807     |              |           |            |          |                          |
| Cholesterol (mg) | 70       |           | 1284          |              |           |            |          |                          |
| Sodium 1 (mg)    | 1014     |           | 991           |              |           |            |          |                          |
| Sodium 2 (mg)    | 52       | 27.42%    |               |              | Missing   |            |          |                          |
| Sugars (g)       | 39.59    | 20.93%    |               |              |           |            |          |                          |
| Protein (g)      | 121.63   | 64.30%    |               |              |           |            |          |                          |
| Carbohydrate (g) | 13.28    | 15.80%    |               |              |           |            |          |                          |
| Total Fat (g)    | 5.78     | 6.88%     |               |              |           |            |          |                          |

\*Data comparisons are not available for one or two day selections

\*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

Mar 6, 2019 thru Mar 6, 2019

## Planned Menu Spreadsheet

Combined: ELEM. HOT BREAKFAST/ELEMENTARY LUNCH K-8

## Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

|                              | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Cost  |
|------------------------------|--------------|----------|-------------|-------------|-----------|------------|-----------|----------|-----------|-----------|-------|
| Wed - 03/06/2019             | Total        | 30       | 238         | 0           | 258       | 16         | 3.97      | 43.66    | 5.95      | 0.00      | 0.000 |
| ELEM. HOT BREAKFAST          | 4 EACH       | 30       | 181         | 0           | 151       | *N/A*      | 6.02      | 38.13    | 0.0       | 0.00      | 0.000 |
| MAPLE BITES                  | 4OZ.         | 30       | 72          | 0           | 1         | *N/A*      | 0.36      | 19.06    | 0.23      | 0.04      | 0.000 |
| YOGURT, ASST.                | 1 EACH       | 30       | 37          | 0           | 0         | *N/A*      | 0.0       | 9.18     | 0.0       | 0.00      | 0.000 |
| FRUIT, ASST                  | 1/2 cup      | 30       | 120         | 5           | 180       | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.000 |
| JUICE, ASSORTED,             | 8 OZ. CARTO  | 30       | 102         | 12          | 107       | 13         | 8.22      | 12.18    | 2.37      | 1.54      | 0.000 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CARTO  | 5        |             |             |           |            |           |          |           |           |       |
| MILK 1% LOWFAT               | 8 OZ. CARTO  | 5        |             |             |           |            |           |          |           |           |       |
| ELEMENTARY LUNCH K-8         | Total        | 100      | 258         | 52          | 493       | *0         | 26.47     | 30.88    | 4.38      | 0.80      | 0.000 |
| CHICKEN CHILI                | 1 CUP        | 100      | 170         | 25          | 330       | *N/A*      | 8.0       | 13.0     | 10.0      | 6.00      | 0.000 |
| BREADSTICK, CHEESE FILLED    | 1 EACH       | 100      | 11          | 0           | 25        | *1         | 0.68      | 2.14     | 0.1       | 0.03      | 0.000 |
| VEGGIE STIX                  | 1/2 cup      | 100      | 91          | 0           | 0         | 18         | 0.0       | 22.68    | 0.0       | 0.00      | 0.000 |
| FRUIT VARIETY ELEM.          | 1/2 CUP      | 100      | 120         | 5           | 180       | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.000 |
| MILK CHOCOLATE FAT FREE MILK | 8 OZ. CARTO  | 100      | 102         | 12          | 107       | 13         | 8.22      | 12.18    | 2.37      | 1.54      | 0.000 |
| MILK 1% LOWFAT               | 8 OZ. CARTO  | 10       | 661         | 66          | 939       | *38        | 38.37     | 99.64    | 12.84     | 5.44      | 0.000 |
| Weighted Daily Average       |              |          | 554-615     |             | 1071      | *22.8%     | 23.2%     | 60.3%    | 17.5%     | 7.4%      |       |
| % of Calories                |              |          |             |             |           |            |           |          |           |           |       |
| Nutrient Guideline           |              |          |             |             |           |            |           |          |           |           |       |

| Weighted Average | Menu AVG | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* |
|------------------|----------|-----------|---------------|--------------|-----------|------------|----------|--------------------------|
|                  | 661      |           | 554 - 615     |              | 661       | 66         | 939      |                          |
|                  | 66       |           | 1071          |              |           |            | *38      |                          |
|                  | 939      |           | 831           |              |           |            | *51.2%   |                          |
|                  | 38       | 22.77%    |               |              |           |            |          |                          |
|                  | 38.37    | 23.23%    |               |              |           |            |          |                          |
|                  | 99.64    | 60.33%    |               |              |           |            |          |                          |
|                  | 12.84    | 17.49%    |               |              |           |            |          |                          |
|                  | 5.44     | 7.41%     |               |              |           |            |          |                          |

| Nutrient          | Menu AVG | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* |
|-------------------|----------|-----------|---------------|--------------|-----------|------------|----------|--------------------------|
| Calories          | 661      |           | 554 - 615     |              |           |            |          |                          |
| Cholesterol (mg)  | 66       |           |               |              |           |            |          |                          |
| Sodium 1 (mg)     | 939      |           | 1071          |              |           |            |          |                          |
| Sodium 2 (mg)     | 939      |           | 831           |              |           |            |          |                          |
| Sugars (g)        | 38       | 22.77%    |               |              |           |            |          |                          |
| Protein (g)       | 38.37    | 23.23%    |               |              |           |            |          |                          |
| Carbohydrate (g)  | 99.64    | 60.33%    |               |              |           |            |          |                          |
| Total Fat (g)     | 12.84    | 17.49%    |               |              |           |            |          |                          |
| Saturated Fat (g) | 5.44     | 7.41%     |               |              |           |            |          |                          |

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