

Garfield County School District

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

Page 1

Generated on: 3/26/2019 9:46:52 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 04/01/2019											
SECONDARY HOT BREAK	Total	20									
PANCAKE ON A STICK, Blueberry	1 EACH	20	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	20	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	95									
MAC & CHEESE; WHOLE GRAIN	1 CUP	95	408	40	996	*N/A*	24.9	42.83	15.94	7.97	0.000
GREEN BEANS Sec.	3/4 cup	95	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
BABY CARROTS, SEC	1 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
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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			668	42	1244	*20	32.52	99.20	16.46	7.64	0.000
% of Calories						*11.8%	19.5%	59.4%	22.2%	10.3%	
Nutrient Guideline			688-798		1258					<10.00	

Tue - 04/02/2019											
SECONDARY HOT BREAK	Total	20									
BREAKFAST SANDWICH	1 EACH	20	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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 ALFREDO	4 OZ.	95	343	108	48	*1	*26.62	47.55	6.22	1.48	0.000
BREADSTICK, CHEESE FILLED	1 EACH	95	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
BROCCOLI: frozen, boiled	1 CUP	95	30	0	12	*N/A*	3.35	5.79	0.13	0.02	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			711	147	644	*21	*43.57	103.40	15.80	7.14	0.000
% of Calories						*11.7%	*24.5%	58.2%	20.0%	9.0%	
Nutrient Guideline			688-798		1258					<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

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

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

Page 2

Generated on: 3/26/2019 9:46:52 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 04/03/2019											
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									
CHILI	1 CUP	95	185	26	542	*5	14.35	21.33	5.06	1.83	0.000
CRACKERS	3 PACKETS	95	75	0	169	0	1.7	13.33	1.56	0.30	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
CINNAMON ROLL :SEC:	ROLL	95	348	10	265	*26	5.64	63.83	8.38	2.67	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			849	37	1162	*53	32.49	151.25	14.52	4.27	0.000
% of Calories						*25.0%	15.3%	71.3%	15.4%	4.5%	
Nutrient Guideline			688-798		1258					<10.00	

Thu - 04/04/2019											
SECONDARY HOT BREAK	Total	20									
FRENCH TOAST STIX W/SYRUP	SERVING	20	378	0	549	*N/A*	5.0	66.87	11.0	2.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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									
HAMBURGER ON A BUN HS	1 EACH	95	338	71	291	*N/A*	27.63	22.12	15.4	5.46	0.000
FRENCH FRIES	1 CUP	95	189	0	364	*N/A*	2.67	24.3	9.31	2.67	0.000
LETTUCE, SHREDDED	1 OZ	95	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	95	2	0	170	*N/A*	0.12	0.5	0.03	0.01	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
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	10	102	12	107	13	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

* - 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

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

Page 3

Generated on: 3/26/2019 9:46:52 AM

	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			753	66	1045	*20	36.18	101.69	23.03	7.34	0.000
% of Calories						*10.4%	19.2%	54.0%	27.5%	8.8%	
Nutrient Guideline			688-798		1258					<10.00	

Fri - 04/05/2019											
SECONDARY HOT BREAK	Total	20									
NOTABLES, ASST.	1 EA	20	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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
Weighted Daily Average			569	8	448	*51	14.24	114.75	6.93	1.97	0.000
% of Calories						*36.0%	10.0%	80.7%	11.0%	3.1%	
Nutrient Guideline			688-798		1258					<10.00	

Mon - 04/08/2019											
SECONDARY HOT BREAK	Total	20									
MUFFIN	2 OZ	20	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	20	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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									
TACO SALAD	1 each	95	393	92	586	*5	27.15	16.76	25.38	14.29	0.000
REFRIED BEANS: ELEM	1/2 cup	95	108	0	534	*N/A*	6.44	18.16	1.39	0.47	0.000
BREAD STICKS,PLAIN : WW	2 each	95	140	0	240	*N/A*	5.0	27.0	2.0	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			790	91	1386	*24	43.19	99.74	26.24	13.14	0.000
% of Calories						*12.0%	21.9%	50.5%	29.9%	15.0%	
Nutrient Guideline			688-798		1258					<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
 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

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

Page 4

Generated on: 3/26/2019 9:46:52 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 04/09/2019											
SECONDARY HOT BREAK	Total	20									
PIZZA BAGEL	1 EACH	20	179	15	468	*N/A*	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	95									
CHICKEN PARMESAN	1 EACH	95	291	38	626	*0	15.63	19.18	16.6	4.76	0.000
NOODLES, EGG, DRY, ENRICHE	1 CUP	95	146	32	8	1	5.38	27.08	1.69	0.45	0.000
BREADSTICK, CHEESE FILLED SEC	1 EACH	95	170	25	330	*N/A*	8.0	13.0	10.0	6.00	0.000
GREEN BEANS Sec.	3/4 cup	95	20	0	110	*N/A*	0.9	4.0	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			767	88	1165	*20	35.83	99.16	25.15	10.03	0.000
% of Calories						*10.5%	18.7%	51.7%	29.5%	11.8%	
Nutrient Guideline			688-798		1258					<10.00	

Wed - 04/10/2019											
SECONDARY HOT BREAK	Total	20									
BREAKFAST BURRITO	1 EACH	20	280	35	570	1	10.0	30.0	11.0	4.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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									
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
MIXED VEGETABLES, NO SALT, FRO	1/2 CUP	95	80	0	52	4	2.67	16.01	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			751	55	2036	*23	38.06	118.08	13.72	5.34	0.000
% of Calories						*12.3%	20.3%	62.9%	16.4%	6.4%	
Nutrient Guideline			688-798		1258					<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

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

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

Page 5

Generated on: 3/26/2019 9:46:52 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 04/11/2019											
SECONDARY HOT BREAK	Total	20									
PANCAKES, WG FROZEN 110393	1 EACH	20	70	3	135	3	2.0	13.01	2.0	0.00	0.000
SYRUP, PANCAKE: PPI'S	PACKET	20	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	20	37	0	0	*N/A*	0.0	9.18	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
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									
NEW YORK SUB SANDWICH HS	1 EACH	95	300	53	1551	*1	26.0	32.9	8.35	3.41	0.000
POTATO CHIPS, ASST. BAKED	BAG	95	120	0	200	*1	2.0	20.65	3.16	0.50	0.000
VEGGIE CUP	1 CUP	95	17	0	26	*1	1.0	3.59	0.18	0.03	0.000
RANGER COOKIE	1 Each	95	120	5	100	*N/A*	1.0	16.0	6.0	3.50	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			705	55	1774	*22	34.56	110.11	15.51	6.39	0.000
% of Calories						*12.7%	19.6%	62.5%	19.8%	8.2%	
Nutrient Guideline			688-798		1258					<10.00	

Fri - 04/12/2019											
SECONDARY HOT BREAK	Total	20									
NOTABLES, ASST.	1 EA	20	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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
Weighted Daily Average			569	8	448	*51	14.24	114.75	6.93	1.97	0.000
% of Calories						*36.0%	10.0%	80.7%	11.0%	3.1%	
Nutrient Guideline			688-798		1258					<10.00	

Mon - 04/15/2019											
SECONDARY HOT BREAK	Total	20									
APPLE CINNAMON TEXAS TOAST	SLICE	20	259	*N/A*	299	17	7.96	44.79	5.97	1.00	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

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

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

Page 6

Generated on: 3/26/2019 9:46:52 AM

	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									
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
FORTUNE COOKIE	1 EACH	95	32	0	11	*N/A*	0.2	21.0	0.2	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			635	*73	803	*23	37.74	119.07	6.62	1.55	0.000
% of Calories						*14.2%	23.8%	75.0%	9.4%	2.2%	
Nutrient Guideline			688-798		1258					<10.00	

Tue - 04/16/2019											
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	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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									
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
SALSA	2 oz	95	18	0	266	*N/A*	1.77	3.54	0.0	0.00	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			829	23	1338	*58	29.12	138.13	18.06	5.30	0.000
% of Calories						*27.9%	14.0%	66.6%	19.6%	5.8%	
Nutrient Guideline			688-798		1258					<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

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

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

Page 7

Generated on: 3/26/2019 9:46:52 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 04/17/2019											
SECONDARY HOT BREAK	Total	20									
FRENCH TOAST STIX	3 stick	20	260	0	520	*N/A*	5.0	37.0	11.0	2.00	0.000
SYRUP,PANCAKE: PPI'S	PACKET	20	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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 SANDWICH	1 EACH	95	373	40	807	*N/A*	21.19	35.26	16.67	3.54	0.000
TATOR TOTS	1 CUP	95	181	0	474	*N/A*	2.26	22.58	9.03	2.26	0.000
LETTUCE, SHREDDED	1 OZ	95	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
PICKLES,DILL	1/8 cup	95	2	0	170	*N/A*	0.12	0.5	0.03	0.01	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			833	40	1488	*50	29.62	125.13	23.54	5.36	0.000
% of Calories						*23.8%	14.2%	60.1%	25.4%	5.8%	
Nutrient Guideline			688-798		1258					<10.00	

Thu - 04/18/2019											
SECONDARY HOT BREAK	Total	20									
BREAKFAST ROUNDS	1 Each	20	170	1	190	*N/A*	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	4OZ.	20	181	0	151	*N/A*	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
Weighted Daily Average			639	9	554	*21	20.20	130.26	5.47	1.46	0.000
% of Calories						*13.2%	12.7%	81.6%	7.7%	2.1%	
Nutrient Guideline			688-798		1258					<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

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

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

Page 8

Generated on: 3/26/2019 9:46:52 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 04/23/2019											
SECONDARY HOT BREAK	Total	20									
BAGEL: PLAIN WW	1 EACH	20	229	0	459	*N/A*	7.65	46.82	0.96	0.00	0.000
CREAM CHEESE:PPI	PPI	0	0	0	0	*N/A*	0.0	0.0	0.0	0.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	95									
SLOPPY JOE	1 EACH	95	303	46	515	*10	19.02	34.45	10.48	3.51	0.000
BAKED BEANS : BH, SEC.	3/4 CUP	95	209	0	707	*N/A*	9.16	41.87	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			680	45	1286	*28	34.18	114.80	9.39	3.15	0.000
% of Calories						*16.5%	20.1%	67.5%	12.4%	4.2%	
Nutrient Guideline			688-798		1258					<10.00	

Wed - 04/24/2019											
SECONDARY HOT BREAK	Total	20									
BREAKFAST SANDWICH	1 EACH	20	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	95									
CHICKEN NUGGETS, SEC.	SERV	95	227	17	623	*N/A*	13.6	4.53	13.6	2.83	0.000
POTATO WEDGES, SAVORY HS	4 OZ	95	200	0	347	*N/A*	2.67	24.0	9.33	2.67	0.000
PEAS & CARROTS	1/2 cup	95	38	0	54	3	2.47	8.1	0.34	0.06	0.000
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
SUGAR COOKIE :WG:	1 EACH	95	107	0	84	*N/A*	1.53	18.39	3.45	1.15	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			735	51	1239	*23	28.94	94.08	24.37	6.49	0.000
% of Calories						*12.2%	15.7%	51.2%	29.8%	7.9%	
Nutrient Guideline			688-798		1258					<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

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

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

Page 9

Generated on: 3/26/2019 9:46:53 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 04/25/2019											
SECONDARY HOT BREAK	Total	20									
PANCAKES	1 EACH	20	200	5	300	*N/A*	5.0	32.5	4.0	1.50	0.000
SYRUP, PANCAKE: PPI'S	PACKET	20	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	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 (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
FRUIT, ASST	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
BUTTERSCOTCH PUDD.	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			695	32	1048	*25	27.12	112.14	14.28	4.57	0.000
% of Calories						*14.6%	15.6%	64.6%	18.5%	5.9%	
Nutrient Guideline			688-798		1258					<10.00	

Fri - 04/26/2019											
SECONDARY HOT BREAK	Total	20									
NOTABLES, ASST.	1 EA	20	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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
Weighted Daily Average			569	8	448	*51	14.24	114.75	6.93	1.97	0.000
% of Calories						*36.0%	10.0%	80.7%	11.0%	3.1%	
Nutrient Guideline			688-798		1258					<10.00	

Mon - 04/29/2019											
SECONDARY HOT BREAK	Total	20									
BREAKFAST BURRITO	1 EACH	20	280	35	570	1	10.0	30.0	11.0	4.00	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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

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

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

Page 10

Generated on: 3/26/2019 9:46:53 AM

	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									
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 SEC.	SLICES	95	80	0	180	1	3.0	15.0	2.0	0.00	0.000
CARROTS:frozen, boiled	3/4 CUP	95	41	0	0	*N/A*	0.64	8.46	0.74	0.13	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			694	49	924	*51	29.05	112.35	13.04	3.77	0.000
% of Calories						*29.2%	16.8%	64.8%	16.9%	4.9%	
Nutrient Guideline			688-798		1258					<10.00	

Tue - 04/30/2019											
SECONDARY HOT BREAK	Total	20									
PANCAKE ON A STICK, Blueberry	1 EACH	20	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
FRUIT, ASST	1/2 each	20	103	0	1	*N/A*	1.18	26.7	0.34	0.09	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	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12	Total	95									
SOFT SHELL TACO (TURKEY) USDA	1 EA	95	289	24	371	3	13.61	32.84	10.14	1.88	0.000
REFRIED BEANS: ELEM	1/2 cup	95	108	0	534	*N/A*	6.44	18.16	1.39	0.47	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
SALSA	2 oz	95	18	0	266	*N/A*	1.77	3.54	0.0	0.00	0.000
VEGGIE CUP	1 CUP	95	17	0	26	*1	1.0	3.59	0.18	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	10	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			796	51	1575	*52	34.36	117.75	19.98	7.57	0.000
% of Calories						*26.3%	17.3%	59.1%	22.6%	8.6%	
Nutrient Guideline			688-798		1258					<10.00	

Weighted Average			712	*49	1103	*34 *43.4%	*30.47 *17.1%	114.53 64.4%	15.30 19.3%	5.32 6.7%	0.000
------------------	--	--	-----	-----	------	---------------	------------------	-----------------	----------------	--------------	-------

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

Apr 1, 2019 thru Apr 30, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

Page 11

Generated on: 3/26/2019 9:46:53 AM

Nutrient	Menu AVG	% of Cals	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
			Weekly Target	% of Target		Miss Data	Shortfall	Overage	Error Messages (if any)				
Calories	712		688 - 798	100%									
Cholesterol (mg)	49					Missing							
Sodium 1 (mg)	1103		1258										
Sodium 2 (mg)	1103		974						129	Correction Required - Sodium too High			
Sugars (g)	34	19.27%				Missing							
Protein (g)	30.47	17.12%				Missing							
Carbohydrate (g)	114.53	64.36%											
Total Fat (g)	15.30	19.34%											
Saturated Fat (g)	5.32	6.73%	<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

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.