

Garfield County School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Weighted Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/01/2019																
SECONDARY HOT BREAK	Total	25														
BREAKFAST ROUNDS	1 Each	25	34	0	38	1.00	1.26	60.0	150	0.0	*N/A*	0.6	6.6	0.9	0.20	0.00
YOGURT, ASST.	4OZ.	25	36	0	30	0.00	0.00	120.4	0	0.48	*N/A*	1.2	7.63	0.0	0.00	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.32	0.52	0.1	0.06	0.00
SECONDARY LUNCH 9-12																
CHICKEN NOODLE SOUP	1 CUP	100	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
CRACKERS	3 PACKET	100	60	0	136	0.40	0.80	2.7	0	0.0	0	1.36	10.66	1.24	0.24	0.02
BREADSTICK, CHEESE FILLED	1 EACH	100	136	20	264	1.60	0.58	160.0	320	0.0	*N/A*	6.4	10.4	8.0	4.80	0.00
BABY CARROTS	1/2 cup	100	32	0	71	2.63	0.81	29.0	12510	2.36	*N/A*	0.58	7.48	0.12	0.02	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
APPLE CRISP	1/2 cup	100	155	12	57	2.18	0.66	16.0	163	0.13	*11	1.57	27.03	5.0	2.89	*0.18
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average % of Calories			662	38	779	11.29	*4.30	*412.2	13347	*21.27	*30 *17.9%	20.57 12.4%	112.42 67.9%	15.71 21.4%	8.32 11.3%	*0.20 *0.3%
Nutrient Guideline			682-793		1243											<10.00

Wed - 10/02/2019																
SECONDARY HOT BREAK	Total	25														
FRENCH TOAST STIX W/SYRUP	SERVING	25	76	0	110	0.20	0.36	8.0	0	0.0	*N/A*	1.0	13.37	2.2	0.40	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*

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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Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
SECONDARY LUNCH 9-12	Total	100														
COUNTRY FRIED STEAK	3 OZ	100	233	25	341	0.89	2.18	26.5	78	0.02	*N/A*	11.62	10.45	16.22	4.31	*N/A*
MASHED POTATOES:flakes, (S EC)	1 CUP	100	143	0	593	3.18	0.59	3.8	0	5.72	*N/A*	3.18	28.58	2.38	0.00	0.00
COUNTRY GRAVY	1/4 cup	100	36	0	175	0.00	0.00	1.2	0	0.0	*0	0.79	3.95	1.58	1.18	0.00
ROLL, W.G. RICH	2 oz	100	110	7	8	1.72	1.02	13.5	11	0.03	*N/A*	3.66	18.76	2.53	0.60	0.00
GREEN BEANS Sec.	1/2	100	21	0	117	2.13	0.38	21.3	213	3.84	*N/A*	0.96	4.27	0.0	0.00	0.00
FRUIT VARIETY	1 CUP	100	145	0	0	3.63	*N/A*	*N/A*	*N/A*	*N/A*	29	0.0	36.29	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average % of Calories			915	38	1526	12.58	*4.59	*104.0	*463	*22.83	*47 *20.7%	29.77 13.0%	143.00 62.5%	25.17 24.8%	6.64 6.5%	*0.00 *0.0%
Nutrient Guideline			682-793		1243											<10.00

Thu - 10/03/2019																
	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
SECONDARY HOT BREAK	Total	25														
PANCAKE ON A STICK, Blueberry	1 EACH	25	50	3	64	0.20	2.16	0.0	0	0.0	*N/A*	1.2	4.6	3.0	0.90	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.32	0.52	0.1	0.06	0.00
SECONDARY LUNCH 9-12	Total	100														
HAMBURGER ON A BUN HS	1 EACH	100	271	57	233	3.22	2.47	36.9	0	0.0	*N/A*	22.11	17.69	12.32	4.37	*0.00
FRENCH FRIES	1 CUP	100	151	0	292	2.14	0.58	0.0	0	1.94	*N/A*	2.14	19.44	7.45	2.14	0.00
VEGGIE CUP	1 CUP	100	14	0	21	1.06	0.22	15.3	559	15.93	*1	0.8	2.87	0.14	0.03	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average % of Calories			695	66	793	10.09	*5.62	*76.2	762	*36.17	*19 *10.8%	35.10 20.2%	87.23 50.2%	23.36 30.3%	7.61 9.9%	*0.00 *0.0%
Nutrient Guideline			682-793		1243											<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/04/2019																
SECONDARY HOT BREAK	Total	25														
NOTABLES, ASST.	1 EA	25	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
FRUIT, ASST	1/2 each	25	103	0	1	4.12	0.26	25.9	178	33.1	*N/A*	1.18	26.7	0.34	0.09	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	20	2	21	0.00	0.01	61.0	96	0.0	3	1.64	2.44	0.47	0.31	*N/A*
Weighted Daily Average % of Calories			540	6	407	9.12	*3.88	*286.9	1845	*93.10	*47 *34.8%	12.23 9.1%	110.14 81.6%	6.82 11.4%	1.90 3.2%	*0.00 *0.0%
Nutrient Guideline			682-793		1243											<10.00

Mon - 10/07/2019																
SECONDARY HOT BREAK	Total	25														
PIZZA BAGEL	1 EACH	25	36	3	94	0.00	0.29	39.8	20	0.0	*N/A*	1.79	3.79	1.39	0.60	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED.	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.32	0.52	0.1	0.06	0.00
SECONDARY LUNCH 9-12 SPAGHETTI WITH MEAT SAUCE <OR>	Total	100														
TEXAS GARLIC TOAST SEC.	1 CUP	100	230	36	467	3.10	2.39	23.2	385	6.92	*N/A*	14.56	21.74	8.23	2.66	*0.00
CARROTS:frozen, boiled	SLICES	100	64	0	144	1.60	0.86	0.0	320	0.0	1	2.4	12.0	1.6	0.00	0.00
FRUIT, ASST	3/4 CUP	100	32	0	0	2.88	0.46	31.2	14564	2.04	*N/A*	0.51	6.77	0.6	0.11	0.00
MILK CHOCOLATE FAT FREE MILK	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average % of Calories			572	44	888	11.06	*4.19	*118.2	15492	*27.26	*19 *13.3%	28.11 19.7%	86.93 60.8%	12.27 19.3%	3.53 5.6%	*0.00 *0.0%
Nutrient Guideline			682-793		1243											<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/08/2019																
SECONDARY HOT BREAK	Total	25														
PANCAKES, WG FROZEN 110393	1 EACH	25	14	1	27	0.20	*N/A*	*N/A*	3	*N/A*	1	0.4	2.6	0.4	0.00	0.00
SYRUP,PANCAKE: PPI'S	PACKET	25	24	0	6	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.97	0.0	0.00	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
FRUIT, ASST	1 EACH	25	14	0	0	0.66	0.03	1.7	15	1.27	*N/A*	0.07	3.81	0.05	0.01	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK	8 OZ. CA															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
SECONDARY LUNCH 9-12																
CHICKEN ALFREDO	Total	100														
BREADSTICK, CHEESE FILLED	4 OZ.	100	274	86	39	1.76	*2.74	19.7	33	*0.0	*1	*21.3	38.04	4.97	1.18	0.03
SEC	1 EACH	100	136	20	264	1.60	0.58	160.0	320	0.0	*N/A*	6.4	10.4	8.0	4.80	0.00
BROCCOLI: frozen, boiled	1 CUP	100	24	0	10	2.60	0.53	28.6	875	34.7	*N/A*	2.68	4.63	0.1	0.02	0.00
BROWNIE, FUDGE	SERVING	100	112	0	112	0.80	0.86	0.0	0	0.0	*N/A*	1.6	20.0	2.4	0.80	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK	8 OZ. CA															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average																
% of Calories			787	113	640	10.26	*4.88	*240.9	1430	*47.65	*20	*41.07	122.71	16.30	6.96	*0.03
											*10.1%	*20.9%	62.4%	18.7%	8.0%	*0.0%
Nutrient Guideline																
			682-793		1243											<10.00

Wed - 10/09/2019																
SECONDARY HOT BREAK	Total	25														
APPLE CINNAMON TEXAS TO	SLICE	25	52	*N/A*	60	0.40	0.54	8.0	80	0.24	3	1.59	8.96	1.19	0.20	*N/A*
AST																
FRUIT, ASST	1 EACH	25	14	0	0	0.66	0.03	1.7	15	1.27	*N/A*	0.07	3.81	0.05	0.01	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK	8 OZ. CA															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
	RTON															

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SECONDARY LUNCH 9-12	Total	100														
CHILI	1 CUP	100	148	21	434	4.54	2.37	45.1	479	7.35	*4	11.48	17.06	4.05	1.46	*0.00
CRACKERS	3 PACKET	100	60	0	136	0.40	0.80	2.7	0	0.0	0	1.36	10.66	1.24	0.24	0.02
BABY CARROTS	1/2 cup	100	32	0	71	2.63	0.81	29.0	12510	2.36	*N/A*	0.58	7.48	0.12	0.02	0.00
CINNAMON ROLL	ROLL	100	183	2	87	1.20	0.01	6.4	76	0.0	*N/A*	2.16	35.9	3.7	1.15	*0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average % of Calories			677	*29	969	12.48	*4.70	*123.9	13343	*22.90	*26 *15.1%	25.88 15.3%	121.12 71.5%	10.73 14.3%	3.24 4.3%	*0.02 *0.0%
Nutrient Guideline			682-793		1243										<10.00	

Thu - 10/10/2019																
SECONDARY HOT BREAK	Total	25														
MAPLE BITES	4 EACH	25	48	0	52	0.79	0.29	15.9	0	0.0	3	0.79	8.73	1.19	0.00	0.00
YOGURT, ASST.	4OZ.	25	36	0	30	0.00	0.00	120.4	0	0.48	*N/A*	1.2	7.63	0.0	0.00	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
SECONDARY LUNCH 9-12	Total	100														
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	100	241	24	442	1.61	2.89	200.7	241	2.89	*N/A*	12.04	24.08	8.83	3.21	0.00
SALAD, TOSSED	1/2 cup	100	49	0	84	3.76	1.91	88.5	12565	42.55	*5	2.78	10.68	0.42	0.06	0.00
TOMATO, CHERRY	1/2 CUP	100	11	0	3	0.72	0.16	6.0	496	7.56	0	0.52	2.32	0.12	0.00	0.00
PINEAPPLE CHUNKS	1/2 CUP	100	52	0	1	0.81	0.39	14.1	38	7.56	*N/A*	0.36	13.56	0.12	0.01	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
BUTTERSCOTCH PUDD.	1/2 cup	100	108	0	241	0.19	1.02	9.7	8844	0.0	*1	0.82	18.78	3.24	0.66	*0.00
Weighted Daily Average % of Calories			696	30	1034	8.71	*6.72	*484.8	22345	*74.26	*27 *15.5%	27.09 15.6%	113.13 65.0%	14.18 18.3%	4.08 5.3%	*0.00 *0.0%
Nutrient Guideline			682-793		1243										<10.00	

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Garfield County School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/11/2019																
SECONDARY HOT BREAK	Total	25														
NOTABLES, ASST.	1 EA	25	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
FRUIT, ASST	1/2 each	25	103	0	1	4.12	0.26	25.9	178	33.1	*N/A*	1.18	26.7	0.34	0.09	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	20	2	21	0.00	0.01	61.0	96	0.0	3	1.64	2.44	0.47	0.31	*N/A*
	RTON															
Weighted Daily Average			540	6	407	9.12	*3.88	*286.9	1845	*93.10	*47	12.23	110.14	6.82	1.90	*0.00
% of Calories											*34.8%	9.1%	81.6%	11.4%	3.2%	*0.0%
Nutrient Guideline			682-793		1243											<10.00

Mon - 10/14/2019																
SECONDARY HOT BREAK	Total	25														
FRENCH TOAST STIX	3 stick	25	52	0	104	0.20	0.36	8.0	0	0.0	*N/A*	1.0	7.4	2.2	0.40	0.00
SYRUP,PANCAKE: PPI'S	PACKET	25	24	0	6	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.97	0.0	0.00	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
	RTON															
SECONDARY LUNCH 9-12	Total	100														
CHICKEN NUGGETS, SEC.	SERV	100	181	14	499	4.53	1.63	54.4	0	0.0	*N/A*	10.88	3.63	10.88	2.27	0.00
FRENCH FRIES	1 CUP	100	151	0	292	2.14	0.58	0.0	0	1.94	*N/A*	2.14	19.44	7.45	2.14	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
RANGER COOKIE	1 Each	100	96	4	80	0.80	0.58	0.0	160	0.0	*N/A*	0.8	12.8	4.8	2.80	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
	RTON															
Weighted Daily Average			713	23	1163	11.15	*3.34	*98.6	380	*20.24	*18	23.68	91.83	25.78	7.78	*0.00
% of Calories											*10.3%	13.3%	51.5%	32.5%	9.8%	*0.0%
Nutrient Guideline			682-793		1243											<10.00

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Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/15/2019																
SECONDARY HOT BREAK	Total	25														
BELGIAN WAFFLE	3.17 OZ.	25	78	6	76	0.20	0.14	8.0	*N/A*	*N/A*	5	1.0	9.59	3.99	2.20	0.20
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.32	0.52	0.1	0.06	0.00
SECONDARY LUNCH 9-12																
SALISBURY STEAK	1 EACH	100	113	22	258	1.15	0.99	28.5	98	0.53	1	11.74	8.38	3.58	0.93	0.06
MASHED POTATOES:flakes, (S EC)	1 CUP	100	143	0	593	3.18	0.59	3.8	0	5.72	*N/A*	3.18	28.58	2.38	0.00	0.00
GRAVY,BROWN,FROM DEHYDR & WATE	4 OZ	100	40	0	496	0.00	0.00	0.0	0	0.0	*N/A*	1.6	6.4	1.6	0.00	0.00
ROLL, W.G. RICH	2 oz	100	110	7	8	1.72	1.02	13.5	11	0.03	*N/A*	3.66	18.76	2.53	0.60	0.00
California Vegetable Blend	1 CUP	100	18	0	18	1.44	7.87	223.9	4158	14.39	*N/A*	1.28	3.62	0.16	0.00	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average % of Calories			710	41	1632	11.16	*10.80	*301.7	*4470	*38.97	*25 *13.9%	31.30 17.6%	117.96 66.4%	14.70 18.6%	3.90 4.9%	*0.26 *0.3%
Nutrient Guideline			682-793		1243										<10.00	

Wed - 10/16/2019																
SECONDARY HOT BREAK	Total	25														
BAGEL: PLAIN WW	1 EACH	25	46	0	92	0.38	3.82	0.0	0	0.0	*N/A*	1.53	9.36	0.19	0.00	0.00
YOGURT, ASST.	4OZ.	25	36	0	30	0.00	0.00	120.4	0	0.48	*N/A*	1.2	7.63	0.0	0.00	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.32	0.52	0.1	0.06	0.00

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Garfield County School District

Oct 1, 2019 thru Oct 31, 2019

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Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
SECONDARY LUNCH 9-12	Total	100														
SOFT SHELL TACO(BEEF)	1 EACH	100	199	26	357	1.77	2.44	64.3	202	1.68	*2	10.59	20.36	8.18	3.11	*0.02
REFRIED BEANS: canned	1 CUP	100	173	0	855	9.71	3.18	62.8	0	11.42	*N/A*	10.3	29.06	2.23	0.74	0.00
CORN	1/2 cup	100	64	0	88	1.60	0.29	16.0	0	2.88	*N/A*	1.6	13.6	0.8	0.00	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average % of Calories			728	32	1605	16.93	*9.91	*287.5	405	*34.76	*21 *11.3%	34.08 18.7%	122.64 67.4%	11.85 14.7%	4.03 5.0%	*0.02 *0.0%
Nutrient Guideline			682-793		1243											<10.00

Thu - 10/17/2019																
SECONDARY HOT BREAK	Total	25														
BREAKFAST SANDWICH	1 EACH	25	52	35	145	0.88	0.43	53.7	77	0.0	*N/A*	3.03	5.78	1.99	0.80	0.00
YOGURT, ASST.	4OZ.	25	36	0	30	0.00	0.00	120.4	0	0.48	*N/A*	1.2	7.63	0.0	0.00	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.32	0.52	0.1	0.06	0.00
SECONDARY LUNCH 9-12	Total	100														
NEW YORK SUB SANDWICH HS	1 EACH	100	240	42	1241	4.25	1.62	100.9	151	1.61	*1	20.8	26.32	6.68	2.73	*0.00
POTATO CHIPS, BAKED, LAYS	1 OZ	100	100	0	157	1.43	*N/A*	*N/A*	14	*N/A*	3	1.43	17.12	2.5	0.36	0.00
VEGGIE STIX	1/2 cup	100	8	0	20	0.70	0.14	12.3	311	12.15	*1	0.54	1.71	0.08	0.03	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average % of Calories			646	82	1776	10.74	*2.38	*311.4	756	*32.54	*22 *13.9%	35.85 22.2%	101.18 62.7%	11.70 16.3%	4.09 5.7%	*0.00 *0.0%
Nutrient Guideline			682-793		1243											<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/22/2019																
SECONDARY HOT BREAK	Total	25														
BREAKFAST BURRITO	1 EACH	25	56	7	114	0.20	*N/A*	20.0	60	0.24	0	2.0	6.0	2.2	0.80	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
	RTON															
SECONDARY LUNCH 9-12																
TOMATO SOUP	1 CUP	100	143	16	802	0.36	0.64	134.3	635	5.08	*N/A*	4.55	21.28	4.77	2.27	*N/A*
CHEESE SAND. WW BREAD (I. W.)	1 EA	100	213	22	358	2.69	0.97	179.2	358	*N/A*	1	8.96	23.29	10.75	5.38	*N/A*
BABY CARROTS	1/2 cup	100	32	0	71	2.63	0.81	29.0	12510	2.36	*N/A*	0.58	7.48	0.12	0.02	0.00
PICKLES,DILL	1/8 cup	100	2	0	136	0.17	0.06	6.5	28	0.12	*N/A*	0.09	0.4	0.02	0.01	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
	RTON															
Weighted Daily Average			655	52	1663	9.53	*2.66	*405.2	13812	*26.10	*19	25.05	101.05	18.31	8.64	*0.00
% of Calories											*11.8%	15.3%	61.7%	25.1%	11.9%	*0.0%
Nutrient Guideline			682-793		1243										<10.00	

Wed - 10/23/2019																
SECONDARY HOT BREAK	Total	25														
PANCAKE ON A STICK, Blueberry	1 EACH	25	50	3	64	0.20	2.16	0.0	0	0.0	*N/A*	1.2	4.6	3.0	0.90	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK	RTON															
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.32	0.52	0.1	0.06	0.00

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Garfield County School District

Oct 1, 2019 thru Oct 31, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
SECONDARY LUNCH 9-12	Total	100														
PULLED PORK IN BBQ SAUCE	3 OZ	100	211	24	638	4.03	1.71	62.1	180	0.14	*10	13.8	30.44	4.21	0.96	0.01
BAKED BEANS :BountifulHarvest:	1/2 cup	100	112	0	377	4.89	3.77	41.9	70	0.0	*N/A*	4.89	22.33	0.0	0.00	0.00
COLE SLAW	1/2 CUP	100	134	9	105	1.43	0.38	26.0	1710	17.65	*3	0.9	5.21	12.73	1.39	*0.00
BISCUITS: WHOLE GRN,PURC HASED	1 each	100	152	0	520	1.60	0.86	32.0	0	0.0	*N/A*	3.2	19.2	6.4	4.00	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average			868	42	1887	15.62	*9.07	*186.0	2163	*36.09	*32	32.83	124.42	26.80	7.43	*0.01
% of Calories											*14.5%	15.1%	57.3%	27.8%	7.7%	*0.0%
Nutrient Guideline			682-793		1243										<10.00	

Thu - 10/24/2019																
SECONDARY HOT BREAK	Total	25														
APPLE CINNAMON TEXAS TO AST	SLICE	25	52	*N/A*	60	0.40	0.54	8.0	80	0.24	3	1.59	8.96	1.19	0.20	*N/A*
FRUIT, ASST	1 EACH	25	14	0	0	0.66	0.03	1.7	15	1.27	*N/A*	0.07	3.81	0.05	0.01	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
SECONDARY LUNCH 9-12	Total	100														
CORN DOG	1 EACH	100	225	32	867	1.61	1.45	64.2	80	12.04	*N/A*	7.23	25.69	9.63	2.41	0.00
POTATO WEDGES, SAVORY HS	4 OZ	100	160	0	277	3.20	0.77	0.0	0	2.56	*N/A*	2.13	19.2	7.47	2.13	3.20
GREEN BEANS	1/2 cup	100	16	0	88	1.60	0.29	16.0	160	2.88	*N/A*	0.72	3.2	0.0	0.00	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average			655	*38	1475	10.12	*3.21	*120.9	519	*30.67	*22	20.37	98.11	18.72	4.91	*3.20
% of Calories											*13.2%	12.4%	59.9%	25.7%	6.7%	*4.4%
Nutrient Guideline			682-793		1243										<10.00	

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Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/25/2019																
SECONDARY HOT BREAK	Total	25														
NOTABLES, ASST.	1 EA	25	320	0	240	5.00	3.60	200.0	1500	60.0	30	3.0	65.0	6.0	1.50	0.00
FRUIT, ASST	1/2 each	25	103	0	1	4.12	0.26	25.9	178	33.1	*N/A*	1.18	26.7	0.34	0.09	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	20	2	21	0.00	0.01	61.0	96	0.0	3	1.64	2.44	0.47	0.31	*N/A*
	RTON															
Weighted Daily Average			540	6	407	9.12	*3.88	*286.9	1845	*93.10	*47	12.23	110.14	6.82	1.90	*0.00
% of Calories											*34.8%	9.1%	81.6%	11.4%	3.2%	*0.0%
Nutrient Guideline			682-793		1243										<10.00	

Tue - 10/29/2019																
SECONDARY HOT BREAK	Total	25														
MAPLE BITES	4 EACH	25	48	0	52	0.79	0.29	15.9	0	0.0	3	0.79	8.73	1.19	0.00	0.00
YOGURT, ASST.	4OZ.	25	36	0	30	0.00	0.00	120.4	0	0.48	*N/A*	1.2	7.63	0.0	0.00	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
	RTON															
SECONDARY LUNCH 9-12	Total	100														
CHICKEN PARMESAN	1 EACH	100	233	30	501	2.16	1.36	154.3	718	11.29	*0	12.5	15.35	13.28	3.81	*0.00
BREADSTICK, CHEESE FILLED	1 EACH	100	136	20	264	1.60	0.58	160.0	320	0.0	*N/A*	6.4	10.4	8.0	4.80	0.00
CORN	1/2 cup	100	64	0	88	1.60	0.29	16.0	0	2.88	*N/A*	1.6	13.6	0.8	0.00	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE	8 OZ. CA	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK	RTON															
MILK 1% LOWFAT	8 OZ. CA	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
	RTON															
Weighted Daily Average			726	56	1117	9.63	*2.70	*502.8	1257	*32.95	*21	31.36	98.30	23.72	8.78	*0.00
% of Calories											*11.8%	17.3%	54.2%	29.4%	10.9%	*0.0%
Nutrient Guideline			682-793		1243										<10.00	

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Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/30/2019																
SECONDARY HOT BREAK	Total	25														
BREAKFAST ROUNDS	1 Each	25	34	0	38	1.00	1.26	60.0	150	0.0	*N/A*	0.6	6.6	0.9	0.20	0.00
YOGURT, ASST.	4OZ.	25	36	0	30	0.00	0.00	120.4	0	0.48	*N/A*	1.2	7.63	0.0	0.00	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	5	4	0	5	0.00	*N/A*	*N/A*	2	*N/A*	0	0.32	0.52	0.1	0.06	0.00
SECONDARY LUNCH 9-12																
MAC & CHEESE; WHOLE GRAIN	1 CUP	100	327	32	797	1.59	1.15	478.1	797	0.0	*N/A*	19.92	34.26	12.75	6.37	0.00
GREEN BEANS Sec.	1/2	100	21	0	117	2.13	0.38	21.3	213	3.84	*N/A*	0.96	4.27	0.0	0.00	0.00
BABY CARROTS	1/2 cup	100	32	0	71	2.63	0.81	29.0	12510	2.36	*N/A*	0.58	7.48	0.12	0.02	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	100	96	4	144	0.00	*N/A*	*N/A*	72	*N/A*	14	6.4	16.0	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average % of Calories			659	38	1237	10.83	*3.79	*732.9	13873	*24.98	*18 *11.1%	32.12 19.5%	102.86 62.4%	14.22 19.4%	6.77 9.2%	*0.00 *0.0%
Nutrient Guideline			682-793		1243										<10.00	

Thu - 10/31/2019																
SECONDARY HOT BREAK	Total	25														
FRENCH TOAST STIX W/SYRUP	SERVING	25	76	0	110	0.20	0.36	8.0	0	0.0	*N/A*	1.0	13.37	2.2	0.40	0.00
FRUIT, ASST	1/2 each	25	21	0	0	0.82	0.05	5.2	36	6.62	*N/A*	0.24	5.34	0.07	0.02	0.00
JUICE, ASSORTED,	1/2 cup	25	7	0	0	0.00	0.00	0.0	0	6.6	*N/A*	0.0	1.84	0.0	0.00	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	20	19	1	29	0.00	*N/A*	*N/A*	14	*N/A*	3	1.28	3.2	0.0	0.00	0.00
MILK, 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
SECONDARY LUNCH 9-12	Total	100														
ORANGE CHICKEN	3.92 oz	100	128	36	247	0.00	0.58	0.0	80	0.0	9	9.6	16.8	2.4	0.40	0.00
RICE	1 CUP	100	173	0	8	2.89	0.66	16.0	0	0.0	*N/A*	4.03	35.83	1.41	0.28	0.00
BROCCOLI: frozen, boiled	1 CUP	100	24	0	10	2.60	0.53	28.6	875	34.7	*N/A*	2.68	4.63	0.1	0.02	0.00
FORTUNE COOKIE	1 EACH	100	26	0	9	0.12	2.45	56.0	120	0.0	*N/A*	0.16	16.8	0.16	0.00	0.00
FRUIT, ASST	1 EACH	100	57	0	1	2.65	0.13	6.6	60	5.08	*N/A*	0.29	15.25	0.19	0.03	0.00
MILK CHOCOLATE FAT FREE MILK	8 OZ. CA RTON	95	91	4	137	0.00	*N/A*	*N/A*	68	*N/A*	14	6.08	15.2	0.0	0.00	0.00
MILK 1% LOWFAT	8 OZ. CA RTON	5	4	0	4	0.00	0.00	12.2	19	0.0	1	0.33	0.49	0.09	0.06	*N/A*
Weighted Daily Average			630	42	559	9.28	*4.76	*144.7	1291	*53.00	*26	26.01	129.23	6.72	1.27	*0.00
% of Calories											*16.7%	16.5%	82.0%	9.6%	1.8%	*0.0%
Nutrient Guideline			682-793		1243										<10.00	

Weighted Average			681	*41	1098	10.94	*4.96	*275.6	*5582	*43.10	*28	*26.85	110.23	15.53	5.18	*0.19
											*36.5%	*15.8%	64.8%	20.5%	6.9%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	681		682 - 793	100%		1		Correction Required - Calories are Low
Cholesterol (mg)	41				Missing			
Sodium 1 (mg)	1098		1243					
Sodium 2 (mg)	1098		964				134	Correction Required - Sodium too High
Fiber (g)	10.94							
Iron (mg)	4.96				Missing			
Calcium (mg)	275.6				Missing			
Vitamin A (IU)	5582				Missing			
Sugars (g)	28	16.24%			Missing			
Vitamin C (mg)	43.10				Missing			
Protein (g)	26.85	15.78%			Missing			
Carbohydrate (g)	110.23	64.78%						
Total Fat (g)	15.53	20.54%						
Saturated Fat (g)	5.18	6.85%	<10.00%					
Trans Fat ¹ (g)	0.19	0.25%			Missing			

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