

**Garfield County School District**

**Nov 1, 2017 thru Nov 30, 2017**

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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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>Wed - 11/01/2017</b>										
ELEM. HOT BREAKFAST	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	35	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	30	110	10	130	8.0	13.0	2.5	1.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	5	118	0	29	0.0	29.87	0.0	0.00	0.000
ELEMENTARY LUNCH K-8	Total	110								
SCALLOPED POT W/ HAM - ELEM	1/2	110	220	29	1228	16.07	23.21	7.22	3.78	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	110	137	9	10	4.57	23.45	3.17	0.75	0.000
PEAS & CARROTS	1/2 cup	110	38	0	54	2.47	8.1	0.34	0.06	0.000
FRUIT COCKTAIL	1/2 CUP	110	69	0	7	0.48	18.07	0.08	0.01	0.000
KIWI	1 CUP	110	108	0	5	2.02	25.95	0.92	0.05	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			637	38	1239	29.90	110.50	10.34	4.09	0.000
% of Calories						18.8%	69.4%	14.6%	5.8%	
Nutrient Guideline			545-608		1039				<10.00	

<b>Thu - 11/02/2017</b>										
ELEM. HOT BREAKFAST	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	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
ELEMENTARY LUNCH K-8	Total	110								
PIZZA W/ PEPPERONI: MAX	slice	110	390	20	1000	18.0	42.0	16.0	5.00	0.000
SALAD, TOSSED	1/2 cup	110	62	0	105	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	110	13	0	4	0.65	2.9	0.15	0.00	0.000
PINEAPPLE CHUNKS	1/2 CUP	110	66	0	1	0.45	16.95	0.15	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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Garfield County School District

Nov 1, 2017 thru Nov 30, 2017

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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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			617	21	1140	26.64	93.83	15.75	4.53	0.000
% of Calories						17.3%	60.8%	23.0%	6.6%	
Nutrient Guideline			545-608		1039				<10.00	

Fri - 11/03/2017										
ELEM. HOT BREAKFAST	Total	35								
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	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			541	6	411	12.21	110.58	6.68	1.81	0.000
% of Calories						9.0%	81.8%	11.1%	3.0%	
Nutrient Guideline			545-608		1039				<10.00	

Mon - 11/06/2017										
ELEM. HOT BREAKFAST	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	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
ELEMENTARY LUNCH K-8	Total	110								
CHICKEN NUGGETS	SERV	110	200	15	550	12.0	4.0	12.0	2.50	0.000
POTATO WEDGES, SAVORY ELEM	2 OZ	110	100	0	173	1.33	12.0	4.67	1.33	0.000
VEGGIE CUP	1 CUP	110	17	0	26	1.0	3.59	0.18	0.03	0.000
PEACHES	1/2 CUP	110	63	0	9	0.0	15.3	0.0	0.00	0.000
APPLESAUCE CAKE	SERVINGS	110	191	30	180	3.32	32.43	5.51	1.60	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			645	51	979	24.11	85.88	19.93	5.29	0.000
% of Calories						14.9%	53.2%	27.8%	7.4%	
Nutrient Guideline			545-608		1039				<10.00	

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**Nov 1, 2017 thru Nov 30, 2017**

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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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 - 11/07/2017</b>										
ELEM. HOT BREAKFAST	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	40	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
ELEMENTARY LUNCH K-8	Total	110								
SPAGHETTI WITH MEAT SAUCE	3/4 CUP	110	288	44	584	18.2	27.18	10.28	3.32	0.000
BREADSTICK, CHEESE FILLED	1 EACH	110	170	25	330	8.0	13.0	10.0	6.00	0.000
GREEN BEANS	1/2 CUP	110	20	0	110	0.9	4.0	0.0	0.00	0.000
APPLESAUCE	1/2 cup	110	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			623	62	1064	32.34	81.76	17.58	8.22	0.000
% of Calories						20.8%	52.5%	25.4%	11.9%	
Nutrient Guideline			545-608		1039				<10.00	

<b>Wed - 11/08/2017</b>										
ELEM. HOT BREAKFAST	Total	40								
BREAKFAST SANDWICH	1 EACH	40	259	173	726	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	40	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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
ELEMENTARY LUNCH K-8	Total	110								
Teriyaki Chicken	2 oz	110	75	33	266	9.97	4.98	1.66	0.42	0.000
RICE	1/2 CUP	110	216	0	10	5.04	44.79	1.76	0.35	0.000
BROCCOLI: frozen, boiled	1/2 CUP	110	15	0	6	1.68	2.89	0.07	0.01	0.000
MANDARIN ORANGES	1/2 cup	110	66	0	12	0.82	15.61	0.0	0.00	0.000
FORTUNE COOKIE	1 EACH	110	32	0	11	0.2	21.0	0.2	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

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Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

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

002 - BRYCE VALLEY ELEMENTARY

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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			535	76	591	25.50	105.61	5.72	1.83	0.000
% of Calories						19.1%	79.0%	9.6%	3.1%	
Nutrient Guideline			545-608		1039				<10.00	

Thu - 11/09/2017										
ELEM. HOT BREAKFAST	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	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
ELEMENTARY LUNCH K-8	Total	110								
BEEFY MAC	3/4 CUP	110	325	37	220	19.89	49.58	5.84	1.63	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	110	137	9	10	4.57	23.45	3.17	0.75	0.000
CORN	1/2 cup	110	80	0	110	2.0	17.0	1.0	0.00	0.000
PEARS	1/2 CUP	110	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			712	42	498	30.90	130.91	9.20	2.23	0.000
% of Calories						17.4%	73.5%	11.6%	2.8%	
Nutrient Guideline			545-608		1039				<10.00	

Fri - 11/10/2017										
ELEM. HOT BREAKFAST	Total	35								
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	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			541	6	411	12.21	110.58	6.68	1.81	0.000
% of Calories						9.0%	81.8%	11.1%	3.0%	
Nutrient Guideline			545-608		1039				<10.00	

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Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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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>Mon - 11/13/2017</b>										
ELEM. HOT BREAKFAST	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	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
ELEMENTARY LUNCH K-8	Total	110								
CHICKEN CHILI	1 CUP	110	258	52	493	26.47	30.88	4.38	0.80	0.000
CRACKERS	3 PACKETS	110	75	0	169	1.7	13.33	1.56	0.30	0.000
BABY CARROTS	1/2 cup	110	40	0	88	0.73	9.34	0.15	0.03	0.000
PEACHES, DICED, CUP, FROZEN	4.4 OZ	110	80	0	0	1.0	19.0	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			556	56	837	33.40	89.85	7.59	2.00	0.000
% of Calories						24.0%	64.7%	12.3%	3.2%	
Nutrient Guideline			545-608		1039				<10.00	

<b>Tue - 11/14/2017</b>										
ELEM. HOT BREAKFAST	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	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
ELEMENTARY LUNCH K-8	Total	110								
SLOPPY JOE	1 EACH	110	303	46	515	19.02	34.45	10.48	3.51	0.000
BAKED BEANS :BountifulHarvest:	1/2 cup	110	140	0	471	6.11	27.91	0.0	0.00	0.000
VEGGIE CUP	1 CUP	110	17	0	26	1.0	3.59	0.18	0.03	0.000
STRAWBERRIES, FRZ CUP	1/2 CUP	110	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			657	41	1069	29.85	111.88	11.19	3.35	0.000
% of Calories						18.2%	68.2%	15.3%	4.6%	
Nutrient Guideline			545-608		1039				<10.00	

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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
Wed - 11/15/2017										
ELEM. HOT BREAKFAST	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	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	110								
ROASTED TURKEY	2 oz.	110	88	30	386	12.09	1.74	3.28	1.08	0.000
MASHED POTATOES:flakes, (ELEM)	1/2 CUP	110	89	0	371	1.98	17.86	1.49	0.00	0.000
TURKEY GRAVY	1/4 cup	110	23	5	280	0.93	3.71	0.46	0.00	0.000
ROLL, W.G. RICH 1 OZ.	1 OZ.	110	137	9	10	4.57	23.45	3.17	0.75	0.000
CORN	1/2 cup	110	80	0	110	2.0	17.0	1.0	0.00	0.000
FRUIT COCKTAIL	1/2 CUP	110	69	0	7	0.48	18.07	0.08	0.01	0.000
PUMPKIN BARS	SERVING	110	211	10	232	2.33	29.72	9.91	2.25	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			725	49	1345	28.96	117.07	16.72	4.00	0.000
% of Calories						16.0%	64.6%	20.8%	5.0%	
Nutrient Guideline			545-608		1039				<10.00	

Thu - 11/16/2017										
ELEM. HOT BREAKFAST	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	35	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	30	110	10	130	8.0	13.0	2.5	1.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	5	118	0	29	0.0	29.87	0.0	0.00	0.000

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**Garfield County School District**

**Nov 1, 2017 thru Nov 30, 2017**

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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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
ELEMENTARY LUNCH K-8	Total	110								
CHICKEN SANDWICH	1 EACH	110	373	40	807	21.19	35.26	16.67	3.54	0.000
FRENCH FRIES	1/2 CUP	110	94	0	182	1.34	12.15	4.66	1.34	0.000
VEGGIE CUP	1 CUP	110	17	0	26	1.0	3.59	0.18	0.03	0.000
KIWI	1 CUP	110	108	0	5	2.02	25.95	0.92	0.05	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	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			668	40	1024	30.05	97.92	18.51	4.33	0.000
% of Calories						18.0%	58.6%	24.9%	5.8%	
Nutrient Guideline			545-608		1039				<10.00	

Fri - 11/17/2017										
ELEM. HOT BREAKFAST	Total	35								
NOTABLES, ASST.	1 EA	35	320	0	240	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	1.18	26.7	0.34	0.09	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			541	6	411	12.21	110.58	6.68	1.81	0.000
% of Calories						9.0%	81.8%	11.1%	3.0%	
Nutrient Guideline			545-608		1039				<10.00	

Mon - 11/20/2017										
ELEM. HOT BREAKFAST	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	40	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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**Garfield County School District**

**Nov 1, 2017 thru Nov 30, 2017**

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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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
ELEMENTARY LUNCH K-8	Total	110								
ORANGE CHICKEN	3.92 oz	110	160	45	309	12.0	21.0	3.0	0.50	0.000
RICE	1/2 CUP	110	216	0	10	5.04	44.79	1.76	0.35	0.000
BROCCOLI: frozen, boiled	1/2 CUP	110	15	0	6	1.68	2.89	0.07	0.01	0.000
MANDARIN ORANGES	1/2 cup	110	66	0	12	0.82	15.61	0.0	0.00	0.000
FORTUNE COOKIE	1 EACH	110	32	0	11	0.2	21.0	0.2	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			594	44	540	26.00	118.26	6.01	1.80	0.000
% of Calories						17.5%	79.7%	9.1%	2.7%	
Nutrient Guideline			545-608		1039				<10.00	

Tue - 11/21/2017										
ELEM. HOT BREAKFAST	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	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
ELEMENTARY LUNCH K-8	Total	110								
HAMBURGER ON A BUN ELEM.	1 EACH	110	266	48	271	20.43	22.12	10.77	3.64	0.000
SUN CHIPS	1bag	110	210	0	240	4.0	27.0	9.0	1.00	0.000
VEGGIE CUP	1 CUP	110	17	0	26	1.0	3.59	0.18	0.03	0.000
PEACHES	1/2 CUP	110	63	0	9	0.0	15.3	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			634	53	681	30.01	86.40	18.10	4.69	0.000
% of Calories						18.9%	54.5%	25.7%	6.7%	
Nutrient Guideline			545-608		1039				<10.00	

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**Garfield County School District**

**Nov 1, 2017 thru Nov 30, 2017**

Planned Menu Spreadsheet

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

Portion Values - Detailed

002 - BRYCE VALLEY ELEMENTARY

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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>Mon - 11/27/2017</b>										
ELEM. HOT BREAKFAST	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	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
ELEMENTARY LUNCH K-8	Total	110								
CHICKEN FAJITA ELEM.	2 OZ.	110	243	62	582	15.69	23.47	10.07	3.51	0.000
REFRIED BEANS: ELEM	1/2 cup	110	217	0	1069	12.88	36.32	2.78	0.93	0.000
LETTUCE, SHREDDED	1 OZ	110	0	0	0	0.0	0.01	0.0	0.00	0.000
CHEESE, SHREDDED, CHEDDAR	1 OZ	110	106	27	406	6.28	0.45	8.86	5.58	0.000
CORN	1/2 cup	110	80	0	110	2.0	17.0	1.0	0.00	0.000
PEARS	1/2 CUP	110	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			790	74	1883	38.78	121.22	18.83	8.03	0.000
% of Calories						19.6%	61.3%	21.4%	9.1%	
Nutrient Guideline			545-608		1039				<10.00	

<b>Tue - 11/28/2017</b>										
ELEM. HOT BREAKFAST	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	30	120	5	180	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	HALF PINT	5	110	10	130	8.0	13.0	2.5	1.50	0.000
ELEMENTARY LUNCH K-8	Total	110								
HOT HAM & CHEESE	1 EACH	110	230	38	756	16.31	23.04	8.49	3.73	0.000
TATOR TOTS	1 CUP	110	181	0	474	2.26	22.58	9.03	2.26	0.000
CARROTS:frozen, boiled	1/2 CUP	110	41	0	0	0.64	8.46	0.74	0.13	0.000
APPLESAUCE	1/2 cup	110	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

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# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

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

002 - BRYCE VALLEY ELEMENTARY

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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			576	38	1231	25.79	83.34	15.87	5.54	0.000
% of Calories						17.9%	57.9%	24.8%	8.7%	
Nutrient Guideline			545-608		1039				<10.00	

Wed - 11/29/2017										
ELEM. HOT BREAKFAST	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	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
ELEMENTARY LUNCH K-8	Total	110								
CHICKEN PARMESAN	1 EACH	110	228	32	461	12.13	12.9	14.1	3.45	0.000
BREAD STICKS,PLAIN : WW ELEM.	1 EA	110	70	0	120	2.5	13.5	1.0	0.00	0.000
BROCCOLI: frozen, boiled	1/2 CUP	110	15	0	6	1.68	2.89	0.07	0.01	0.000
BABY CARROTS	1/2 cup	110	40	0	88	0.73	9.34	0.15	0.03	0.000
GRAPES,Fresh	1/2 CUP	110	76	0	2	0.71	19.45	0.4	0.13	0.000
BANANA, HALF	1/2 EACH	50	45	0	1	0.55	11.53	0.17	0.06	0.000
VANILLA PUDDING	1/2 cup	110	135	0	302	1.03	23.47	4.05	0.82	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	30	1041	23.95	102.63	18.03	4.05	0.000
% of Calories						14.6%	62.4%	24.7%	5.5%	
Nutrient Guideline			545-608		1039				<10.00	

Thu - 11/30/2017										
ELEM. HOT BREAKFAST	Total	40								
BREAKFAST SANDWICH	1 EACH	40	259	173	726	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST. ELEM.	1/2 EACH	40	155	0	3	1.72	40.37	0.46	0.13	0.000
JUICE, ASSORTED,	1/2 cup	40	37	0	0	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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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# Garfield County School District

Planned Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

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

002 - BRYCE VALLEY ELEMENTARY

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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
ELEMENTARY LUNCH K-8	Total	110								
PIZZA RIPPERS, PEPPERONI, 7-8	4 OZ.	110	301	30	552	15.05	30.11	11.04	4.01	0.000
SALAD, TOSSED	1/2 cup	110	62	0	105	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	1/2 CUP	110	13	0	4	0.65	2.9	0.15	0.00	0.000
PINEAPPLE CHUNKS	1/2 CUP	110	66	0	1	0.45	16.95	0.15	0.01	0.000
Chocolate Chip Cookies :WG:	1 Each	110	129	0	120	1.99	22.91	3.98	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
Weighted Daily Average			657	74	940	28.37	103.37	14.64	5.00	0.000
% of Calories						17.3%	62.9%	20.0%	6.8%	
Nutrient Guideline			545-608		1039				<10.00	

Weighted Average			627	43	912	26.38	103.80	12.85	3.91	0.000
						16.8%	66.2%	18.4%	5.6%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	627		545 - 608	103%			18	Correction Required - Calories too High
Cholesterol (mg)	43							
Sodium (mg)	912		1039					
Protein (g)	26.38	16.84%						
Carbohydrate (g)	103.80	66.25%						
Total Fat (g)	12.85	18.45%						
Saturated Fat (g)	3.91	5.62%	<10.00%					

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