

Garfield County School District

Jan 1, 2019 thru Jan 31, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 01/03/2019											
SECONDARY HOT BREAK	Total	35									
BREAKFAST ROUNDS	1 Each	35	170	1	190	*N/A*	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	4OZ.	35	181	0	151	*N/A*	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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											
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
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
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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			718	19	1133	*19	25.30	100.92	20.94	5.30	0.000
% of Calories						*10.6%	14.1%	56.3%	26.3%	6.6%	
Nutrient Guideline			655-770		1172					<10.00	

Fri - 01/04/2019											
SECONDARY HOT BREAK	Total	35									
NOTABLES, ASST.	1 EA	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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			558	7	437	*50	13.35	113.44	6.68	1.81	0.000
% of Calories						*35.7%	9.6%	81.3%	10.8%	2.9%	
Nutrient Guideline			655-770		1172					<10.00	

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

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Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Mon - 01/07/2019											
SECONDARY HOT BREAK	Total	35									
PANCAKE ON A STICK, Blueberry	1 EACH	35	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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									
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	1 EACH	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, 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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			616	42	843	*20	26.77	95.80	14.01	3.91	0.000
% of Calories						*12.8%	17.4%	62.2%	20.5%	5.7%	
Nutrient Guideline			655-770		1172					<10.00	

Tue - 01/08/2019											
SECONDARY HOT BREAK	Total	35									
BREAKFAST SANDWICH	1 EACH	35	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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									
ORANGE CHICKEN SECONDARY	4 OZ.	95	163	46	315	11	12.24	21.43	3.06	0.51	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			610	86	640	*27	28.51	120.27	6.90	1.90	0.000
% of Calories						*17.8%	18.7%	78.8%	10.2%	2.8%	
Nutrient Guideline			655-770		1172					<10.00	

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Wed - 01/09/2019											
SECONDARY HOT BREAK	Total	35									
POP TART STRAW.<OR> CINN. WG CHEESE ,STRING	1 each	35	180	0	185	*N/A*	2.0	36.92	2.74	1.00	0.000
FRUIT, ASST	1 each	35	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
JUICE, ASSORTED,	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK, 1% LOWFAT	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
	HALF PINT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12											
BEEFY MAC (SEC)	Total	95									
BISCUITS: WHOLE GRN,PURCHASED	1 CUP	95	325	37	220	*8	19.89	49.58	5.84	1.63	0.000
GREEN BEANS Sec.	1 each	95	190	0	650	*N/A*	4.0	24.0	8.0	5.00	0.000
FRUIT, ASST	3/4 cup	95	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK 1% LOWFAT	8 OZ. CARTO	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			679	37	1008	*25	29.74	111.45	12.65	6.09	0.000
% of Calories						*14.7%	17.5%	65.6%	16.8%	8.1%	
Nutrient Guideline			655-770		1172					<10.00	

Thu - 01/10/2019											
SECONDARY HOT BREAK	Total	35									
FRENCH TOAST STIX W/SYRUP	SERVING	35	378	0	549	*N/A*	5.0	66.87	11.0	2.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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											
PULLED PORK IN BBQ SAUCE	Total	95									
BARBECUE SAUCE: Bull's Eye	3 OZ	95	264	30	798	*13	17.25	38.05	5.27	1.20	0.000
BAKED BEANS : BH, SEC.	1 OZ.	95	0	0	0	*N/A*	0.0	0.0	0.0	0.00	0.000
BABY CARROTS, SEC	3/4 CUP	95	209	0	707	*N/A*	9.16	41.87	0.0	0.00	0.000
FRUIT, ASST	1 cup	95	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
MILK CHOCOLATE FAT FREE MILK	1 EACH	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK 1% LOWFAT	8 OZ. CARTO	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			694	28	1501	*28	30.39	127.76	7.36	1.61	0.000
% of Calories						*16.4%	17.5%	73.6%	9.5%	2.1%	
Nutrient Guideline			655-770		1172					<10.00	

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Fri - 01/11/2019											
SECONDARY HOT BREAK	Total	35									
NOTABLES, ASST.	1 EA	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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			558	7	437	*50	13.35	113.44	6.68	1.81	0.000
% of Calories						*35.7%	9.6%	81.3%	10.8%	2.9%	
Nutrient Guideline			655-770		1172					<10.00	

Mon - 01/14/2019											
SECONDARY HOT BREAK	Total	35									
MUFFIN	2 OZ	35	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	35	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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									
SOFT SHELL TACO(BEEF)	1 EACH	95	249	33	446	*3	13.24	25.45	10.23	3.89	0.000
REFRIED BEANS: canned	1 CUP	95	217	0	1069	*N/A*	12.88	36.32	2.78	0.93	0.000
SALSA	2 oz	95	18	0	266	*N/A*	1.77	3.54	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
LETTUCE, SHREDDED	1 OZ	95	0	0	0	*N/A*	0.0	0.01	0.0	0.00	0.000
CORN	1/2 cup	95	80	0	110	*N/A*	2.0	17.0	1.0	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			775	62	1972	*21	38.34	112.79	20.11	8.85	0.000
% of Calories						*10.9%	19.8%	58.2%	23.4%	10.3%	
Nutrient Guideline			655-770		1172					<10.00	

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Tue - 01/15/2019											
SECONDARY HOT BREAK	Total	35									
PIZZA BAGEL	1 EACH	35	179	15	468	*N/A*	8.96	18.93	6.97	2.99	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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									
COUNTRY FRIED STEAK	3 OZ	95	291	31	427	*N/A*	14.52	13.06	20.27	5.39	0.000
MASHED POTATOES:flakes, (SEC)	1 CUP	95	179	0	741	*N/A*	3.97	35.72	2.98	0.00	0.000
COUNTRY GRAVY	1/4 cup	95	44	0	219	*0	0.99	4.93	1.97	1.48	0.000
ROLL, W.G. RICH	2 oz	95	137	9	10	*N/A*	4.57	23.45	3.17	0.75	0.000
CORN	1/2 cup	95	80	0	110	*N/A*	2.0	17.0	1.0	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			801	39	1417	*19	30.65	118.46	23.80	6.54	0.000
% of Calories						*9.5%	15.3%	59.1%	26.7%	7.3%	
Nutrient Guideline			655-770		1172					<10.00	

Wed - 01/16/2019											
SECONDARY HOT BREAK	Total	35									
BREAKFAST BURRITO	1 EACH	35	280	35	570	1	10.0	30.0	11.0	4.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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 NOODLE SOUP	1 CUP	95	163	52	1175	*1	12.92	19.65	3.58	0.85	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, 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
RANGER COOKIE	1 Each	95	120	5	100	*N/A*	1.0	16.0	6.0	3.50	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			654	76	1580	*20	28.46	94.98	17.82	8.83	0.000
% of Calories						*12.4%	17.4%	58.1%	24.5%	12.2%	
Nutrient Guideline			655-770		1172					<10.00	

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 01/17/2019											
SECONDARY HOT BREAK	Total	35									
PANCAKES, WG FROZEN 110393	1 EACH	35	70	3	135	3	2.0	13.01	2.0	0.00	0.000
SYRUP, PANCAKE: PPI'S	PACKET	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
FRUIT, ASST	1 EACH	35	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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									
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
APPLE CRISP	1/2 cup	95	194	15	71	*14	1.96	33.78	6.25	3.62	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			677	39	768	*34	24.97	112.57	14.09	5.79	0.000
% of Calories						*20.3%	14.8%	66.5%	18.7%	7.7%	
Nutrient Guideline			655-770		1172					<10.00	

Fri - 01/18/2019											
SECONDARY HOT BREAK	Total	35									
NOTABLES, ASST.	1 EA	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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			558	7	437	*50	13.35	113.44	6.68	1.81	0.000
% of Calories						*35.7%	9.6%	81.3%	10.8%	2.9%	
Nutrient Guideline			655-770		1172					<10.00	

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Garfield County School District

Jan 1, 2019 thru Jan 31, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 01/23/2019											
SECONDARY HOT BREAK	Total	35									
PANCAKE ON A STICK, Plain	1 EACH	35	240	20	320	*N/A*	6.0	22.0	14.0	5.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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, 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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			680	26	1224	*24	26.84	102.29	18.95	6.02	0.000
% of Calories						*14.0%	15.8%	60.2%	25.1%	8.0%	
Nutrient Guideline			655-770		1172					<10.00	

Thu - 01/24/2019											
SECONDARY HOT BREAK	Total	35									
MUFFIN	2 OZ	35	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
CHEESE ,STRING	1 each	35	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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
VEGGIE CUP	1 CUP	95	17	0	26	*1	1.0	3.59	0.18	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			703	48	1250	*19	29.77	97.17	22.31	5.50	0.000
% of Calories						*11.1%	16.9%	55.3%	28.6%	7.0%	
Nutrient Guideline			655-770		1172					<10.00	

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Garfield County School District

Jan 1, 2019 thru Jan 31, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGH SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Fri - 01/25/2019											
SECONDARY HOT BREAK	Total	35									
NOTABLES, ASST.	1 EA	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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			558	7	437	*50	13.35	113.44	6.68	1.81	0.000
% of Calories						*35.7%	9.6%	81.3%	10.8%	2.9%	
Nutrient Guideline			655-770		1172					<10.00	

Mon - 01/28/2019											
SECONDARY HOT BREAK	Total	35									
FRENCH TOAST STIX	3 stick	35	260	0	520	*N/A*	5.0	37.0	11.0	2.00	0.000
SYRUP,PANCAKE: PPI'S	PACKET	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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									
CORN DOG	1 EACH	95	281	40	1084	*N/A*	9.03	32.11	12.04	3.01	0.000
POTATO WEDGES, SAVORY HS	4 OZ	95	200	0	347	*N/A*	2.67	24.0	9.33	2.67	0.000
GREEN BEANS	1/2 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
BROWNIE, FUDGE	SERVING	95	140	0	140	*N/A*	2.0	25.0	3.0	1.00	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			788	35	1565	*19	21.23	124.72	21.22	5.59	0.000
% of Calories						*9.6%	10.8%	63.3%	24.2%	6.4%	
Nutrient Guideline			655-770		1172					<10.00	

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Garfield County School District

Jan 1, 2019 thru Jan 31, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Tue - 01/29/2019											
SECONDARY HOT BREAK	Total	35									
BREAKFAST ROUNDS	1 Each	35	170	1	190	*N/A*	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	4OZ.	35	181	0	151	*N/A*	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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											
TACO SALAD	Total	95									
TACO SALAD	1 each	95	393	92	586	*5	27.15	16.76	25.38	14.29	0.000
REFRIED BEANS: canned	1 CUP	95	217	0	1069	*N/A*	12.88	36.32	2.78	0.93	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			860	74	1666	*23	44.54	122.22	23.71	11.56	0.000
% of Calories						*10.5%	20.7%	56.8%	24.8%	12.1%	
Nutrient Guideline			655-770		1172					<10.00	

Wed - 01/30/2019											
SECONDARY HOT BREAK	Total	35									
PANCAKES, WG FROZEN 110393	1 EACH	35	70	3	135	3	2.0	13.01	2.0	0.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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											
BROCCOLI CHEESE SOUP	Total	95									
BROCCOLI CHEESE SOUP	1 cup	95	480	96	1850	*2	25.48	23.26	32.95	20.36	0.000
TEXAS GARLIC TOAST	1 EACH	95	80	0	180	1	3.0	15.0	2.0	0.00	0.000
BABY CARROTS	1/2 cup	95	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
FRUIT, 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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			675	77	1775	*22	31.09	82.84	26.63	15.07	0.000
% of Calories						*13.1%	18.4%	49.1%	35.5%	20.1%	
Nutrient Guideline			655-770		1172					<10.00	

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Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

007 - BRYCE VALLEY HIGHSCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 01/31/2019											
SECONDARY HOT BREAK											
POP TART STRAW.<OR> CINN. WG	1 each	35	180	0	185	*N/A*	2.0	36.92	2.74	1.00	0.000
CHEESE ,STRING	1 each	35	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	35	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											
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
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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Chocolate Chip Cookies :WG:	1 Each	95	129	0	120	*N/A*	1.99	22.91	3.98	1.00	0.000
Weighted Daily Average			703	48	1677	*21	34.27	113.26	13.99	4.86	0.000
% of Calories						*11.9%	19.5%	64.5%	17.9%	6.2%	
Nutrient Guideline			655-770		1172					<10.00	

Weighted Average			677	40	1146	*28	26.54	110.07	15.33	5.51	0.000
						*37.8%	15.7%	65.0%	20.4%	7.3%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	677		655 - 770	100%				
Cholesterol (mg)	40							
Sodium 1 (mg)	1146		1172					
Sodium 2 (mg)	1146		918				228	Correction Required - Sodium too High
Sugars (g)	28	16.81%			Missing			
Protein (g)	26.54	15.68%						
Carbohydrate (g)	110.07	65.02%						
Total Fat (g)	15.33	20.37%						
Saturated Fat (g)	5.51	7.32%	<10.00%					

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