

# Garfield County School District

Planned Menu Spreadsheet  
 Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12  
 007 - BRYCE VALLEY HIGH SCHOOL

Feb 1, 2019 thru Feb 28, 2019

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
Fri - 02/01/2019										
SECONDARY HOT BREAK	35									
NOTABLES, ASST.	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	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										
		651-768		1163					<10.00	

Mon - 02/04/2019										
SECONDARY HOT BREAK	35									
PANCAKE ON A STICK, Blueberry	35	250	15	320	*N/A*	6.0	23.0	15.0	4.50	0.000
SYRUP/PANCAKE: PPI'S	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12										
MAC & CHEESE; WHOLE GRAIN	95	408	40	996	*N/A*	24.9	42.83	15.94	7.97	0.000
GREEN BEANS Sec.	95	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
BABY CARROTS, SEC	95	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
FRUIT, ASST	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average		660	39	1157	*19	30.20	99.84	16.24	7.22	0.000
% of Calories					*11.5%	18.3%	60.5%	22.2%	9.9%	
Nutrient Guideline										
		651-768		1163					<10.00	

Tue - 02/05/2019										
SECONDARY HOT BREAK	35									
BREAKFAST SANDWICH	35	259	173	726	*N/A*	15.13	28.92	9.96	4.00	0.000
FRUIT, ASST	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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# Garfield County School District

Feb 1, 2019 thru Feb 28, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

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
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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			685	150	670	*20	*41.03	100.78	15.07	6.73	0.000
% of Calories						*11.6%	*24.0%	58.9%	19.8%	8.8%	
Nutrient Guideline			651-768		1163					<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 02/06/2019	Total	35									
SECONDARY HOT BREAK	1 each	35	180	0	185	*N/A*	2.0	36.92	2.74	1.00	0.000
POP TART STRAW.<OR> CINN. WG	1 each	35	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
CHEESE ,STRING	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
FRUIT, ASST	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
JUICE, ASSORTED,	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
MILK 1% LOWFAT	HALF PINT										
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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			788	37	1084	*46	30.49	138.61	13.98	4.81	0.000
% of Calories						*23.4%	15.5%	70.4%	16.0%	5.5%	
Nutrient Guideline			651-768		1163					<10.00	

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Feb 1, 2019 thru Feb 28, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

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Thru - 02/07/2019	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY HOT BREAK	Total	35									
FRENCH TOAST STIX W/SYRUP	1/2 each	35	378	0	549	*N/A*	5.0	66.87	11.0	2.00	0.000
FRUIT, ASST	1/2 cup	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									
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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			736	58	1005	*19	33.32	103.65	21.59	6.68	0.000
% of Calories						*10.3%	18.1%	56.3%	26.4%	8.2%	
Nutrient Guideline			651-768		1163					<10.00	

Fri - 02/08/2019	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY HOT BREAK	Total	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			651-768		1163					<10.00	

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Portion Values - Detailed

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Mon - 02/11/2019	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY HOT BREAK	Total	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									
TOMATO SOUP	1 CUP	95	179	20	1002	*N/A*	5.69	26.6	5.96	2.83	0.000
CHEESE SANDWICH ON WG BREAD	SANDWICH	95	267	28	449	1	11.23	29.19	13.47	6.74	0.000
VEGGIE STIX	1/2 cup	95	11	0	25	*1	0.68	2.14	0.1	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
Choc. Chip Cookie	1 Each	95	129	0	120	*N/A*	1.99	22.91	3.98	1.00	0.000
Weighted Daily Average			714	53	1460	*20	26.21	111.37	20.59	8.99	0.000
% of Calories						*11.4%	14.7%	62.4%	26.0%	11.3%	
Nutrient Guideline			651-768		1163					<10.00	

Tue - 02/12/2019	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY HOT BREAK	Total	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									
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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000

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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
Weighted Daily Average		725	79	1101	*19	33.47	95.88	23.00	9.17	0.000
% of Calories					*10.7%	18.5%	52.9%	28.5%	11.4%	
Nutrient Guideline		651-768		1163					<10.00	

Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Wed - 02/13/2019										
Total	35									
SECONDARY HOT BREAK	35	280	35	570	1	10.0	30.0	11.0	4.00	0.000
BREAKFAST BURRITO	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
FRUIT, ASST	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
JUICE, ASSORTED,	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	35	102	12	107	13	8.22	12.18	2.37	1.54	0.000
MILK 1% LOWFAT	5									
Total	95									
SECONDARY LUNCH 9-12	95	138	217	828	*N/A*	14.78	2.27	6.65	1.88	0.000
SCRAMBLED EGGS & HAM (SEC.)	95	200	0	460	2	2.0	24.0	10.0	3.00	0.000
TRIANGLE HASH BROWNS - SEC.	95	190	0	650	*N/A*	4.0	24.0	8.0	5.00	0.000
BISCUITS: WHOLE GRN,PURCHASED	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
FRUIT, ASST	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	95	102	12	107	13	8.22	12.18	2.37	1.54	0.000
MILK 1% LOWFAT	5									
Total	5	679	174	1759	*21	27.09	89.33	21.42	8.47	0.000
Weighted Daily Average					*12.2%	16.0%	52.6%	28.4%	11.2%	
% of Calories		651-768		1163					<10.00	
Nutrient Guideline										

Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
Thu - 02/14/2019										
Total	35									
SECONDARY HOT BREAK	35	70	3	135	3	2.0	13.01	2.0	0.00	0.000
PANCAKES, WG FROZEN 110393	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
SYRUP,PANCAKE; PPI'S	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
JUICE, ASSORTED,	35	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
FRUIT, ASST	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	35	102	12	107	13	8.22	12.18	2.37	1.54	0.000
MILK 1% LOWFAT	5									

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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
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	1 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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			668	49	1605	*22	31.45	107.45	13.88	5.60	0.000
% of Calories						*13.0%	18.8%	64.3%	18.7%	7.5%	
Nutrient Guideline			651-768		1163					<10.00	

Fri - 02/15/2019	Total	35									
SECONDARY HOT BREAK	1 EA	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
NOTABLES, ASST.	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
FRUIT, ASST	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
MILK 1% LOWFAT											
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			651-768		1163					<10.00	

Mon - 02/19/2019	Total	35									
SECONDARY HOT BREAK	1 EACH	35	240	20	320	*N/A*	6.0	22.0	14.0	5.00	0.000
PANCAKE ON A STICK, Plain	1/2 each	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
FRUIT, ASST	1/2 cup	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
JUICE, ASSORTED,	8 OZ. CARTO	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	8 OZ. CARTO	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
MILK 1% LOWFAT											
Weighted Daily Average			515	27	517	*20	16.36	79.62	14.68	5.31	0.000
% of Calories						*15.4%	12.7%	61.8%	25.7%	9.3%	
Nutrient Guideline			651-768		1163					<10.00	

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# Garfield County School District

Feb 1, 2019 thru Feb 28, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

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
Tue - 02/19/2019										
SECONDARY HOT BREAK	Total									
MUFFIN	35	169	30	199	*N/A*	2.98	27.85	5.97	0.99	0.000
CHEESE_STRING	35	80	15	190	*N/A*	7.0	1.0	5.0	3.00	0.000
FRUIT, ASST	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12										
TERIYAKI CHICKEN (SEC)	95	180	80	640	*N/A*	24.0	12.0	4.0	1.00	0.000
RICE	95	216	0	10	*N/A*	5.04	44.79	1.76	0.35	0.000
BROCCOLI: frozen, boiled	95	30	0	12	*N/A*	3.35	5.79	0.13	0.02	0.000
FORTUNE COOKIE	95	32	0	11	*N/A*	0.2	21.0	0.2	0.00	0.000
FRUIT, ASST	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average		620	76	786	*19	35.72	113.36	7.85	2.25	0.000
% of Calories					*12.2%	23.0%	73.1%	11.4%	3.3%	
Nutrient Guideline		651-768		1163					<10.00	

Wed - 02/20/2019										
SECONDARY HOT BREAK	Total									
FRENCH TOAST STIX	35	260	0	520	*N/A*	5.0	37.0	11.0	2.00	0.000
SYRUP,PANCAKE: PP'S	35	118	0	29	*N/A*	0.0	29.87	0.0	0.00	0.000
FRUIT, ASST	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
SECONDARY LUNCH 9-12										
SCALLOPED POT W/ HAM, SEC.	95	370	43	2046	*0	25.14	44.42	10.44	4.57	0.000
ROLL, W/G. RICH	95	137	9	10	*N/A*	4.57	23.45	3.17	0.75	0.000
GREEN BEANS Sec.	95	20	0	110	*N/A*	0.9	4.0	0.0	0.00	0.000
FRUIT, ASST	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
MILK CHOCOLATE FAT FREE MILK	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average		705	44	1920	*19	32.92	115.04	13.35	4.59	0.000
% of Calories					*10.8%	18.7%	65.3%	17.0%	5.9%	
Nutrient Guideline		651-768		1163					<10.00	

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# Garfield County School District

Feb 1, 2019 thru Feb 28, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

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
Thu - 02/11/2019										
SECONDARY HOT BREAK	35									
BREAKFAST ROUNDS	35	170	1	190	*N/A*	3.0	33.0	4.5	1.00	0.000
YOGURT, ASST.	35	181	0	151	*N/A*	6.02	38.13	0.0	0.00	0.000
FRUIT, ASST	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
JUICE, ASSORTED,	35	37	0	0	*N/A*	0.0	9.18	0.0	0.00	0.000
MILK CHOCOLATE FAT FREE MILK	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK, 1% LOWFAT	5	110	10	130	12	8.0	13.0	2.5	1.50	0.000
SECONDARY LUNCH 9-12										
PIZZA RIPPERS, PEPPERONI, 7-8	95	301	30	552	*N/A*	15.05	30.11	11.04	4.01	0.000
SALAD, TOSSED (SEC)	95	62	0	105	*6	3.47	13.35	0.53	0.08	0.000
TOMATO, CHERRY	95	13	0	4	0	0.65	2.9	0.15	0.00	0.000
FRUIT, ASST	95	72	0	1	*N/A*	0.36	19.06	0.23	0.04	0.000
BUTTERSOTCH PUDD	95	135	0	302	*1	1.03	23.47	4.05	0.82	0.000
MILK CHOCOLATE FAT FREE MILK	95	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average		686	28	985	*24	26.39	114.73	13.18	4.03	0.000
% of Calories					*14.0%	15.4%	66.9%	17.3%	5.3%	
Nutrient Guideline		651-768		1163					<10.00	

Fri - 02/22/2019										
SECONDARY HOT BREAK	35									
NOTABLES, ASST.	35	320	0	240	30	3.0	65.0	6.0	1.50	0.000
FRUIT, ASST	35	103	0	1	*N/A*	1.18	26.7	0.34	0.09	0.000
MILK CHOCOLATE FAT FREE MILK	35	120	5	180	18	8.0	20.0	0.0	0.00	0.000
MILK 1% LOWFAT	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		651-768		1163					<10.00	

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# Garfield County School District

Planned Menu Spreadsheet

Feb 1, 2019 thru Feb 28, 2019

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

Portion Values - Detailed

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Mon - 02/25/2019	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY HOT BREAK	Total	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	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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			656	19	1037	*22	24.56	88.26	20.51	5.08	0.000
% of Calories						*13.6%	15.0%	53.9%	28.2%	7.0%	
Nutrient Guideline			651-768		1163					<10.00	

Tue - 02/26/2019	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Cost
SECONDARY HOT BREAK	Total	35									
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	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
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	5	102	12	107	13	8.22	12.18	2.37	1.54	0.000
Weighted Daily Average			677	44	1265	*26	32.88	113.46	10.19	3.81	0.000
% of Calories						*15.6%	19.4%	67.0%	13.5%	5.1%	
Nutrient Guideline			651-768		1163					<10.00	

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# Garfield County School District

Planned Menu Spreadsheet

Feb 1, 2019 thru Feb 28, 2019

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

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
Wed - 02/27/2019											
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	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, (ELEM)	1/2 CUP	95	89	0	371	*N/A*	1.98	17.86	1.49	0.00	0.000
COUNTRY GRavy	1/4 cup	95	44	0	219	*	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			782	35	1112	*19	29.21	119.46	22.05	6.01	0.000
% of Calories						*9.7%	14.9%	61.1%	25.4%	6.9%	
Nutrient Guideline			651-768		1163					<10.00	

Thu - 02/28/2019											
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									
CORN DOG	1 EACH	95	281	40	1084	*N/A*	9.03	32.11	12.04	3.01	0.000
FRENCH FRIES	1 CUP	95	189	0	364	*N/A*	2.67	24.3	9.31	2.67	0.000
BABY CARROTS	1/2 cup	95	40	0	88	*N/A*	0.73	9.34	0.15	0.03	0.000
BROWNIE, FUDGE	SERVING	95	140	0	140	*N/A*	2.0	25.0	3.0	1.00	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

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Feb 1, 2019 thru Feb 28, 2019

Planned Menu Spreadsheet

Combined: SECONDARY HOT BREAKFAST/SECONDARY LUNCH 9-12

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
Weighted Daily Average		792	39	1510	*19 *9.6%	21.36 10.8%	125.11 63.2%	22.40 25.4%	6.29 7.1%	0.000
Nutrient Guideline		651-768		1163					<10.00	

Weighted Average		666	49	1036	*28 *37.4%	*26.30 *15.8%	108.49 65.2%	14.84 20.1%	5.11 6.9%	0.000
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	666		651 - 768	100%				
Cholesterol (mg)	49							
Sodium 1 (mg)	1036		1163					
Sodium 2 (mg)	1036		912					
Sugars (g)	28	16.63%						
Protein (g)	26.30	15.80%						
Carbohydrate (g)	108.49	65.16%						
Total Fat (g)	14.84	20.05%						
Saturated Fat (g)	5.11	6.91%	<10.00%					
					Missing Missing			
							124	Correction Required - Sodium too High

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