

Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

Weighted Values - Detailed

003 - MANITOU ELEMENTARY SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/01/2014																
MANITOU Elementary BRE	Total	50														
Mini Pancakes Pillsbury straw	pouch	20	13	0	15	0.16	0.06	3.2	*N/A*	*N/A*	*N/A*	0.24	2.32	0.4	0.04	0.00
Mini Pancakes Pillsbury Maple	pouch	15	10	0	11	0.12	0.04	2.4	*N/A*	*N/A*	*N/A*	0.18	1.68	0.3	0.03	0.00
General Mills Cereals	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	50	8	0	0	0.28	0.02	3.1	237	3	8.81	0.16	2.07	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	15	6	1	8	0.00	0.00	18.0	30	6	0.14	0.48	0.72	0.15	0.09	0.00
MILK, FAT FREE 2014 B	HALF PINT	10	3	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
BEAN BURRITO 2014	SERVINGS	145	126	4	369	3.08	1.56	106.0	285	50	2.46	7.38	17.01	3.29	1.53	*0.00
Ham Cheese Sandwich Elem 2014	1 ea	20	18	2	51	0.32	0.14	19.9	12	2	0.05	1.28	2.19	0.4	0.10	0.00
Salad kit (make your own salad	1 each	35	27	6	48	0.24	0.16	32.5	449	25	0.62	2.35	1.11	1.45	0.59	*0.00
Salad Bar * Wed. Elem 14-15	1 EACH	150	83	1	93	3.33	1.06	61.0	2822	136	37.04	3.18	14.69	0.42	0.07	*0.00
FRUIT,FRESH ASSORTED Ele m 2014	1 EACH	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average % of Calories			623	19	795	16.07	4.38	592.5	*4737	*386	*131.48	25.36 16.3%	116.92 75.1%	7.82 11.3%	2.97 4.3%	*0.00 *0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/02/2014																
MANITOU Elementary BRE WAFFLES,PLN,FRZ,READY -T O-HEAT	Total 1 EACH	50 30														
			12	1	29	0.10	0.27	12.2	53	14	0.0	0.28	1.95	0.38	0.06	*N/A*
Teddy Graham Crackers	1 oz	10	5	0	5	0.04	0.04	4.0	*N/A*	*N/A*	*N/A*	0.08	0.84	0.16	*N/A*	*N/A*
General Mills Cereals oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	45	7	0	0	0.25	0.02	2.8	214	3	7.93	0.15	1.86	0.02	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	20	8	1	10	0.00	0.00	24.0	40	8	0.19	0.64	0.96	0.2	0.12	0.00
MILK, FAT FREE 2014 B	HALF PINT	15	5	0	8	0.00	0.00	18.0	30	6	0.14	0.48	0.72	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00
MANITOU ELEMENTARY L																
CHILI CON CARNE W/ BEANS	Total 1/2 CUP	200 145														
			125	33	113	1.23	1.89	30.6	367	70	7.27	11.26	5.18	6.63	2.46	*0.45
Cinnamon Rolls, whole wheat	1 ea	145	99	3	104	0.58	0.84	0.0	174	35	0.0	2.32	17.98	1.74	0.29	0.00
Ham Cheese Sandwich Elem 2014	1 ea	30	26	3	76	0.48	0.22	29.9	18	4	0.07	1.92	3.28	0.6	0.15	0.00
Salad kit (make your own salad)	1 each	25	19	4	34	0.17	0.12	23.2	321	18	0.44	1.68	0.79	1.04	0.42	*0.00
SALAD BAR * Thurs. Elem 14-15	1 EACH	200	78	0	106	4.45	1.50	62.3	8300	637	29.06	3.08	16.94	0.74	0.10	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average			715	49	680	15.84	6.22	541.3	*10398	*954	*127.37	31.68	125.16	12.89	*4.13	*0.45
% of Calories												17.7%	70.1%	16.2%	*5.2%	*0.6%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Fri - 10/03/2014																
MANITOU Elementary BRE OATMEAL	Total	50														
General Mills Cereals CRACKERS, GRAHAM yogurt Bar	1 CUP	45	9	0	1	0.23	0.10	1.6	0	0	0.0	0.37	1.39	0.15	0.03	*0.00
FRUIT, FRESH ASSORTED 2 Elem	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
MILK, FAT FREE 2014 B	4 EACH	5	5	0	5	0.03	0.04	0.3	0	0	0.0	0.08	0.87	0.11	0.02	*N/A*
MILK, 1% Lowfat 2014 A	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
Milk Choc. Fat Free 2014 C	1 EACH	45	43	0	0	1.71	0.11	12.0	80	8	15.54	0.52	11.05	0.14	0.04	*N/A*
MANITOU ELEMENTARY L CHEESE PIZZA 2014	HALF PINT	25	8	0	13	0.00	0.00	30.0	50	10	0.24	0.8	1.2	0.0	0.00	0.00
PEPPERONI PIZZA 2014	HALF PINT	10	4	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.1	0.06	0.00
Veggie Pizza 2014	HALF PINT	15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00
TURKEY CHEESE SAND. Elem. 2014	Total	200														
Salad Bar * Friday Elem 14-15	1 ea	72	80	6	163	0.80	0.31	76.8	65	13	0.24	4.49	9.19	2.8	1.34	0.00
FRUIT, FRESH ASSORTED Elem 2014	1 EA	57	68	6	147	0.63	0.29	63.0	73	21	0.19	3.9	7.3	2.75	1.18	*0.00
MILK, 1% Lowfat 2014 A	1 ea	57	66	5	139	0.72	0.31	62.6	87	13	1.08	3.61	7.53	2.36	1.08	*0.00
MILK, FAT FREE 2014 B	1 EACH	14	13	1	32	0.22	0.11	14.0	8	2	0.0	0.98	1.55	0.29	0.10	*0.00
Milk Choc. Fat Free 2014 C	1 EACH	200	102	0	43	4.66	1.27	47.7	6791	471	37.29	2.88	24.54	0.6	0.15	*N/A*
Weighted Daily Average % of Calories	1 EACH	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*
MANITOU ELEMENTARY L MILK, 1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MANITOU ELEMENTARY L MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
MANITOU ELEMENTARY L Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average % of Calories			697	23	739	16.87	3.62	645.0	7988	691	126.25	27.38	132.40	10.56	4.47	*0.00
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97	75.9%	13.6%	5.8%	*0.0%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/06/2014																
MANITOU Elementary BRE	Total	60														
Burrito (Breakfast)	SER	34	33	31	80	*0.39	0.28	23.8	64	13	0.0	1.81	3.07	1.61	0.62	*0.00
General Mills Cereals	1 each	15	24	0	41	0.49	1.22	21.5	78	83	1.04	0.38	5.38	0.26	0.03	*0.00
oatmeal Pkg Instant	1 each	4	2	0	1	0.05	0.11	1.5	19	4	0.0	0.06	0.29	0.03	0.02	0.00
yogurt Bar	1 ea	7	6	0	2	0.08	0.03	8.5	1	0	0.15	0.15	1.25	0.06	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	20	6	0	0	0.22	0.02	1.8	12	1	2.23	0.07	1.48	0.02	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	40	10	0	1	0.04	0.04	2.0	9	1	3.76	0.07	2.4	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	60	9	0	0	0.32	0.03	3.5	274	4	10.16	0.19	2.39	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	20	8	1	10	0.00	0.00	23.1	38	8	0.18	0.62	0.92	0.19	0.12	0.00
MILK, FAT FREE 2014 B	HALF PINT	20	6	0	10	0.00	0.00	23.1	38	8	0.18	0.62	0.92	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	20	10	0	21	0.00	0.03	23.1	38	8	0.18	0.62	1.77	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
HAMBURGER ON A BUN 2014	SERVING	120	143	16	230	2.30	1.49	78.1	46	9	0.0	9.67	12.4	6.23	2.31	0.00
TURKEY CHEESE SAND. Elem. 2014	1 EACH	50	44	4	111	0.77	0.36	48.2	29	6	0.0	3.37	5.33	0.99	0.34	*0.00
Salad kit (make your own salad	1 each	30	22	5	39	0.20	0.14	26.8	370	20	0.51	1.94	0.91	1.2	0.48	*0.00
SALAD BAR * Monday 14-15	1 EACH	150	61	0	151	3.95	1.91	45.6	5527	416	24.78	2.48	12.98	0.31	0.05	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	150	138	0	1	5.49	0.35	38.4	257	25	49.79	1.66	35.42	0.45	0.12	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	19	2	24	0.00	0.00	57.7	96	19	0.46	1.54	2.31	0.48	0.29	0.00
MILK, FAT FREE 2014 B	HALF PINT	75	23	1	36	0.00	0.00	86.5	144	29	0.69	2.31	3.46	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	75	37	1	78	0.00	0.10	86.5	144	29	0.69	2.31	6.63	0.0	0.00	0.00
Weighted Daily Average % of Calories			601	62	836	*14.31	6.10	599.8	7186	682	94.82	29.84	99.33	11.88	4.40	*0.00
											19.9%	66.1%	17.8%	6.6%	*0.0%	
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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Tue - 10/07/2014																
MANITOU Elementary BRE	Total	50														
BISCUITS W/SAUSAGE	1 EACH	25	39	3	81	0.33	0.04	4.4	0	0	0.0	0.94	2.53	2.77	1.20	0.00
General Mills Cereals	1 each	15	25	0	43	0.51	1.27	22.4	82	86	1.08	0.39	5.6	0.27	0.03	*0.00
oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	45	7	0	0	0.25	0.02	2.8	214	3	7.93	0.15	1.86	0.02	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	8	3	0	4	0.00	0.00	9.6	16	3	0.08	0.26	0.38	0.08	0.05	0.00
MILK, FAT FREE 2014 B	HALF PINT	21	7	0	11	0.00	0.00	25.2	42	8	0.2	0.67	1.01	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	21	11	0	23	0.00	0.03	25.2	42	8	0.2	0.67	1.93	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
SPAGHETTI AND MEAT SAUCE 2014	1/2 cup	165	129	22	140	1.26	1.55	18.0	73	15	1.52	9.22	13.45	4.11	1.47	*0.00
Whole grain bread sticks 2014	1 oz	165	63	0	79	1.18	0.28	0.0	0	0	0.0	2.36	11.42	0.0	0.00	0.00
TURKEY CHEESE SAND. Elem. 2014	1 EACH	20	18	2	46	0.32	0.15	20.1	12	2	0.0	1.4	2.22	0.41	0.14	*0.00
Salad kit (make your own salad	1 each	15	12	2	20	0.10	0.07	13.9	193	11	0.26	1.01	0.47	0.62	0.25	*0.00
Salad Bar * Tuesday Elem 14-15	1 EACH	150	53	0	53	2.74	0.79	33.0	4916	367	18.55	1.7	12.23	0.35	0.05	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	150	143	0	2	5.71	0.36	39.9	267	26	51.78	1.73	36.84	0.47	0.12	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average			632	36	663	13.16	4.96	470.2	6323	619	94.32	27.36	112.23	9.77	3.66	*0.00
% of Calories												17.3%	71.0%	13.9%	5.2%	*0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

Weighted Values - Detailed

003 - MANITOU ELEMENTARY SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/08/2014																
MANITOU Elementary BRE	Total	50														
Mini Pancakes Pillsbury straw	pouch	20	13	0	15	0.16	0.06	3.2	*N/A*	*N/A*	*N/A*	0.24	2.32	0.4	0.04	0.00
Mini Pancakes Pillsbury Maple	pouch	15	10	0	11	0.12	0.04	2.4	*N/A*	*N/A*	*N/A*	0.18	1.68	0.3	0.03	0.00
General Mills Cereals	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	50	8	0	0	0.28	0.02	3.1	237	3	8.81	0.16	2.07	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	15	6	1	8	0.00	0.00	18.0	30	6	0.14	0.48	0.72	0.15	0.09	0.00
MILK, FAT FREE 2014 B	HALF PINT	10	3	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
BEEF TACO,Soft Shells 2014	2 EACH	145	192	25	317	1.63	2.22	111.7	282	37	2.47	11.97	18.07	7.86	3.42	*0.31
Rice, Brown 2014	ser	100	6	0	0	0.07	0.02	0.0	0	0	0.0	0.13	1.1	0.05	0.00	0.00
Ham Cheese Sandwich Elem 2014	1 ea	15	13	2	38	0.24	0.11	15.0	9	2	0.04	0.96	1.64	0.3	0.07	0.00
Salad kit (make your own salad	1 each	40	31	6	54	0.28	0.19	37.1	514	28	0.7	2.69	1.27	1.66	0.67	*0.00
Salad Bar * Wed. Elem 14-15	1 EACH	150	83	1	93	3.33	1.06	61.0	2822	136	37.04	3.18	14.69	0.42	0.07	*0.00
FRUIT,FRESH ASSORTED Ele	1 EACH	100	95	0	1	3.81	0.24	26.6	178	18	34.52	1.15	24.56	0.31	0.08	*N/A*
m 2014																
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average			598	40	737	10.84	4.81	571.2	*4617	*357	*97.04	28.95	94.13	12.24	4.83	*0.31
% of Calories												19.3%	62.9%	18.4%	7.3%	*0.5%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/09/2014																
MANITOU Elementary BRE FRENCH TOAST STICKS	Total	50														
oatmeal Pkg Instant	1 SERVING	30	45	17	105	0.23	0.47	22.7	40	11	0.06	1.57	6.82	1.3	0.33	*N/A*
General Mills Cereals	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
Teddy Graham Crackers	1 oz	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
yogurt Bar	1 ea	10	5	0	5	0.04	0.04	4.0	*N/A*	*N/A*	*N/A*	0.08	0.84	0.16	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
Milk Choc. Fat Free 2014 C	HALF PINT	50	8	0	0	0.28	0.02	3.1	237	3	8.81	0.16	2.07	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	25	13	1	27	0.00	0.04	30.0	50	10	0.24	0.8	2.3	0.0	0.00	0.00
MILK, FAT FREE 2014 B	HALF PINT	15	6	1	8	0.00	0.00	18.0	30	6	0.14	0.48	0.72	0.15	0.09	0.00
MANITOU ELEMENTARY L	Total	10	3	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.0	0.00	0.00
Rib Patty Sandwich 2014	1 each	200														
TURKEY CHEESE SAND. Elem. 2014	1 EACH	145	223	17	633	*2.89	1.85	109.7	58	1	3.33	11.58	31.7	6.67	2.03	0.00
Salad kit (make your own salad)	1 each	15	14	1	35	0.24	0.11	15.0	9	2	0.0	1.05	1.66	0.31	0.11	*0.00
SALAD BAR * Thurs. Elem 14-15	1 EACH	40	31	6	54	0.28	0.19	37.1	514	28	0.7	2.69	1.27	1.66	0.67	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	175	68	0	93	3.89	1.31	54.5	7263	558	25.43	2.69	14.82	0.65	0.09	*0.00
MILK,1% Lowfat 2014 A	HALF PINT	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*
MILK, FAT FREE 2014 B	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Weighted Daily Average		100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
% of Calories			738	48	1143	*16.39	5.34	622.6	*9071	*777	*120.93	30.72	135.95	12.29	*3.83	*0.00
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

Weighted Values - Detailed

003 - MANITOU ELEMENTARY SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Fri - 10/10/2014																	
MANITOU Elementary BRE OATMEAL	Total	50															
General Mills Cereals	1 CUP	45	9	0	1	0.23	0.10	1.6	0	0	0.0	0.37	1.39	0.15	0.03	*0.00	
CRACKERS, GRAHAM	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00	
yogurt Bar	4 EACH	5	5	0	5	0.03	0.04	0.3	0	0	0.0	0.08	0.87	0.11	0.02	*N/A*	
FRUIT, FRESH ASSORTED 2 Elem	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00	
MILK, FAT FREE 2014 B	1 EACH	45	43	0	0	1.71	0.11	12.0	80	8	15.54	0.52	11.05	0.14	0.04	*N/A*	
MILK, 1% Lowfat 2014 A	HALF PINT	25	8	0	13	0.00	0.00	30.0	50	10	0.24	0.8	1.2	0.0	0.00	0.00	
Milk Choc. Fat Free 2014 C	HALF PINT	10	4	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.1	0.06	0.00	
MANITOU ELEMENTARY L	HALF PINT	15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00	
CHEESE PIZZA 2014	Total	200															
PEPPERONI PIZZA 2014	1 ea	72	80	6	163	0.80	0.31	76.8	65	13	0.24	4.49	9.19	2.8	1.34	0.00	
TURKEY CHEESE SAND. Elem. 2014	1 EA	57	68	6	147	0.63	0.29	63.0	73	21	0.19	3.9	7.3	2.75	1.18	*0.00	
Salad Bar * Friday Elem 14-15	1 ea	57	66	5	139	0.72	0.31	62.6	87	13	1.08	3.61	7.53	2.36	1.08	*0.00	
FRUIT, FRESH ASSORTED Elem 2014	1 EACH	14	13	1	32	0.22	0.11	14.0	8	2	0.0	0.98	1.55	0.29	0.10	*0.00	
MILK, 1% Lowfat 2014 A	1 EACH	200	102	0	43	4.66	1.27	47.7	6791	471	37.29	2.88	24.54	0.6	0.15	*N/A*	
Milk Choc. Fat Free 2014 C	1 EACH	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*	
MILK, 1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00	
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00	
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00	
Weighted Daily Average % of Calories			697	23	739	16.87	3.62	645.0	7988	691	126.25	27.38	132.40	10.56	4.47	*0.00	
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97	15.7%	75.9%	13.6%	5.8%	*0.0%
														<=23.6	<10.00		

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Oct 1, 2014 thru Oct 31, 2014

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ELEMENTARY LUNCH

Weighted Values - Detailed

003 - MANITOU ELEMENTARY SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/13/2014																
MANITOU Elementary BRE Burrito (Breakfast)	Total	60														
General Mills Cereals	SER	34	33	31	80	*0.39	0.28	23.8	64	13	0.0	1.81	3.07	1.61	0.62	*0.00
oatmeal Pkg Instant	1 each	15	24	0	41	0.49	1.22	21.5	78	83	1.04	0.38	5.38	0.26	0.03	*0.00
yogurt Bar	1 ea	4	2	0	1	0.05	0.11	1.5	19	4	0.0	0.06	0.29	0.03	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	7	6	0	2	0.08	0.03	8.5	1	0	0.15	0.15	1.25	0.06	0.01	*0.00
FRUIT JUICE,ASSORTED	1 EACH	20	6	0	0	0.22	0.02	1.8	12	1	2.23	0.07	1.48	0.02	0.01	*N/A*
GRAPEFRUIT HALVES	4 fl.oz.	40	10	0	1	0.04	0.04	2.0	9	1	3.76	0.07	2.4	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	1/2 EACH	60	9	0	0	0.32	0.03	3.5	274	4	10.16	0.19	2.39	0.03	0.00	*N/A*
MILK, FAT FREE 2014 B	HALF PINT	20	8	1	10	0.00	0.00	23.1	38	8	0.18	0.62	0.92	0.19	0.12	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	20	6	0	10	0.00	0.00	23.1	38	8	0.18	0.62	0.92	0.0	0.00	0.00
	HALF PINT	20	10	0	21	0.00	0.03	23.1	38	8	0.18	0.62	1.77	0.0	0.00	0.00
MANITOU ELEMENTARY L MEATBALL SUB 2014	Total	200														
Confetti Fries 2014	1 EACH	165	221	24	457	3.62	1.76	185.2	98	20	0.49	13.78	20.67	9.62	4.07	0.00
TURKEY CHEESE SAND. Elem. 2014	1/2 cup	165	86	*N/A*	135	1.90	0.56	6.8	846	169	1.46	0.88	12.79	3.32	0.64	*N/A*
Salad kit (make your own salad)	1 EACH	20	18	2	44	0.31	0.15	19.3	12	2	0.0	1.35	2.13	0.39	0.14	*0.00
SALAD BAR * Monday 14-15	1 each	15	11	2	20	0.10	0.07	13.4	185	10	0.25	0.97	0.46	0.6	0.24	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	150	61	0	151	3.95	1.91	45.6	5527	416	24.78	2.48	12.98	0.31	0.05	*0.00
MILK,1% Lowfat 2014 A	1 EACH	100	92	0	1	3.66	0.23	25.6	171	17	33.19	1.11	23.62	0.3	0.08	*N/A*
MILK, FAT FREE 2014 B	HALF PINT	50	19	2	24	0.00	0.00	57.7	96	19	0.46	1.54	2.31	0.48	0.29	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	50	15	1	24	0.00	0.00	57.7	96	19	0.46	1.54	2.31	0.0	0.00	0.00
	HALF PINT	100	50	2	104	0.00	0.14	115.4	192	38	0.92	3.08	8.85	0.0	0.00	0.00
Weighted Daily Average			687	*65	1126	*15.13	6.56	658.5	7796	840	79.92	31.28	105.99	17.25	6.32	*0.00
% of Calories												18.2%	61.7%	22.6%	8.3%	*0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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ELEMENTARY LUNCH

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/14/2014																
MANITOU Elementary BRE	Total	50														
BISCUITS W/SAUSAGE	1 EACH	25	39	3	81	0.33	0.04	4.4	0	0	0.0	0.94	2.53	2.77	1.20	0.00
General Mills Cereals	1 each	15	25	0	43	0.51	1.27	22.4	82	86	1.08	0.39	5.6	0.27	0.03	*0.00
oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	45	7	0	0	0.25	0.02	2.8	214	3	7.93	0.15	1.86	0.02	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	8	3	0	4	0.00	0.00	9.6	16	3	0.08	0.26	0.38	0.08	0.05	0.00
MILK, FAT FREE 2014 B	HALF PINT	21	7	0	11	0.00	0.00	25.2	42	8	0.2	0.67	1.01	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	21	11	0	23	0.00	0.03	25.2	42	8	0.2	0.67	1.93	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
SPAGHETTI AND MEAT SAUCE 2014	1/2 cup	165	129	22	140	1.26	1.55	18.0	73	15	1.52	9.22	13.45	4.11	1.47	*0.00
Whole grain bread sticks 2014	1 oz	165	63	0	79	1.18	0.28	0.0	0	0	0.0	2.36	11.42	0.0	0.00	0.00
TURKEY CHEESE SAND. Elem. 2014	1 EACH	20	18	2	46	0.32	0.15	20.1	12	2	0.0	1.4	2.22	0.41	0.14	*0.00
Salad kit (make your own salad	1 each	15	12	2	20	0.10	0.07	13.9	193	11	0.26	1.01	0.47	0.62	0.25	*0.00
Salad Bar * Tuesday Elem 14-15	1 EACH	150	53	0	53	2.74	0.79	33.0	4916	367	18.55	1.7	12.23	0.35	0.05	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	150	143	0	2	5.71	0.36	39.9	267	26	51.78	1.73	36.84	0.47	0.12	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average			632	36	663	13.16	4.96	470.2	6323	619	94.32	27.36	112.23	9.77	3.66	*0.00
% of Calories												17.3%	71.0%	13.9%	5.2%	*0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

Weighted Values - Detailed

003 - MANITOU ELEMENTARY SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/15/2014																
MANITOU Elementary BRE	Total	50														
Mini Pancakes Pillsbury straw	pouch	20	13	0	15	0.16	0.06	3.2	*N/A*	*N/A*	*N/A*	0.24	2.32	0.4	0.04	0.00
Mini Pancakes Pillsbury Maple	pouch	15	10	0	11	0.12	0.04	2.4	*N/A*	*N/A*	*N/A*	0.18	1.68	0.3	0.03	0.00
General Mills Cereals	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	50	8	0	0	0.28	0.02	3.1	237	3	8.81	0.16	2.07	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	15	6	1	8	0.00	0.00	18.0	30	6	0.14	0.48	0.72	0.15	0.09	0.00
MILK, FAT FREE 2014 B	HALF PINT	10	3	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
CHICKEN TACO ELEM 2014	1 EACH	165	75	14	61	0.91	0.54	32.7	162	20	1.41	6.31	6.6	2.77	0.90	*0.02
Ham Cheese Sandwich Elem 2014	1 ea	10	9	1	25	0.16	0.07	10.0	6	1	0.02	0.64	1.09	0.2	0.05	0.00
Salad kit (make your own salad	1 each	25	19	4	34	0.17	0.12	23.2	321	18	0.44	1.68	0.79	1.04	0.42	*0.00
SALAD BAR * Thurs. Elem 14-15	1 EACH	200	78	0	106	4.45	1.50	62.3	8300	637	29.06	3.08	16.94	0.74	0.10	*0.00
FRUIT,FRESH ASSORTED Ele m 2014	1 EACH	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average % of Calories			554	27	461	14.80	3.68	501.2	*9958	*848	*122.25	22.87 16.5%	107.34 77.5%	7.50 12.2%	2.45 4.0%	*0.02 *0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/16/2014																
MANITOU Elementary BRE	Total	50														
Whole grain Biscuit	1 ea	30	27	0	94	0.28	0.00	0.0	0	0	0.0	0.56	3.21	1.26	0.70	0.00
GRAVY MIX,COUNTRY,INST,"S	1/4 CUP	30	6	0	27	0.06	0.07	0.5	0	0	0.02	0.1	0.64	0.31	0.13	*N/A*
UPERB yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
General Mills Cereals	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
Teddy Graham Crackers	1 oz	5	3	0	2	0.02	0.02	2.0	*N/A*	*N/A*	*N/A*	0.04	0.42	0.08	*N/A*	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	50	8	0	0	0.28	0.02	3.1	237	3	8.81	0.16	2.07	0.03	0.00	*N/A*
Milk Choc. Fat Free 2014 C	HALF PINT	25	13	1	27	0.00	0.04	30.0	50	10	0.24	0.8	2.3	0.0	0.00	0.00
MILK,1% Lowfat 2014 A	HALF PINT	10	4	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.1	0.06	0.00
MILK, FAT FREE 2014 B	HALF PINT	15	5	0	8	0.00	0.00	18.0	30	6	0.14	0.48	0.72	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
Mini Pancakes Pillsbury Maple	pouch	165	106	3	125	1.32	0.48	26.4	*N/A*	*N/A*	*N/A*	1.98	18.48	3.3	0.33	0.00
PORK SAUSAGE 2014	1 EACH	165	131	23	255	0.00	0.00	0.0	0	0	0.0	3.26	0.65	13.05	4.57	0.00
TURKEY CHEESE SAND. Elem. 2014	1 EACH	15	14	1	35	0.24	0.11	15.0	9	2	0.0	1.05	1.66	0.31	0.11	*0.00
Salad kit (make your own salad	1 each	20	15	3	27	0.14	0.09	18.6	257	14	0.35	1.34	0.63	0.83	0.33	*0.00
SALAD BAR * Thurs. Elem 14-15	1 EACH	200	78	0	106	4.45	1.50	62.3	8300	637	29.06	3.08	16.94	0.74	0.10	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average % of Calories			730	36	889	15.33	3.64	504.3	*9755	*830	*120.84	22.48	121.48	21.39	*6.84	*0.00
												12.3%	66.6%	26.4%	*8.4%	*0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/17/2014																
MANITOU Elementary BRE OATMEAL	Total	50														
General Mills Cereals	1 CUP	45	9	0	1	0.23	0.10	1.6	0	0	0.0	0.37	1.39	0.15	0.03	*0.00
CRACKERS, GRAHAM	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
yogurt Bar	4 EACH	5	5	0	5	0.03	0.04	0.3	0	0	0.0	0.08	0.87	0.11	0.02	*N/A*
FRUIT, FRESH ASSORTED 2 Elem	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
MILK, FAT FREE 2014 B	1 EACH	45	43	0	0	1.71	0.11	12.0	80	8	15.54	0.52	11.05	0.14	0.04	*N/A*
MILK, 1% Lowfat 2014 A	HALF PINT	25	8	0	13	0.00	0.00	30.0	50	10	0.24	0.8	1.2	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	10	4	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.1	0.06	0.00
MANITOU ELEMENTARY L	HALF PINT	15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00
CHEESE PIZZA 2014	Total	200														
PEPPERONI PIZZA 2014	1 ea	72	80	6	163	0.80	0.31	76.8	65	13	0.24	4.49	9.19	2.8	1.34	0.00
TURKEY CHEESE SAND. Elem. 2014	1 EA	57	68	6	147	0.63	0.29	63.0	73	21	0.19	3.9	7.3	2.75	1.18	*0.00
Salad Bar * Friday Elem 14-15	1 ea	57	66	5	139	0.72	0.31	62.6	87	13	1.08	3.61	7.53	2.36	1.08	*0.00
FRUIT, FRESH ASSORTED Elem 2014	1 EACH	14	13	1	32	0.22	0.11	14.0	8	2	0.0	0.98	1.55	0.29	0.10	*0.00
MILK, 1% Lowfat 2014 A	1 EACH	200	102	0	43	4.66	1.27	47.7	6791	471	37.29	2.88	24.54	0.6	0.15	*N/A*
Milk Choc. Fat Free 2014 C	1 EACH	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*
MILK, 1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average % of Calories			697	23	739	16.87	3.62	645.0	7988	691	126.25	27.38	132.40	10.56	4.47	*0.00
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97	75.9%	13.6%	5.8%	*0.0%

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/20/2014																
MANITOU Elementary BRE	Total		60													
Burrito (Breakfast)	SER	34	33	31	80	*0.39	0.28	23.8	64	13	0.0	1.81	3.07	1.61	0.62	*0.00
General Mills Cereals	1 each	15	24	0	41	0.49	1.22	21.5	78	83	1.04	0.38	5.38	0.26	0.03	*0.00
oatmeal Pkg Instant	1 each	4	2	0	1	0.05	0.11	1.5	19	4	0.0	0.06	0.29	0.03	0.02	0.00
yogurt Bar	1 ea	7	6	0	2	0.08	0.03	8.5	1	0	0.15	0.15	1.25	0.06	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	20	6	0	0	0.22	0.02	1.8	12	1	2.23	0.07	1.48	0.02	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	40	10	0	1	0.04	0.04	2.0	9	1	3.76	0.07	2.4	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	60	9	0	0	0.32	0.03	3.5	274	4	10.16	0.19	2.39	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	20	8	1	10	0.00	0.00	23.1	38	8	0.18	0.62	0.92	0.19	0.12	0.00
MILK, FAT FREE 2014 B	HALF PINT	20	6	0	10	0.00	0.00	23.1	38	8	0.18	0.62	0.92	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	20	10	0	21	0.00	0.03	23.1	38	8	0.18	0.62	1.77	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total		200													
Chicken Patty Sandwich 2014	1 each	145	195	14	351	3.33	1.80	217.1	0	0	0.0	12.8	22.23	6.97	1.12	0.00
Confetti Fries 2014	1/4 cup	145	38	*N/A*	59	0.83	0.25	3.0	372	74	0.64	0.39	5.62	1.46	0.28	*N/A*
TURKEY CHEESE SAND. Elem. 2014	1 EACH	25	22	2	55	0.38	0.18	24.1	14	3	0.0	1.68	2.67	0.49	0.17	*0.00
Salad kit (make your own salad	1 each	30	22	5	39	0.20	0.14	26.8	370	20	0.51	1.94	0.91	1.2	0.48	*0.00
SALAD BAR * Monday 14-15	1 EACH	150	61	0	151	3.95	1.91	45.6	5527	416	24.78	2.48	12.98	0.31	0.05	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	150	138	0	1	5.49	0.35	38.4	257	25	49.79	1.66	35.42	0.45	0.12	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	19	2	24	0.00	0.00	57.7	96	19	0.46	1.54	2.31	0.48	0.29	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	15	1	24	0.00	0.00	57.7	96	19	0.46	1.54	2.31	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	50	2	104	0.00	0.14	115.4	192	38	0.92	3.08	8.85	0.0	0.00	0.00
KETCHUP: individual	Pkt 6g	125	3	0	26	0.01	0.01	0.5	15	3	0.12	0.04	0.76	0.01	0.00	*N/A*
MUSTARD: individual PC	Pkt 5g	75	1	0	16	0.05	0.02	0.8	1	0	0.02	0.06	0.08	0.06	0.00	0.00
Weighted Daily Average			678	*58	1017	*15.85	6.54	718.9	7513	748	95.60	31.77	114.01	13.64	3.32	*0.00
% of Calories												18.8%	67.3%	18.1%	4.4%	*0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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ELEMENTARY LUNCH

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/21/2014																
MANITOU Elementary BRE BISCUITS W/SAUSAGE	Total	50														
1 EACH	25	39	3	81	0.33	0.04	4.4	0	0	0.0	0.94	2.53	2.77	1.20	0.00	
General Mills Cereals	1 each	15	25	0	43	0.51	1.27	22.4	82	86	1.08	0.39	5.6	0.27	0.03	*0.00
oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	45	7	0	0	0.25	0.02	2.8	214	3	7.93	0.15	1.86	0.02	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	8	3	0	4	0.00	0.00	9.6	16	3	0.08	0.26	0.38	0.08	0.05	0.00
MILK, FAT FREE 2014 B	HALF PINT	21	7	0	11	0.00	0.00	25.2	42	8	0.2	0.67	1.01	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	21	11	0	23	0.00	0.03	25.2	42	8	0.2	0.67	1.93	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
Spaghetti and Meatballs 2014	1 ea	165	247	20	367	3.10	2.30	32.4	134	27	1.8	11.82	34.39	7.7	3.08	0.00
Whole grain bread sticks 2014	1 oz	165	63	0	79	1.18	0.28	0.0	0	0	0.0	2.36	11.42	0.0	0.00	0.00
TURKEY CHEESE SAND. Elem. 2014	1 EACH	15	14	1	35	0.24	0.11	15.0	9	2	0.0	1.05	1.66	0.31	0.11	*0.00
Salad kit (make your own salad	1 each	20	15	3	27	0.14	0.09	18.6	257	14	0.35	1.34	0.63	0.83	0.33	*0.00
Salad Bar * Tuesday Elem 14-15	1 EACH	150	53	0	53	2.74	0.79	33.0	4916	367	18.55	1.7	12.23	0.35	0.05	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	150	143	0	2	5.71	0.36	39.9	267	26	51.78	1.73	36.84	0.47	0.12	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average			749	33	885	14.96	5.71	484.2	6445	634	94.69	29.95	132.78	13.47	5.32	*0.00
% of Calories											16.0%	70.9%	16.2%	6.4%	*0.0%	
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/22/2014																
MANITOU Elementary BRE	Total	50														
Mini Pancakes Pillsbury straw	pouch	20	13	0	15	0.16	0.06	3.2	*N/A*	*N/A*	*N/A*	0.24	2.32	0.4	0.04	0.00
Mini Pancakes Pillsbury Maple	pouch	15	10	0	11	0.12	0.04	2.4	*N/A*	*N/A*	*N/A*	0.18	1.68	0.3	0.03	0.00
General Mills Cereals	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	50	8	0	0	0.28	0.02	3.1	237	3	8.81	0.16	2.07	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	15	6	1	8	0.00	0.00	18.0	30	6	0.14	0.48	0.72	0.15	0.09	0.00
MILK, FAT FREE 2014 B	HALF PINT	10	3	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
BEEF TACO,Hard Shells 2014	1 EACH	145	183	25	84	1.60	1.44	58.3	282	37	2.47	10.33	13.97	9.34	3.64	*0.31
Rice, Brown 2014	ser	145	9	0	0	0.10	0.03	0.0	0	0	0.0	0.19	1.6	0.07	0.00	0.00
Ham Cheese Sandwich Elem 2014	1 ea	35	31	4	89	0.56	0.25	34.9	21	4	0.09	2.24	3.83	0.7	0.17	0.00
Salad kit (make your own salad	1 each	20	15	3	27	0.14	0.09	18.6	257	14	0.35	1.34	0.63	0.83	0.33	*0.00
Salad Bar * Wed. Elem 14-15	1 EACH	150	83	1	93	3.33	1.06	61.0	2822	136	37.04	3.18	14.69	0.42	0.07	*0.00
FRUIT,FRESH ASSORTED 2 Elem	1 EACH	150	143	0	2	5.71	0.36	39.9	267	26	51.78	1.73	36.84	0.47	0.12	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average			643	39	527	12.92	4.21	532.5	*4461	*354	*114.00	27.88	104.37	13.46	4.86	*0.31
% of Calories												17.3%	64.9%	18.9%	6.8%	*0.4%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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ELEMENTARY LUNCH

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/23/2014																
MANITOU Elementary BRE WAFFLES,PLN,FRZ,READY -T O-HEAT	Total 1 EACH	50 30														
			12	1	29	0.10	0.27	12.2	53	14	0.0	0.28	1.95	0.38	0.06	*N/A*
Teddy Graham Crackers	1 oz	10	5	0	5	0.04	0.04	4.0	*N/A*	*N/A*	*N/A*	0.08	0.84	0.16	*N/A*	*N/A*
General Mills Cereals oatmeal Pkg Instant	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
yogurt Bar	1 ea	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	45	7	0	0	0.25	0.02	2.8	214	3	7.93	0.15	1.86	0.02	0.00	*N/A*
MILK, FAT FREE 2014 B	HALF PINT	20	8	1	10	0.00	0.00	24.0	40	8	0.19	0.64	0.96	0.2	0.12	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	15	5	0	8	0.00	0.00	18.0	30	6	0.14	0.48	0.72	0.0	0.00	0.00
		15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00
MANITOU ELEMENTARY L																
Salisbury Steak 2014	Total 1 ea	200 165														
			106	23	178	0.66	1.19	13.2	66	13	0.0	8.58	0.66	7.92	3.30	0.00
Mashed Potatoes w/ Gravy 2014	1 ea	165	138	4	551	1.63	0.59	52.3	0	0	5.86	3.25	28.98	1.96	0.17	0.00
TURKEY CHEESE SAND. Elem. 2014	1 EACH	15	14	1	35	0.24	0.11	15.0	9	2	0.0	1.05	1.66	0.31	0.11	*0.00
Salad kit (make your own salad	1 each	20	15	3	27	0.14	0.09	18.6	257	14	0.35	1.34	0.63	0.83	0.33	*0.00
SALAD BAR * Thurs. Elem 14-15	1 EACH	200	78	0	106	4.45	1.50	62.3	8300	637	29.06	3.08	16.94	0.74	0.10	*0.00
FRUIT,FRESH ASSORTED Ele m 2014	1 EACH	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average			718	38	1143	16.04	5.15	556.7	*9849	*857	*125.80	28.72	129.86	13.90	*4.71	*0.00
% of Calories												16.0%	72.3%	17.4%	*5.9%	*0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/24/2014																
MANITOU Elementary BRE OATMEAL	Total	50														
General Mills Cereals CRACKERS, GRAHAM yogurt Bar	1 CUP	45	9	0	1	0.23	0.10	1.6	0	0	0.0	0.37	1.39	0.15	0.03	*0.00
FRUIT, FRESH ASSORTED 2 Elem	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
MILK, FAT FREE 2014 B	4 EACH	5	5	0	5	0.03	0.04	0.3	0	0	0.0	0.08	0.87	0.11	0.02	*N/A*
MILK, 1% Lowfat 2014 A	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
Milk Choc. Fat Free 2014 C	1 EACH	45	43	0	0	1.71	0.11	12.0	80	8	15.54	0.52	11.05	0.14	0.04	*N/A*
MANITOU ELEMENTARY L CHEESE PIZZA 2014	HALF PINT	25	8	0	13	0.00	0.00	30.0	50	10	0.24	0.8	1.2	0.0	0.00	0.00
PEPPERONI PIZZA 2014	HALF PINT	10	4	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.1	0.06	0.00
Veggie Pizza 2014	HALF PINT	15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00
TURKEY CHEESE SAND. Elem. 2014	Total	200														
Salad Bar * Friday Elem 14-15	1 ea	72	80	6	163	0.80	0.31	76.8	65	13	0.24	4.49	9.19	2.8	1.34	0.00
FRUIT, FRESH ASSORTED Elem 2014	1 EA	57	68	6	147	0.63	0.29	63.0	73	21	0.19	3.9	7.3	2.75	1.18	*0.00
MILK, 1% Lowfat 2014 A	1 ea	57	66	5	139	0.72	0.31	62.6	87	13	1.08	3.61	7.53	2.36	1.08	*0.00
MILK, FAT FREE 2014 B	1 EACH	14	13	1	32	0.22	0.11	14.0	8	2	0.0	0.98	1.55	0.29	0.10	*0.00
Milk Choc. Fat Free 2014 C	1 EACH	200	102	0	43	4.66	1.27	47.7	6791	471	37.29	2.88	24.54	0.6	0.15	*N/A*
Weighted Daily Average % of Calories	1 EACH	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*
MANITOU ELEMENTARY L MILK, 1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MANITOU ELEMENTARY L MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
MANITOU ELEMENTARY L Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average % of Calories			697	23	739	16.87	3.62	645.0	7988	691	126.25	27.38	132.40	10.56	4.47	*0.00
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97	75.9%	13.6%	5.8%	*0.0%

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ELEMENTARY LUNCH

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Mon - 10/27/2014																
MANITOU Elementary BRE	Total	60														
Burrito (Breakfast)	SER	34	33	31	80	*0.39	0.28	23.8	64	13	0.0	1.81	3.07	1.61	0.62	*0.00
General Mills Cereals	1 each	15	24	0	41	0.49	1.22	21.5	78	83	1.04	0.38	5.38	0.26	0.03	*0.00
oatmeal Pkg Instant	1 each	4	2	0	1	0.05	0.11	1.5	19	4	0.0	0.06	0.29	0.03	0.02	0.00
yogurt Bar	1 ea	7	6	0	2	0.08	0.03	8.5	1	0	0.15	0.15	1.25	0.06	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	20	6	0	0	0.22	0.02	1.8	12	1	2.23	0.07	1.48	0.02	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	40	10	0	1	0.04	0.04	2.0	9	1	3.76	0.07	2.4	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	60	9	0	0	0.32	0.03	3.5	274	4	10.16	0.19	2.39	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	20	8	1	10	0.00	0.00	23.1	38	8	0.18	0.62	0.92	0.19	0.12	0.00
MILK, FAT FREE 2014 B	HALF PINT	20	6	0	10	0.00	0.00	23.1	38	8	0.18	0.62	0.92	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	20	10	0	21	0.00	0.03	23.1	38	8	0.18	0.62	1.77	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
Sloppy Joes 2014	SERVINGS	145	141	38	127	0.56	1.49	19.9	264	53	5.66	12.35	5.77	7.31	2.73	*0.50
Confetti Fries 2014	1/2 cup	145	76	*N/A*	119	1.67	0.49	5.9	744	149	1.28	0.77	11.24	2.91	0.57	*N/A*
TURKEY CHEESE SAND. Elem. 2014	1 EACH	20	18	2	44	0.31	0.15	19.3	12	2	0.0	1.35	2.13	0.39	0.14	*0.00
Salad kit (make your own salad	1 each	35	26	5	46	0.23	0.16	31.2	432	24	0.59	2.26	1.07	1.39	0.56	*0.00
SALAD BAR * Monday 14-15	1 EACH	150	61	0	151	3.95	1.91	45.6	5527	416	24.78	2.48	12.98	0.31	0.05	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	125	115	0	1	4.58	0.29	32.0	214	21	41.49	1.38	29.52	0.38	0.10	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	19	2	24	0.00	0.00	57.7	96	19	0.46	1.54	2.31	0.48	0.29	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	15	1	24	0.00	0.00	57.7	96	19	0.46	1.54	2.31	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	50	2	104	0.00	0.14	115.4	192	38	0.92	3.08	8.85	0.0	0.00	0.00
Weighted Daily Average			634	*82	805	*12.89	6.38	516.6	8150	870	93.55	31.32	96.06	15.41	5.24	*0.50
% of Calories												19.8%	60.6%	21.9%	7.4%	*0.7%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/28/2014																
MANITOU Elementary BRE	Total	50														
BISCUITS W/SAUSAGE	1 EACH	25	39	3	81	0.33	0.04	4.4	0	0	0.0	0.94	2.53	2.77	1.20	0.00
General Mills Cereals	1 each	15	25	0	43	0.51	1.27	22.4	82	86	1.08	0.39	5.6	0.27	0.03	*0.00
oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	45	7	0	0	0.25	0.02	2.8	214	3	7.93	0.15	1.86	0.02	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	8	3	0	4	0.00	0.00	9.6	16	3	0.08	0.26	0.38	0.08	0.05	0.00
MILK, FAT FREE 2014 B	HALF PINT	21	7	0	11	0.00	0.00	25.2	42	8	0.2	0.67	1.01	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	21	11	0	23	0.00	0.03	25.2	42	8	0.2	0.67	1.93	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
SPAGHETTI AND MEAT SAUCE 2014	1/2 cup	165	129	22	140	1.26	1.55	18.0	73	15	1.52	9.22	13.45	4.11	1.47	*0.00
Whole grain bread sticks 2014	1 oz	165	63	0	79	1.18	0.28	0.0	0	0	0.0	2.36	11.42	0.0	0.00	0.00
TURKEY CHEESE SAND. Elem. 2014	1 EACH	20	18	2	46	0.32	0.15	20.1	12	2	0.0	1.4	2.22	0.41	0.14	*0.00
Salad kit (make your own salad	1 each	15	12	2	20	0.10	0.07	13.9	193	11	0.26	1.01	0.47	0.62	0.25	*0.00
Salad Bar * Tuesday Elem 14-15	1 EACH	150	53	0	53	2.74	0.79	33.0	4916	367	18.55	1.7	12.23	0.35	0.05	*0.00
FRUIT,FRESH ASSORTED Elem 2014	1 EACH	150	143	0	2	5.71	0.36	39.9	267	26	51.78	1.73	36.84	0.47	0.12	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average			632	36	663	13.16	4.96	470.2	6323	619	94.32	27.36	112.23	9.77	3.66	*0.00
% of Calories												17.3%	71.0%	13.9%	5.2%	*0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

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ELEMENTARY LUNCH

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/29/2014																
MANITOU Elementary BRE	Total	50														
Mini Pancakes Pillsbury straw	pouch	20	13	0	15	0.16	0.06	3.2	*N/A*	*N/A*	*N/A*	0.24	2.32	0.4	0.04	0.00
Mini Pancakes Pillsbury Maple	pouch	15	10	0	11	0.12	0.04	2.4	*N/A*	*N/A*	*N/A*	0.18	1.68	0.3	0.03	0.00
General Mills Cereals	1 each	5	8	0	14	0.17	0.42	7.5	27	29	0.36	0.13	1.87	0.09	0.01	*0.00
oatmeal Pkg Instant	1 each	5	2	0	2	0.06	0.14	2.0	25	5	0.0	0.08	0.38	0.04	0.02	0.00
yogurt Bar	1 ea	5	4	0	2	0.06	0.02	6.3	1	0	0.11	0.11	0.93	0.04	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	50	15	0	0	0.58	0.04	4.7	30	3	5.79	0.18	3.85	0.05	0.01	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	13	0	1	0.06	0.05	2.6	12	1	4.89	0.09	3.12	0.03	0.00	*N/A*
GRAPEFRUIT HALVES	1/2 EACH	50	8	0	0	0.28	0.02	3.1	237	3	8.81	0.16	2.07	0.03	0.00	*N/A*
MILK,1% Lowfat 2014 A	HALF PINT	15	6	1	8	0.00	0.00	18.0	30	6	0.14	0.48	0.72	0.15	0.09	0.00
MILK, FAT FREE 2014 B	HALF PINT	10	3	0	5	0.00	0.00	12.0	20	4	0.1	0.32	0.48	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	15	8	0	16	0.00	0.02	18.0	30	6	0.14	0.48	1.38	0.0	0.00	0.00
MANITOU ELEMENTARY L	Total	200														
CHICKEN FAJITAS Elem 2014	1 EACH	145	120	*39	*325	0.99	1.27	73.0	172	25	11.75	11.26	10.15	3.99	1.38	*0.00
Rice, Brown 2014	ser	145	9	0	0	0.10	0.03	0.0	0	0	0.0	0.19	1.6	0.07	0.00	0.00
Ham Cheese Sandwich Elem 2014	1 ea	20	18	2	51	0.32	0.14	19.9	12	2	0.05	1.28	2.19	0.4	0.10	0.00
Salad kit (make your own salad	1 each	35	27	6	48	0.24	0.16	32.5	449	25	0.62	2.35	1.11	1.45	0.59	*0.00
Salad Bar * Wed. Elem 14-15	1 EACH	150	83	1	93	3.33	1.06	61.0	2822	136	37.04	3.18	14.69	0.42	0.07	*0.00
FRUIT,FRESH ASSORTED Ele	1 EACH	200	191	0	2	7.62	0.48	53.3	356	35	69.04	2.3	49.12	0.62	0.16	*N/A*
m 2014																
MILK,1% Lowfat 2014 A	HALF PINT	50	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
MILK, FAT FREE 2014 B	HALF PINT	50	16	1	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.0	0.00	0.00
Milk Choc. Fat Free 2014 C	HALF PINT	100	52	2	108	0.00	0.14	120.0	200	40	0.96	3.2	9.2	0.0	0.00	0.00
Weighted Daily Average			626	*54	*751	14.08	4.13	559.5	*4624	*361	*140.76	29.43	111.66	8.59	2.82	*0.00
% of Calories												18.8%	71.4%	12.4%	4.1%	*0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

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Manitou Springs Nutrition Services

Oct 1, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Combined: MANITOU Elementary BREAKFAST/MANITOU
ELEMENTARY LUNCH

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/31/2014																
MANITOU Elementary BRE OATMEAL	Total	50														
General Mills Cereals	1 CUP	45	45	0	3	1.15	0.49	8.1	0	0	0.0	1.87	6.96	0.73	0.13	*0.00
CRACKERS, GRAHAM yogurt Bar	1 each	5	42	0	72	0.85	2.12	37.3	136	144	1.81	0.65	9.33	0.45	0.06	*0.00
FRUIT, FRESH ASSORTED 2 Elem	4 EACH	5	24	0	27	0.16	0.21	1.4	0	0	0.0	0.39	4.35	0.57	0.09	*N/A*
MILK, FAT FREE 2014 B	1 ea	5	22	0	9	0.29	0.10	31.6	3	1	0.57	0.56	4.63	0.21	0.03	*0.00
MILK, 1% Lowfat 2014 A	1 EACH	45	215	0	2	8.57	0.54	59.9	400	39	77.68	2.59	55.26	0.7	0.18	*N/A*
Milk Choc. Fat Free 2014 C	HALF PINT	25	40	2	63	0.00	0.00	150.0	250	50	1.2	4.0	6.0	0.0	0.00	0.00
	HALF PINT	10	20	2	25	0.00	0.00	60.0	100	20	0.48	1.6	2.4	0.5	0.30	0.00
	HALF PINT	15	39	2	81	0.00	0.11	90.0	150	30	0.72	2.4	6.9	0.0	0.00	0.00
Weighted Daily Average			447	5	281	11.03	3.57	438.3	1039	284	82.45	14.06	95.83	3.17	0.78	*0.00
% of Calories												12.6%	85.8%	6.4%	1.6%	*0.0%
Nutrient Guideline			582-10		115		2.60	210.00	830		11.80	6.97		<=23.6	<10.00	

Weighted Average			656	*39	*774	*14.70	4.81	563.1	*7115	*655	*110.43	27.63	116.23	11.66	*4.17	*0.07
												16.9%	70.9%	16.0%	*5.7%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	656		582 - 107	614%			549	Correction Required - Calories too High
Cholesterol (mg)	39				Missing			*Target effective with 2014-2015 School Year!
Sodium (mg)	774		115		Missing			
Fiber (g)	14.70				Missing			
Iron (mg)	4.81		2.60	185%				
Calcium (mg)	563.1		210.00	268%				
Vitamin A (IU)	7115		830	857%	Missing			
Vitamin A (RE)	655		166	395%	Missing			
Vitamin C (mg)	110.43		11.80	936%	Missing			
Protein (g)	27.63	16.86%	6.97	396%				
Carbohydrate (g)	116.23	70.90%						
Total Fat (g)	11.66	16.00%	<=23.60%					
Saturated Fat (g)	4.17	5.72%	<10.00%		Missing			
Trans Fat ¹ (g)	0.07	0.10%			Missing			

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