

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Italian Dunkers	Each	750	360	20	914	4.55	2.28	319.5	690	2.33	*5	19.0	35.01	15.5	6.49	*0.00
Condiment, Marinara (AM)	2 oz	750	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Vegetable, Broccoli Blanched	1 cup	1250	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Fruit, Apples,Fresh	1 each	1250	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian Sub w/Chips	1 EACH	50	456	68	1486	3.44	3.02	264.6	412	7.83	10	24.0	46.99	20.1	4.29	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Pizza,BBQ, 9-12	Servings	100	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Hot Wing Basket	Servings	400	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			793	62	1855	8.14	*2.91	*625.1	*2432	*63.83	*17	31.86	88.09	34.43	7.97	*0.00
% of Calories											*8.6%	16.1%	44.4%	39.1%	9.0%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/04/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Crispito, 9-12	2 Each	1000	540	50	740	6.00	3.60	80.0	1500	0.0	2	24.01	46.01	28.01	6.00	0.00
Condiment, Green Chili	1/4 Cup	1000	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Condiment, Mexican	1 OZ	100	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Vegetable, Beans, Refried	1 cup	1250	481	0	1799	29.38	6.73	165.7	2	2.78	0	29.38	82.81	4.01	1.34	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	1250	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Sandwich, Cheeseburger	1 Sandwic	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs Sub 9-12	Servings	100	367	42	907	3.17	1.86	143.3	237	2.8	*5	28.67	41.5	10.5	1.75	0.00
Condiment, Sandwich	servings	100	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	100	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza,Cheese, 9-12	Slices	250	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			996	58	2245	23.24	*7.28	*649.2	*3634	*41.89	*16	50.67	132.59	28.61	7.83	*0.00
% of Calories											*6.5%	20.3%	53.2%	25.8%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2017																
St Vrain 9-12 Lunch	Total	2500														
Breakfast, French Toast 9-12	5 piece	1000	360	0	373	4.00	2.67	313.3	575	0.0	15	8.0	46.67	16.0	2.67	0.00
Breakfast, Sausage Patty	3 Each	1000	165	60	675	0.00	3.24	60.0	8	0.0	2	18.0	1.5	12.0	3.00	0.00
Condiment, Syrup, Pancake	each	1000	*N/A*	*N/A*	24	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	26	*N/A*	34.53	*N/A*	*N/A*	*N/A*
Vegetables, Veggie Patch	1 Cup	1250	46	0	51	3.38	0.90	38.2	6501	85.39	4	2.02	9.64	0.27	0.06	0.00
Fruit, Banana	1 EACH	1250	161	0	2	4.72	0.47	9.1	116	15.79	22	1.98	41.44	0.6	0.20	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Sandwich, Egg Salad	Serving	100	252	191	446	2.10	2.05	67.5	316	0.2	*5	12.33	29.69	10.62	2.11	*0.00
Sandwich, Tuna Salad	SERVING	100	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Condiment, Sandwich	servings	200	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Spicy Asian Bowl Rice	Serving	100	461	66	1061	3.32	*1.66	*13.7	*2144	*5.48	*17	21.66	71.28	8.79	2.25	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza, Sausage, 9-12	Servings	200	409	51	626	2.73	1.62	457.8	374	6.41	*5	27.38	32.37	17.78	8.91	*0.00
Entree, Pizza, Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			*783	*63	1342	*10.52	*4.98	*644.2	*5455	*87.47	*37	*36.40	121.35	*24.83	*6.29	*0.00
% of Calories											*19.1%	*18.6%	62.0%	*28.5%	*7.2%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Hot Dog on a Bun	1 Hot Dog	1000	250	55	570	3.00	2.16	120.0	0	6.0	3	15.0	23.0	11.0	2.50	0.00
Condiment, Hot Dog	1 OZ	1000	17	0	312	0.00	0.00	0.0	83	1.0	*3	0.0	4.17	0.0	0.00	0.00
Vegetable, Potatoes, Oven Fry	3/4 cup	1250	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Fruit, Frozen Fruit Treat Cup	4.4 oz	1250	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Dessert, Holiday Cookie	cookie	2500	167	16	83	1.04	0.75	0.0	104	0.0	7	2.08	18.75	9.37	4.69	0.00
Salad, Chicken Mandarin	salad	100	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Sub	1 EACH	100	465	81	1291	3.00	2.90	300.8	371	4.22	*6	26.97	43.52	20.93	5.84	0.00
Condiment, Sandwich	servings	600	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, BYOB Bar	Burritos	250	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	200	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Entree, Pizza,Vegetable, 9-12	Servings	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Fresh, Variety	1/2 cup serving	1000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			960	70	1494	13.01	5.05	631.0	*3329	81.29	*33	36.84	128.66	33.52	10.74	*0.00
% of Calories											*13.8%	15.4%	53.6%	31.4%	10.1%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Page 5

Generated on: 3/20/2017 10:19:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/07/2017																
St Vrain 9-12 Lunch	Total	2000														
Entree, Fish Treasures	4 pieces	500	210	45	350	2.00	1.44	20.0	0	0.0	1	15.0	18.0	9.0	1.50	0.00
Vegetable, Sweet PotatoLattice	1 cup	1200	288	0	310	8.86	1.44	68.3	2394	1.02	18	2.22	46.52	17.72	2.22	0.00
Bread, Graham Cracker Bites	Pouch	500	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
Fruit, Tropical Mix	1/2 cup	1000	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Salad, Italian Deli, 9-12	1 Each	250	433	39	1584	8.28	3.91	394.8	2975	29.44	*7	27.11	50.77	15.65	5.37	*0.00
Fruit, Frozen Fruit Treat Cup	4.4 oz	1250	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Sandwich, Ham & Cheese	1 EACH	250	370	45	856	3.00	1.98	240.0	320	3.0	6	21.53	42.5	13.26	3.75	0.00
Sandwich, Flatbread,ChickRanch	1 EACH	250	1655	240	5301	3.28	1.81	898.9	1511	11.6	*2	40.76	87.61	125.19	23.87	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	750	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1018	63	1854	13.71	3.54	731.2	*4390	98.77	*34	31.87	139.28	41.15	7.67	*0.00
% of Calories											*13.4%	12.5%	54.7%	36.4%	6.8%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/10/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Bosco Stick	2 Sticks	1000	282	30	422	2.01	2.17	402.3	402	0.0	2	18.1	30.17	10.06	5.03	0.00
Condiment, Marinara (AM)	2 oz	1000	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Vegetable, Broccoli Blanched	1 cup	1250	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Fruit, Apples,Fresh	1 each	1250	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian Sub w/Chips	1 EACH	50	456	68	1486	3.44	3.02	264.6	412	7.83	10	24.0	46.99	20.1	4.29	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Pizza,BBQ, 9-12	Servings	100	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Hot Wing Basket	Servings	400	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			801	68	1773	7.72	*3.13	*691.7	*2403	*63.36	*17	33.49	90.15	33.85	8.09	*0.00
% of Calories											*8.2%	16.7%	45.0%	38.0%	9.1%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/11/2017																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Cheeseburger	1 Sandwich	750	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Vegetable, Beans, Baked	1 cup	1250	300	0	1177	10.70	3.85	85.6	128	0.0	26	12.84	62.06	2.14	0.00	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	1250	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Sandwich, Cheeseburger	1 Sandwich	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hamburger	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs Sub 9-12	Servings	100	367	42	907	3.17	1.86	143.3	237	2.8	*5	28.67	41.5	10.5	1.75	0.00
Condiment, Sandwich	servings	100	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	100	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza,Cheese, 9-12	Slices	250	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			799	56	1771	12.27	*5.30	*620.2	*3190	*41.14	*30	40.52	111.92	21.60	6.64	*0.00
% of Calories											*15.2%	20.3%	56.1%	24.3%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/12/2017																
St Vrain 9-12 Lunch	Total	9000														
Entree, Turkey & Gravy	servings	8500	240	110	920	0.00	*1.44	*40.0	*0	*0.0	*0	30.0	4.01	12.0	4.00	0.00
Bread, WW Dinner Roll	1 Each	8500	109	0	178	2.97	1.42	59.3	0	0.0	*N/A*	5.93	18.79	1.48	0.00	0.00
Vegetable, Potatoes, Mashed	1 cup	9000	139	0	192	2.40	0.46	27.0	4	48.86	1	3.14	29.64	1.45	0.38	0.00
Vegetable, Bean, Green,Canned	1 cup	9000	32	0	283	4.05	0.00	0.0	10	0.0	2	2.03	6.07	0.0	0.00	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Sandwich, Egg Salad	Serving	100	252	191	446	2.10	2.05	67.5	316	0.2	*5	12.33	29.69	10.62	2.11	*0.00
Sandwich, Tuna Salad	SERVING	100	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Condiment, Sandwich	servings	200	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Spicy Asian Bowl Rice	Serving	100	461	66	1061	3.32	*1.66	*13.7	*2144	*5.48	*17	21.66	71.28	8.79	2.25	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	409	51	626	2.73	1.62	457.8	374	6.41	*5	27.38	32.37	17.78	8.91	*0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			631	115	1759	10.60	*3.71	*251.7	*546	*59.11	*5	45.77	74.67	17.85	5.24	*0.00
% of Calories											*3.5%	29.0%	47.3%	25.5%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/13/2017																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, T Meatball Sub 9-12	1 EACH	750	396	65	1211	4.82	2.76	203.8	297	4.23	8	27.41	43.6	12.36	4.55	0.00
Vegetable, Potatoes, Oven Fry	1 cup	1250	241	0	361	4.01	0.96	23.1	73	11.15	0	4.01	38.11	9.03	1.00	0.00
Fruit, Grapes, Fresh	0.5 Cup	1250	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Salad, Chicken Mandarin	salad	100	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Sub	1 EACH	100	465	81	1291	3.00	2.90	300.8	371	4.22	*6	26.97	43.52	20.93	5.84	0.00
Condiment, Sandwich	servings	600	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, BYOB Bar	Burritos	250	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza, Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	200	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Entree, Pizza, Vegetable, 9-12	Servings	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			824	51	1462	10.48	4.23	603.6	*2981	47.91	*14	37.81	113.45	24.60	6.57	*0.00
% of Calories											*6.6%	18.3%	55.1%	26.9%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Page 10

Generated on: 3/20/2017 10:19:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/14/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Pizza,Cheese, 9-12	Slices	250	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Entree, Pizza,Sausage, 9-12	Servings	500	409	51	626	2.73	1.62	457.8	374	6.41	*5	27.38	32.37	17.78	8.91	*0.00
Vegetable, Carrots steamed	1 cup	1250	42	0	94	3.51	1.08	38.7	16680	3.14	6	0.77	9.97	0.16	0.03	0.00
Fruit, Tropical Mix	1/2 cup	1250	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Salad, Italian Deli, 9-12	1 Each	250	433	39	1584	8.28	3.91	394.8	2975	29.44	*7	27.11	50.77	15.65	5.37	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Sandwich, Ham & Cheese	1 EACH	250	370	45	856	3.00	1.98	240.0	320	3.0	6	21.53	42.5	13.26	3.75	0.00
Sandwich, Flatbread,ChickRanch	1 EACH	250	1655	240	5301	3.28	1.81	898.9	1511	11.6	*2	40.76	87.61	125.19	23.87	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			766	59	1519	7.24	2.67	706.2	*10556	55.98	*13	31.75	92.44	28.94	8.26	*0.00
% of Calories											*6.9%	16.6%	48.3%	34.0%	9.7%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/17/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Spaghetti Bake	1 CUP	1000	189	20	728	3.62	0.91	293.0	546	5.31	8	11.45	13.7	8.88	5.65	0.00
Bread, Sticks, Rich's	1 each	1000	77	0	165	1.77	0.85	0.0	0	0.0	*N/A*	2.95	14.17	0.89	0.00	0.00
Vegetable, Broccoli Blanched	1 cup	1250	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Fruit, Cinnamon Apples	1/2 cup	1250	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Sandwich, Italian Sub w/Chips	1 EACH	50	456	68	1486	3.44	3.02	264.6	412	7.83	10	24.0	46.99	20.1	4.29	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Pizza,BBQ, 9-12	Servings	100	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Hot Wing Basket	Servings	400	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			783	64	1871	7.88	*2.75	*637.2	*2376	*61.12	*18	31.44	86.67	33.41	8.12	*0.00
% of Calories											*9.1%	16.0%	44.3%	38.4%	9.3%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Page 12

Generated on: 3/20/2017 10:19:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/18/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Ling's Orange Chicken	1/2 cup serving	1000	151	40	282	0.00	0.72	20.1	101	1.21	10	11.08	19.13	3.02	0.50	0.00
Rice, Brown, Asian Style	Servings	1000	214	0	459	2.04	*N/A*	*N/A*	*N/A*	*N/A*	3	5.1	42.85	2.04	0.51	0.00
Side, Egg roll, small	1 Each	1000	90	11	245	1.00	0.90	10.0	250	4.2	1	3.5	11.0	3.5	1.00	0.00
Dessert, Fortune Cookie	Piece	1000	20	0	0	0.00	0.00	0.0	10	0.0	2	0.7	4.0	0.0	0.00	0.00
Vegetable, Frozen Blend	1 CUP	1250	198	0	20	9.88	2.14	79.1	593	17.79	*N/A*	13.83	19.76	5.93	0.99	0.00
Fruit, Tropical Mix	1/2 cup	1250	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Sandwich, Cheeseburger	1 Sandwich	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hamburger	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs Sub 9-12	Servings	100	367	42	907	3.17	1.86	143.3	237	2.8	*5	28.67	41.5	10.5	1.75	0.00
Condiment, Sandwich	servings	100	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	100	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza,Cheese, 9-12	Slices	250	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			844	58	1320	12.15	*4.18	*577.4	*3265	*63.70	*17	41.02	117.65	21.79	6.06	*0.00
% of Calories											*7.8%	19.4%	55.7%	23.2%	6.5%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Page 13

Generated on: 3/20/2017 10:19:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/19/2017																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, BBQ, Rib	1 EACH	500	340	30	1090	4.00	2.16	100.0	300	7.2	9	19.0	40.0	12.0	3.50	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Vegetable, Beans, Baked	1 cup	1250	300	0	1177	10.70	3.85	85.6	128	0.0	26	12.84	62.06	2.14	0.00	0.00
Fruit, Frozen Fruit Treat Cup	4.4 oz	1	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Fruit, Fresh, Variety	1/2 cup serving	1250	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Sandwich, Egg Salad	Serving	100	252	191	446	2.10	2.05	67.5	316	0.2	*5	12.33	29.69	10.62	2.11	*0.00
Sandwich, Tuna Salad	SERVING	100	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Condiment, Sandwich	servings	200	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Spicy Asian Bowl Rice	Serving	100	461	66	1061	3.32	*1.66	*13.7	*2144	*5.48	*17	21.66	71.28	8.79	2.25	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	409	51	626	2.73	1.62	457.8	374	6.41	*5	27.38	32.37	17.78	8.91	*0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*17	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			695	45	1729	12.24	*4.39	*542.0	*2135	*43.95	*26	34.25	103.77	16.82	4.62	*0.00
% of Calories											*15.0%	19.7%	59.7%	21.8%	6.0%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/20/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Beef, Breaded Tender	Servings	1000	302	35	493	2.01	2.72	40.3	0	0.0	2	15.1	19.13	18.12	4.53	0.00
Bread, WW Dinner Roll	Each	1000	109	0	178	2.97	1.42	59.3	0	0.0	*N/A*	5.93	18.79	1.48	0.00	0.00
Vegetable, Potatoes, Mashed	1 cup	1250	139	0	192	2.40	0.46	27.0	4	48.86	1	3.14	29.64	1.45	0.38	0.00
Condiment, Country Gravy	2 oz	1250	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	1250	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Salad, Chicken Mandarin	salad	100	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Sub	1 EACH	100	465	81	1291	3.00	2.90	300.8	371	4.22	*6	26.97	43.52	20.93	5.84	0.00
Condiment, Sandwich	servings	600	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, BYOB Bar	Burritos	250	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	200	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Entree, Pizza,Vegetable, 9-12	Servings	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			829	46	1446	10.10	4.69	588.9	*2974	64.41	*17	37.30	113.67	24.80	6.66	*0.00
% of Calories											*8.4%	18.0%	54.9%	26.9%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Page 15

Generated on: 3/20/2017 10:19:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/21/2017																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Hot Italian Panini	1 EACH	750	415	77	1038	3.44	2.94	335.0	188	3.49	5	26.39	32.76	19.8	6.86	0.00
Condiment, Sandwich	servings	1000	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Vegetable, Sweet PotatoLattice	1 CUP	1250	288	0	310	8.86	1.44	68.3	2394	1.02	18	2.22	46.52	17.72	2.22	0.00
Fruit, Grapes,Fresh	0.5 Cup	1250	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Salad, Italian Deli, 9-12	1 Each	250	433	39	1584	8.28	3.91	394.8	2975	29.44	*7	27.11	50.77	15.65	5.37	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Sandwich, Ham & Cheese	1 EACH	250	370	45	856	3.00	1.98	240.0	320	3.0	6	21.53	42.5	13.26	3.75	0.00
Sandwich, Flatbread,ChickRanch	1 EACH	250	1655	240	5301	3.28	1.81	898.9	1511	11.6	*2	40.76	87.61	125.19	23.87	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			834	64	1767	9.69	3.24	646.0	*3378	40.38	*19	30.44	102.83	36.96	7.99	*0.00
% of Calories											*9.0%	14.6%	49.3%	39.9%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/24/2017																
St Vrain 9-12 Lunch	Total	2000														
Entree, Macaroni and Cheese	6 oz	300	290	40	550	2.00	1.44	400.0	400	1.2	6	17.0	28.0	12.0	8.00	0.00
Bread, Sticks, Rich's	1 each	300	77	0	165	1.77	0.85	0.0	0	0.0	*N/A*	2.95	14.17	0.89	0.00	0.00
Vegetable, Broccoli Blanched	1 cup	1000	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Fruit, Apples,Fresh	EACH	1000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian Sub w/Chips	1 EACH	50	456	68	1486	3.44	3.02	264.6	412	7.83	10	24.0	46.99	20.1	4.29	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Pizza,BBQ, 9-12	Servings	100	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Hot Wing Basket	Servings	400	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			889	76	1993	7.89	*2.93	*712.1	*2725	*71.27	*17	35.12	98.52	38.94	8.54	*0.00
% of Calories											*7.6%	15.8%	44.3%	39.4%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/25/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Chicken Tenders K-8 gr	3 Pieces	1000	218	43	312	1.89	1.70	0.0	0	0.0	2	18.91	11.35	11.35	1.89	0.00
Condiment, Barbecue Sauce	1 OZ	500	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	500	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Bread, Biscuit, WG Rich's	Biscuit	1000	170	0	380	2.97	1.19	32.3	3	0.04	3	4.0	23.0	7.0	4.50	0.00
Vegetable, Potatoes, Mashed	1 cup	1250	139	0	192	2.40	0.46	27.0	4	48.86	1	3.14	29.64	1.45	0.38	0.00
Condiment, Country Gravy	2 oz	1250	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	1250	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Sandwich, Cheeseburger	1 Sandwic	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs Sub 9-12	Servings	100	367	42	907	3.17	1.86	143.3	237	2.8	*5	28.67	41.5	10.5	1.75	0.00
Condiment, Sandwich	servings	100	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	100	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza,Cheese, 9-12	Slices	250	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			785	55	1585	8.87	*3.85	*562.9	*3060	*64.88	*19	36.69	106.96	23.47	7.51	*0.00
% of Calories											*9.6%	18.7%	54.5%	26.9%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/26/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Chicken & Noodles	1 CUP	750	298	54	650	4.76	2.65	62.9	1004	0.6	*2	21.34	31.72	10.2	2.39	0.00
Bread, WW Dinner Roll	Each	750	109	0	178	2.97	1.42	59.3	0	0.0	*N/A*	5.93	18.79	1.48	0.00	0.00
Vegetable, Bean, Green,Canned	1 cup	1250	32	0	283	4.05	0.00	0.0	10	0.0	2	2.03	6.07	0.0	0.00	0.00
Fruit, Tropical Mix	1/2 cup	1250	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Sandwich, Egg Salad	Serving	100	252	191	446	2.10	2.05	67.5	316	0.2	*5	12.33	29.69	10.62	2.11	*0.00
Sandwich, Tuna Salad	SERVING	100	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Condiment, Sandwich	servings	200	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Spicy Asian Bowl Rice	Serving	100	461	66	1061	3.32	*1.66	*13.7	*2144	*5.48	*17	21.66	71.28	8.79	2.25	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	409	51	626	2.73	1.62	457.8	374	6.41	*5	27.38	32.37	17.78	8.91	*0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			656	55	1277	9.75	*3.15	*507.9	*2220	*51.52	*9	33.19	92.70	16.70	4.61	*0.00
% of Calories											*5.4%	20.3%	56.6%	22.9%	6.3%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/27/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Outrageous Chik. Nacho	3 oz. servings	750	381	42	907	2.23	0.85	260.4	305	4.54	*2	12.67	31.07	23.79	12.14	*0.00
Vegetable, Jalapenos	1 oz	750	9	0	529	0.00	0.00	18.9	94	8.5	1	0.0	0.94	0.0	0.00	0.00
Vegetable, Chickpea Pico	1 cup	1250	120	0	537	5.01	2.27	44.7	189	8.06	*1	5.77	21.58	1.78	0.02	0.00
Fruit, Grapes, Fresh	0.5 Cup	1250	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Salad, Chicken Mandarin	salad	100	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Sub	1 EACH	100	465	81	1291	3.00	2.90	300.8	371	4.22	*6	26.97	43.52	20.93	5.84	0.00
Condiment, Sandwich	servings	600	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, BYOB Bar	Burritos	250	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza, Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	200	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Entree, Pizza, Vegetable, 9-12	Servings	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			762	45	1618	10.20	4.32	637.1	*3070	49.01	*13	34.27	101.71	24.41	8.35	*0.00
% of Calories											*6.6%	18.0%	53.4%	28.8%	9.9%	*0.0%
Nutrient Guideline			750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Page 20

Generated on: 3/20/2017 10:19:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/28/2017																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Pinwheel, Pepperoni	Sandwich	500	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Vegetable, Carrots steamed	1 cup	1250	42	0	94	3.51	1.08	38.7	16680	3.14	6	0.77	9.97	0.16	0.03	0.00
Fruit, Cinnamon Apples	1/2 cup	1250	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Salad, Italian Deli, 9-12	1 Each	250	433	39	1584	8.28	3.91	394.8	2975	29.44	*7	27.11	50.77	15.65	5.37	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Sandwich, Ham & Cheese	1 EACH	250	370	45	856	3.00	1.98	240.0	320	3.0	6	21.53	42.5	13.26	3.75	0.00
Sandwich, Flatbread, Chick Ranch	1 EACH	250	1655	240	5301	3.28	1.81	898.9	1511	11.6	*2	40.76	87.61	125.19	23.87	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			653	45	1401	7.34	2.60	575.8	*10485	40.47	*19	25.13	82.42	24.09	5.79	*0.00
% of Calories											*11.7%	15.4%	50.5%	33.2%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			*805	*61	1654	*10.65	*3.94	*607.1	*3730	*59.57	*19	*35.79	104.97	*27.54	*7.18	*0.00
											*21.8%	*17.8%	52.2%	*30.8%	*8.0%	*0.0%

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Page 21

Generated on: 3/20/2017 10:19:28 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	805		750 - 850	100%	Missing													
Cholesterol (mg)	61				Missing													
Sodium (mg)	1654		1420						234	Correction Required - Sodium too High								
Fiber (g)	10.65				Missing													
Iron (mg)	3.94				Missing													
Calcium (mg)	607.1				Missing													
Vitamin A (IU)	3730				Missing													
Sugars (g)	19	9.68%			Missing													
Vitamin C (mg)	59.57				Missing													
Protein (g)	35.79	17.78%			Missing													
Carbohydrate (g)	104.97	52.15%																
Total Fat (g)	27.54	30.78%			Missing													
Saturated Fat (g)	7.18	8.02%	<10.00%		Missing													
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.