

# St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
<b>Mon - 04/03/2017</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Italian Dunkers	Each	5500	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	5500	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	3/4 cup	3000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	3000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Entree, PBJ Basket	1 Each	500	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
BIC, Raisins/els/Craisins	1 Each	1000	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	1500	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	4500	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 % of Calories			582	27	1290	8.37	*2.73	*640.3	1475	30.92	*20 *13.5%	28.90 19.9%	75.80 52.1%	17.20 26.6%	7.36 11.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 04/04/2017</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Crispito, K-8	1 Each	5500	380	50	550	3.00	1.80	240.0	1050	0.0	1	19.0	24.01	23.0	8.00	0.00
Condiment, Green Chili	1/4 Cup	5500	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	5500	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	3/4 cup	3000	361	0	1349	22.04	5.05	124.3	1	2.08	0	22.04	62.11	3.01	1.00	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	3000	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Sandwich, Egg Salad	Serving	250	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	250	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
BIC, Raisins/els/Craisins	1 Each	1000	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	1500	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	4500	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 % of Calories			747	62	1861	16.03	4.67	617.9	1940	14.40	*12 *6.2%	39.71 21.3%	91.34 48.9%	23.85 28.7%	8.34 10.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Apr 1, 2017 thru Apr 30, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Wed - 04/05/2017																
St Vrain K-5 Lunch	Total	6000														
Breakfast, French Toast Sticks	4 Piece	5500	288	0	299	3.20	2.13	250.7	460	0.0	12	6.4	37.33	12.8	2.13	0.00
Breakfast, Sausage Patty	2 Each	5500	110	40	450	0.00	2.16	40.0	5	0.0	1	12.0	1.0	8.0	2.00	0.00
Condiment, Syrup, Pancake	each	5500	*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	3/4 Cup	3000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
BIC, Raisins/els/Craisins	1 Each	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Banana	1 EACH	3000	161	0	2	4.72	0.47	9.1	116	15.79	22	1.98	41.44	0.6	0.20	0.00
Entree, Yogurt Basket Lunch	1 Each	500	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			*670	*46	1065	*8.04	*5.01	*652.8	*4259	*57.10	*52	*28.67	123.81	*22.65	*5.02	*0.00
% of Calories											*31.2%	*17.1%	73.9%	*30.4%	*6.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 04/06/2017																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Hot Dog on a Bun	1 Hot Dog	5500	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	5500	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	3000	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	3000	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Entree, Fruit &CottCheesePlate	Servings	250	370	15	690	5.98	2.35	132.8	209	0.0	*5	16.0	50.0	10.5	4.50	0.00
Entree, Fruit &StrCheesePlate	Servings	250	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	0.00
Vegetable, Salad Bar w beans	3/4 cup	3000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			608	61	1331	8.80	3.59	523.8	2413	63.89	*19	27.04	86.52	17.21	3.84	*0.00
% of Calories											*12.7%	17.8%	56.9%	25.5%	5.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Fri - 04/07/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Fish Treasures	4 pieces	5500	210	45	350	2.00	1.44	20.0	0	0.0	1	15.0	18.0	9.0	1.50	0.00
Condiment, Tartar Sauce	2 oz	5500	246	19	321	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.56	22.68	3.78	0.00
Bread, Graham Cracker Bites	Pouch	5500	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
Vegetable, Sweet PotatoLattice	3/4 cup	3000	216	0	233	6.65	1.08	51.2	1796	0.76	13	1.66	34.89	13.29	1.66	0.00
BIC, Raisins/els/Craisins	1 Each	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Tropical Mix	1/2 cup	3000	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	500	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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 % of Calories			903	68	1171	9.10	3.00	419.5	2267	32.26	*23 *10.3%	26.26 11.6%	109.65 48.6%	41.14 41.0%	6.40 6.4%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 04/10/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Bosco Stick	2 Sticks	5500	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	5500	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	3/4 cup	3000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples,Fresh	1 each	3000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Entree, PBJ Basket	1 Each	500	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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 % of Calories			543	38	964	6.72	*2.86	*737.1	2025	40.98	*18 *13.0%	28.75 21.2%	74.77 55.1%	14.12 23.4%	6.33 10.5%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Apr 1, 2017 thru Apr 30, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Tue - 04/11/2017																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Cheeseburger	1 Sandwich	5500	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	5500	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	3/4	3000	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	3000	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Sandwich, Egg Salad	Serving	250	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	250	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	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, Salad Bar w beans	3/4 cup	3000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			755	76	1796	11.90	5.74	543.5	2688	26.32	*31	43.37	101.21	20.35	6.57	*0.00
% of Calories											*16.3%	23.0%	53.6%	24.3%	7.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 04/12/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Turkey & Gravy	1/2 cup	5500	120	55	460	0.00	*0.72	*20.0	*0	*0.0	*0	15.0	2.0	6.0	2.00	0.00
Bread, WW Dinner Roll	Each	5500	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	3/4 cup	3000	24	0	213	3.04	0.00	0.0	8	0.0	2	1.52	4.56	0.0	0.00	0.00
Vegetable, Potatoes, Mashed	3/4 cup	5500	104	0	144	1.80	0.35	20.3	3	36.65	1	2.36	22.23	1.09	0.29	0.00
Entree, Yogurt Basket Lunch	1 Each	500	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			525	60	1160	7.37	*2.79	*458.8	*1344	*50.78	*6	32.17	74.40	11.04	3.20	0.00
% of Calories											*4.3%	24.5%	56.7%	18.9%	5.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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St Vrain K-5 Lunch

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	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 <sup>1</sup> (g)
Thu - 04/13/2017																
St Vrain K-5 Lunch	Total	6000														
Sandwich, T Meatball Sub K-8	1 EACH	5500	321	52	1039	4.46	2.14	191.1	221	3.39	6	24.13	32.28	10.29	3.64	0.00
Vegetable, Potatoes, Oven Fry	3/4 cup	3000	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Fruit, Grapes, Fresh	0.5 Cup	3000	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Entree, Fruit &CottCheesePlate	Servings	250	370	15	690	5.98	2.35	132.8	209	0.0	*5	16.0	50.0	10.5	4.50	0.00
Entree, Fruit &StrCheesePlate	Servings	250	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	0.00
Vegetable, Salad Bar w beans	3/4 cup	3000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			648	58	1471	8.88	3.50	551.1	2308	29.34	*11	35.68	88.13	16.71	4.94	*0.00
% of Calories											*6.6%	22.0%	54.4%	23.2%	6.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 04/14/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Pizza,Cheese, K-8	Servings	2750	363	30	628	2.67	1.96	487.0	280	1.02	2	20.44	32.22	16.72	7.72	0.00
Entree, Pizza,Pepperoni, K-8	Servings	2750	382	40	703	2.67	1.96	487.0	280	1.02	2	22.72	32.6	17.67	8.10	0.00
Vegetable, Carrots steamed	3/4 cup	3000	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Tropical Mix	1/2 cup	3000	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	500	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	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, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			616	41	962	5.87	2.68	836.5	7845	34.00	*12	29.92	80.23	18.52	8.00	0.00
% of Calories											*7.8%	19.4%	52.1%	27.1%	11.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
<b>Mon - 04/17/2017</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Spaghetti Bake	1 CUP	5000	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	5000	77	0	165	1.77	0.85	0.0	0	0.0	*N/A*	2.95	14.17	0.89	0.00	0.00
Fruit, Cinnamon Apples	1/2 cup	3000	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Vegetable, Broccoli Blanched	3/4 cup	3000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Entree, PBJ Basket	1 Each	500	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			480	27	1110	7.42	*1.94	*593.6	1936	39.90	*20	23.08	65.27	12.47	5.96	*0.00
% of Calories											*16.4%	19.2%	54.4%	23.4%	11.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 04/18/2017</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Ling's Orange Chicken	1/2 cup serving	5500	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	5500	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	5500	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	5500	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	3/4 CUP	3000	148	0	15	7.41	1.60	59.3	445	13.34	*N/A*	10.38	14.82	4.45	0.74	0.00
Fruit, Tropical Mix	1/2 cup	3000	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, Egg Salad	Serving	250	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	250	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	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, Salad Bar w beans	3/4 cup	3000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

\*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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# St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain K-5 Lunch

Portion Values - Detailed

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	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 <sup>1</sup> (g)
Weighted Daily Average			780	66	1309	9.65	*3.31	*400.5	*2584	*44.70	*20	35.91	123.98	13.68	3.04	*0.00
% of Calories											*10.0%	18.4%	63.6%	15.8%	3.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 04/19/2017																
St Vrain K-5 Lunch	Total	6000														
Sandwich, BBQ, Rib	1 EACH	5500	340	30	1090	4.00	2.16	100.0	300	7.2	9	19.0	40.0	12.0	3.50	0.00
Vegetable, Beans, Baked	3/4 cup	3000	225	0	883	8.02	2.89	64.2	96	0.0	19	9.63	46.55	1.6	0.00	0.00
Fruit, Frozen Fruit Treat Cup	4.4 oz	3000	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Entree, Yogurt Basket Lunch	1 Each	500	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	2000	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	1500	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	4500	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			691	37	1784	11.62	4.19	543.1	1999	68.71	*33	32.58	108.45	15.09	4.33	0.00
% of Calories											*19.3%	18.9%	62.8%	19.7%	5.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Thu - 04/20/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Beef, Breaded Tender	Servings	5500	302	35	493	2.01	2.72	40.3	0	0.0	2	15.1	19.13	18.12	4.53	0.00
Condiment, Ketchup	1 OZ	5500	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	5500	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	3/4 cup	3000	104	0	144	1.80	0.35	20.3	3	36.65	1	2.36	22.23	1.09	0.29	0.00
Condiment, Country Gravy	2 oz	3000	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	3000	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Entree, Fruit &CottCheesePlate	Servings	250	370	15	690	5.98	2.35	132.8	209	0.0	*5	16.0	50.0	10.5	4.50	0.00
Entree, Fruit &StrCheesePlate	Servings	250	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	0.00
Vegetable, Salad Bar w beans	3/4 cup	3000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			789	43	1664	8.63	4.81	448.5	2351	41.17	*21	30.47	104.01	27.31	9.59	*0.00
% of Calories											*10.5%	15.5%	52.7%	31.2%	10.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/21/2017																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Hot Italian Panini	1 EACH	5500	415	77	1038	3.44	2.94	335.0	188	3.49	5	26.39	32.76	19.8	6.86	0.00
Vegetable, Sweet PotatoLattice	3/4 cup	5500	216	0	233	6.65	1.08	51.2	1796	0.76	13	1.66	34.89	13.29	1.66	0.00
Fruit, Grapes,Fresh	0.5 Cup	3000	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	500	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	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, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			817	80	1482	11.20	4.29	735.5	3194	23.04	*26	35.84	104.38	33.19	8.60	0.00
% of Calories											*12.5%	17.5%	51.1%	36.5%	9.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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# St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Mon - 04/24/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Macaroni and Cheese	6 oz	5500	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	5500	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	3/4 cup	3000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	3000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Entree, PBJ Basket	1 Each	500	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			594	47	1019	6.99	*2.65	*720.8	1863	40.05	*18	29.56	81.30	16.27	8.60	0.00
% of Calories											*12.2%	19.9%	54.7%	24.6%	13.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/25/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Chicken Tenders K-8 gr	3 Pieces	5500	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	2500	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	2500	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	5500	170	0	380	2.97	1.19	32.3	3	0.04	3	4.0	23.0	7.0	4.50	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	3000	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Vegetable, Potatoes, Mashed	3/4 cup	3000	104	0	144	1.80	0.35	20.3	3	36.65	1	2.36	22.23	1.09	0.29	0.00
Condiment, Country Gravy	2 oz	3000	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Sandwich, Egg Salad	Serving	250	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	250	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	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, Salad Bar w beans	3/4 cup	3000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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# St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Weighted Daily Average			699	58	1542	8.24	3.85	393.7	2348	40.95	*17	34.22	93.79	20.98	6.82	*0.00
% of Calories											*9.9%	19.6%	53.7%	27.0%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 04/26/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Chicken & Noodles	1 CUP	5500	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	5500	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	3/4 cup	3000	24	0	213	3.04	0.00	0.0	8	0.0	2	1.52	4.56	0.0	0.00	0.00
Fruit, Tropical Mix	1/2 cup	3000	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Entree, Yogurt Basket Lunch	1 Each	500	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			641	60	1202	10.62	4.23	479.6	2261	32.20	*6	35.82	93.04	13.89	3.30	0.00
% of Calories											*3.9%	22.4%	58.1%	19.5%	4.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 04/27/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Outrageous Chik. Nacho	3 oz. servings	5500	381	42	907	2.23	0.85	260.4	305	4.54	*2	12.67	31.07	23.79	12.14	*0.00
Vegetable, Chickpea Pico	1/2 cup	3000	60	0	269	2.50	1.14	22.4	94	4.03	*0	2.89	10.79	0.89	0.01	0.00
Fruit, Grapes,Fresh	0.5 Cup	1	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Entree, Fruit &CottCheesePlate	Servings	250	370	15	690	5.98	2.35	132.8	209	0.0	*5	16.0	50.0	10.5	4.50	0.00
Entree, Fruit &StrCheesePlate	Servings	250	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	0.00
Vegetable, Salad Bar w beans	3/4 cup	3000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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# St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain K-5 Lunch

Portion Values - Detailed

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	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 <sup>1</sup> (g)
Weighted Daily Average			614	49	1348	6.19	2.40	611.1	2361	26.52	*7	24.84	70.76	25.99	12.31	*0.00
% of Calories											*4.6%	16.2%	46.1%	38.1%	18.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 04/28/2017																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Pinwheel, Pepperoni	Sandwich	2750	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	3/4 cup	3000	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Cinnamon Apples	1/2 cup	3000	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Entree, Parfait Fruit & Yogurt	1 EACH	500	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	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, Salad Bar no beans	3/4 cup	3000	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	3000	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	1000	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	1500	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	4500	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			393	19	633	5.41	2.13	505.8	7704	22.73	*19	18.40	61.04	7.35	3.04	*0.00
% of Calories											*19.1%	18.7%	62.1%	16.8%	7.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			*655	*51	1308	*8.85	*3.52	*570.7	*2858	*38.00	*19	*31.06	90.59	*19.45	*6.28	*0.00
											*26.8%	*19.0%	55.3%	*26.7%	*8.6%	*0.0%

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# St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

St Vrain K-5 Lunch

Portion Values - Detailed

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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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	655		550 - 650	101%	Missing		5	Correction Required - Calories too High									
Cholesterol (mg)	51				Missing												
Sodium (mg)	1308		1230				78	Correction Required - Sodium too High									
Fiber (g)	8.85				Missing												
Iron (mg)	3.52				Missing												
Calcium (mg)	570.7				Missing												
Vitamin A (IU)	2858				Missing												
Sugars (g)	19	11.89%			Missing												
Vitamin C (mg)	38.00				Missing												
Protein (g)	31.06	18.97%			Missing												
Carbohydrate (g)	90.59	55.34%															
Total Fat (g)	19.45	26.74%			Missing												
Saturated Fat (g)	6.28	8.63%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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