

# St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

## Base Menu Spreadsheet

CACFP Snack Menu

### 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)
Mon - 04/03/2017																
CACFP Snack Menu	Total	3000														
Bread, Graham Cracker Bites	Pouch	3000	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
BIC, Yogurt (4oz. cup)	1 Each	3000	100	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	22.0	0.0	0.00	0.00
Weighted Daily Average			230	0	225	2.00	0.72	300.0	40	1.20	*8	5.00	46.00	3.00	0.00	0.00
% of Calories											*13.9%	8.7%	80.0%	11.7%	0.0%	0.0%
Nutrient Guideline			450		540											<10.00

Tue - 04/04/2017																
CACFP Snack Menu	Total	3000														
BIC, Muffin Blueberry	Each	3000	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Dairy, Milk, White 1%	HALF PIN	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			300	55	260	2.00	1.08	320.0	600	2.40	*16	11.00	43.00	7.50	3.50	0.00
% of Calories											*21.3%	14.7%	57.3%	22.5%	10.5%	0.0%
Nutrient Guideline			450		540											<10.00

Wed - 04/05/2017																
CACFP Snack Menu	Total	3000														
Vegetables, Veggie Patch	1/2 Cup	3000	23	0	26	1.69	0.45	19.1	3250	42.7	2	1.01	4.82	0.13	0.03	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	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			173	15	304	1.69	0.45	337.8	3789	45.24	*2	9.51	19.58	5.03	2.09	0.00
% of Calories											*4.8%	22.0%	45.3%	26.2%	10.9%	0.0%
Nutrient Guideline			450		540											<10.00

Thu - 04/06/2017																
CACFP Snack Menu	Total	3000														
Dairy, String Cheese	1 OZ	3000	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
BIC, Applesauce	1 Each	3000	51	0	2	1.00	0.11	3.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00

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

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<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

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CACFP Snack Menu

### 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)
Weighted Daily Average % of Calories			111	10	212	1.00	0.11	203.0	100	0.00	11 39.6%	8.00 28.8%	15.00 54.1%	2.50 20.3%	2.00 16.2%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Fri - 04/07/2017																	
CACFP Snack Menu	Total Package	3000															
Bread, Goldfish Cracker	3000		100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00	
Fruit, Fresh, Variety	1/2 cup serving	3000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00	
Weighted Daily Average % of Calories			164	5	171	3.44	0.56	43.8	193	35.92	*8 *20.3%	3.85 9.4%	30.19 73.7%	3.81 20.9%	1.05 5.7%	0.00 0.0%	
Nutrient Guideline			450		540											<10.00	

Mon - 04/10/2017																	
CACFP Snack Menu	Total	3000															
BIC, Applesauce	1 Each	3000	51	0	2	1.00	0.11	3.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00	
Bread, Graham Cracker Bites	Pouch	3000	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00	
Weighted Daily Average % of Calories			181	0	152	3.00	0.83	3.0	40	0.00	19 42.0%	2.00 4.4%	38.00 84.0%	3.00 14.9%	0.00 0.0%	0.00 0.0%	
Nutrient Guideline			450		540											<10.00	

Tue - 04/11/2017																	
CACFP Snack Menu	Total	3000															
Vegetables, Veggie Patch	1/2 Cup	3000	23	0	26	1.69	0.45	19.1	3250	42.7	2	1.01	4.82	0.13	0.03	0.00	
Condiment, Ranch/ low fat Dairy, Milk, White 1%	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	
	HALF PIN	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00	
Weighted Daily Average % of Calories			173	15	304	1.69	0.45	337.8	3789	45.24	*2 *4.8%	9.51 22.0%	19.58 45.3%	5.03 26.2%	2.09 10.9%	0.00 0.0%	
Nutrient Guideline			450		540											<10.00	

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CACFP Snack Menu

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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)
<b>Wed - 04/12/2017</b>																
CACFP Snack Menu	Total	3000														
BIC, Muffin Blueberry Dairy, Milk, White 1%	Each	3000	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
	HALF PIN	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			300	55	260	2.00	1.08	320.0	600	2.40	*16 *21.3%	11.00 14.7%	43.00 57.3%	7.50 22.5%	3.50 10.5%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

<b>Thu - 04/13/2017</b>																
CACFP Snack Menu	Total	3000														
Fruit, Fresh, Variety	1/2 cup s	3000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Dairy, String Cheese	erving	3000	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
Weighted Daily Average % of Calories	1 OZ		124	10	211	2.44	0.20	223.8	293	35.92	*8 *26.9%	8.85 28.6%	17.19 55.5%	2.81 20.4%	2.05 14.9%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

<b>Fri - 04/14/2017</b>																
CACFP Snack Menu	Total	3000														
Bread, Goldfish Cracker	Package	3000	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Fruit, Fresh, Variety	1/2 cup s	3000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Weighted Daily Average % of Calories	erving		164	5	171	3.44	0.56	43.8	193	35.92	*8 *20.3%	3.85 9.4%	30.19 73.7%	3.81 20.9%	1.05 5.7%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

<b>Mon - 04/17/2017</b>																
CACFP Snack Menu	Total	3000														
Bread, Graham Cracker Bites	Pouch	3000	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
BIC, Yogurt (4oz. cup)	1 Each	3000	100	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	22.0	0.0	0.00	0.00

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## CACFP Snack Menu

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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 % of Calories			230	0	225	2.00	0.72	300.0	40	1.20	*8 *13.9%	5.00 8.7%	46.00 80.0%	3.00 11.7%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Tue - 04/18/2017																
CACFP Snack Menu	Total	3000														
BIC, Muffin Blueberry	Each	3000	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Dairy, Milk, White 1%	HALF PIN	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			300	55	260	2.00	1.08	320.0	600	2.40	*16 *21.3%	11.00 14.7%	43.00 57.3%	7.50 22.5%	3.50 10.5%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Wed - 04/19/2017																
CACFP Snack Menu	Total	3000														
Vegetables, Veggie Patch	1/2 Cup	3000	23	0	26	1.69	0.45	19.1	3250	42.7	2	1.01	4.82	0.13	0.03	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	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			173	15	304	1.69	0.45	337.8	3789	45.24	*2 *4.8%	9.51 22.0%	19.58 45.3%	5.03 26.2%	2.09 10.9%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Thu - 04/20/2017																
CACFP Snack Menu	Total	3000														
Dairy, String Cheese	1 OZ	3000	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
BIC, Applesauce	1 Each	3000	51	0	2	1.00	0.11	3.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			111	10	212	1.00	0.11	203.0	100	0.00	11 39.6%	8.00 28.8%	15.00 54.1%	2.50 20.3%	2.00 16.2%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

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### 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)
Fri - 04/21/2017																
CACFP Snack Menu	Total	3000														
Bread, Goldfish Cracker	Package	3000	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Fruit, Fresh, Variety	1/2 cup serving	3000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Weighted Daily Average % of Calories			164	5	171	3.44	0.56	43.8	193	35.92	*8 *20.3%	3.85 9.4%	30.19 73.7%	3.81 20.9%	1.05 5.7%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Mon - 04/24/2017																
CACFP Snack Menu	Total	3000														
BIC, Applesauce	1 Each	3000	51	0	2	1.00	0.11	3.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Bread, Graham Cracker Bites	Pouch	3000	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
Weighted Daily Average % of Calories			181	0	152	3.00	0.83	3.0	40	0.00	19 42.0%	2.00 4.4%	38.00 84.0%	3.00 14.9%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Tue - 04/25/2017																
CACFP Snack Menu	Total	3000														
Vegetables, Veggie Patch	1/2 Cup	3000	23	0	26	1.69	0.45	19.1	3250	42.7	2	1.01	4.82	0.13	0.03	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	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			173	15	304	1.69	0.45	337.8	3789	45.24	*2 *4.8%	9.51 22.0%	19.58 45.3%	5.03 26.2%	2.09 10.9%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Wed - 04/26/2017																
CACFP Snack Menu	Total	3000														
BIC, Muffin Blueberry	Each	3000	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Dairy, Milk, White 1%	HALF PIN	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00

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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 % of Calories			300	55	260	2.00	1.08	320.0	600	2.40	*16 *21.3%	11.00 14.7%	43.00 57.3%	7.50 22.5%	3.50 10.5%	0.00 0.0%
Nutrient Guideline			450		540										<10.00	

Thu - 04/27/2017																
CACFP Snack Menu	Total	3000														
Dairy, String Cheese	1 OZ	3000	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
Fruit, Fresh, Variety	1/2 cup serving	3000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Weighted Daily Average % of Calories			124	10	211	2.44	0.20	223.8	293	35.92	*8 *26.9%	8.85 28.6%	17.19 55.5%	2.81 20.4%	2.05 14.9%	0.00 0.0%
Nutrient Guideline			450		540										<10.00	

Fri - 04/28/2017																
CACFP Snack Menu	Total	3000														
Fruit, Fresh, Variety	1/2 cup serving	3000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Bread, Goldfish Cracker	Package	3000	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Weighted Daily Average % of Calories			164	5	171	3.44	0.56	43.8	193	35.92	*8 *20.3%	3.85 9.4%	30.19 73.7%	3.81 20.9%	1.05 5.7%	0.00 0.0%
Nutrient Guideline			450		540										<10.00	

Weighted Average			192	17	227	2.27	0.60	213.3	964	20.42	*10 *46.5%	7.26 15.1%	30.17 62.9%	4.40 20.6%	1.73 8.1%	0.00 0.0%
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Base Menu Spreadsheet

CACFP Snack Menu

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	192		450	43%		258		Correction Required - Calories are Low									
Cholesterol (mg)	17																
Sodium (mg)	227		540														
Fiber (g)	2.27																
Iron (mg)	0.60																
Calcium (mg)	213.3																
Vitamin A (IU)	964																
Sugars (g)	10	20.66%			Missing												
Vitamin C (mg)	20.42																
Protein (g)	7.26	15.13%															
Carbohydrate (g)	30.17	62.88%															
Total Fat (g)	4.40	20.63%															
Saturated Fat (g)	1.73	8.12%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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