

St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

K-8 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)
Mon - 04/03/2017																
K-8 Lunch	Total	1500														
Entree, Italian Dunkers	Each	1000	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	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	3/4 cup	750	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	750	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	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			664	36	1333	9.33	*2.97	*651.7	2555	45.68	*21	31.18	84.17	22.04	8.48	*0.00
% of Calories											*12.6%	18.8%	50.7%	29.9%	11.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 04/04/2017																
K-8 Lunch	Total	1500														
Entree, Crispito, K-8	1 Each	2500	380	50	550	3.00	1.80	240.0	1050	0.0	1	19.0	24.01	23.0	8.00	0.00
Condiment, Mexican	1 OZ	2500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Condiment, Green Chili	1/4 Cup	2500	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Vegetable, Beans, Refried	3/4 cup	750	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	750	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	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	250	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	250	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Vegetable, Salad Bar w beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			1342	123	3602	23.40	*7.87	*956.9	5158	*36.40	*16	66.51	137.53	57.85	17.12	*0.00
% of Calories											*4.9%	19.8%	41.0%	38.8%	11.5%	*0.0%
Nutrient Guideline			600-650		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

¹ - 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

K-8 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																
K-8 Lunch	Total	1500														
Breakfast, French Toast Sticks	4 Piece	1000	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	1000	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	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	3/4 Cup	750	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Fruit, Banana	1 EACH	750	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	250	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			*712	*45	1140	*9.16	*4.90	*659.3	*4341	*59.76	*43	*30.04	119.28	*24.63	*5.45	*0.00
% of Calories											*24.3%	*16.9%	67.0%	*31.1%	*6.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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K-8 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																
K-8 Lunch	Total	1500														
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	750	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Fruit, Fresh, Variety	1/2 cup serving	750	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Frozen Fruit Treat Cup	4.4 oz	1500	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	1500	167	16	83	1.04	0.75	0.0	104	0.0	7	2.08	18.75	9.37	4.69	0.00
Salad, Chef K-8	salad	50	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*0.00
Entree, Fruit &CottCheesePlate	Servings	100	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	100	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	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
Condiment, Sandwich	servings	250	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	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			876	69	1410	13.48	4.77	588.9	3011	114.48	*39	31.32	128.04	27.53	8.61	*0.00
% of Calories											*18.0%	14.3%	58.5%	28.3%	8.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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K-8 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)
Fri - 04/07/2017																
K-8 Lunch	Total	1500														
Entree, Fish Treasures	4 pieces	1000	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 Potato Lattice	3/4 cup	750	216	0	233	6.65	1.08	51.2	1796	0.76	13	1.66	34.89	13.29	1.66	0.00
Bread, Graham Cracker Bites	Pouch	1000	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
Condiment, Tartar Sauce	2 oz	1000	246	19	321	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.56	22.68	3.78	0.00
Fruit, Tropical Mix	1/2 cup	750	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, Turkey K-8	1 EACH	250	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	0.00
Condiment, Sandwich	servings	250	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Italian Deli, 6-8	1 Each	250	323	39	1404	5.28	2.46	334.8	2975	29.44	*7	21.11	31.77	14.15	5.37	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			805	62	1325	8.89	2.92	428.2	2749	36.73	*18	27.73	99.08	34.82	5.81	*0.00
% of Calories											*9.0%	13.8%	49.2%	38.9%	6.5%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Mon - 04/10/2017																
K-8 Lunch	Total	1500														
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	3/4 cup	750	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	750	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	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			612	42	1005	7.64	*2.90	*706.9	2363	44.12	*19	30.58	80.95	18.41	7.51	*0.00
% of Calories											*12.2%	20.0%	52.9%	27.1%	11.0%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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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 ¹ (g)
Tue - 04/11/2017																
K-8 Lunch	Total	1500														
Sandwich, Cheeseburger	1 Sandwic	1000	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	1000	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 cup	750	225	0	883	8.02	2.89	64.2	96	0.0	19	9.63	46.55	1.6	0.00	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	750	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	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	250	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	250	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Vegetable, Salad Bar w beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			845	81	2212	11.63	*5.40	*592.7	3267	*26.36	*26	44.33	100.52	30.20	7.47	*0.00
% of Calories											*12.3%	21.0%	47.6%	32.2%	8.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 04/12/2017																
K-8 Lunch	Total	1500														
Entree, Turkey & Gravy	servings	1000	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	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	1/2 cup	1000	70	0	96	1.20	0.23	13.5	2	24.43	1	1.57	14.82	0.73	0.19	0.00
Vegetable, Bean, Green,Canned	1/2 cup	1000	16	0	142	2.02	0.00	0.0	5	0.0	1	1.01	3.04	0.0	0.00	0.00
Entree, Yogurt Basket Lunch	1 Each	250	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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

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St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

K-8 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)
Weighted Daily Average			638	91	1495	7.53	*3.53	*521.9	*1541	*36.14	*6	41.71	73.47	19.83	5.37	*0.00
% of Calories											*3.6%	26.2%	46.1%	28.0%	7.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 04/13/2017																
K-8 Lunch	Total	1500														
Sandwich, T Meatball Sub K-8	1 EACH	1000	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	750	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	750	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, Chef K-8	salad	50	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*0.00
Entree, Fruit & Cott Cheese Plate	Servings	100	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 & Str Cheese Plate	Servings	100	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	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
Condiment, Sandwich	servings	250	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	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			665	51	1421	9.28	3.64	542.5	2396	29.92	*10	35.17	91.10	17.68	4.71	*0.00
% of Calories											*6.2%	21.1%	54.8%	23.9%	6.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

K-8 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)
Fri - 04/14/2017																
K-8 Lunch	Total	1500														
Entree, Pizza,Cheese, K-8	Servings	300	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,Ham&Pine,K-8	Slices	300	412	50	806	2.92	2.41	493.7	297	5.17	5	25.1	36.3	18.22	8.22	0.00
Entree, Pizza,Sausage, K-8	Servings	400	410	51	751	2.74	2.34	497.8	359	1.62	*2	26.39	32.4	18.78	8.41	*0.00
Vegetable, Carrots steamed	3/4 cup	750	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	750	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	250	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	250	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Italian Deli, 6-8	1 Each	250	323	39	1404	5.28	2.46	334.8	2975	29.44	*7	21.11	31.77	14.15	5.37	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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	250	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	1250	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			611	45	1101	6.44	2.87	824.8	8285	36.48	*15	30.71	81.20	17.37	6.99	*0.00
% of Calories											*9.8%	20.1%	53.1%	25.6%	10.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 04/17/2017																
K-8 Lunch	Total	1500														
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	3/4 cup	750	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Cinnamon Apples	1/2 cup	750	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Entree, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			583	36	1166	8.31	*2.31	*619.1	2328	42.71	*21	27.28	75.56	17.77	7.58	*0.00
% of Calories											*14.2%	18.7%	51.9%	27.4%	11.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

K-8 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 ¹ (g)
Tue - 04/18/2017																
K-8 Lunch	Total	1500														
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	3/4 CUP	750	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	750	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, 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	250	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	250	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Vegetable, Salad Bar w beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			886	73	1846	10.95	*3.81	*495.9	*3207	*45.31	*16 *7.3%	40.17 18.1%	120.01 54.2%	25.94 26.3%	5.00 5.1%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

K-8 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 - 04/19/2017																
K-8 Lunch	Total	1500														
Sandwich, BBQ, Rib	1 EACH	1000	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	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, Beans, Baked	3/4 cup	750	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	750	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	250	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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	700	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	250	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	1250	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			756	38	1898	12.88	4.64	600.6	2151	74.38	*33 *17.4%	33.92 18.0%	114.32 60.5%	19.31 23.0%	4.93 5.9%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

K-8 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																
K-8 Lunch	Total	1500														
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
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	3/4 cup	750	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	750	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	750	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Salad, Chef K-8	salad	50	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*0.00
Entree, Fruit &CottCheesePlate	Servings	100	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	100	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	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
Condiment, Sandwich	servings	250	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	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			749	40	1499	8.91	4.50	469.6	2397	41.41	*17	31.22	99.64	24.58	8.02	*0.00
% of Calories											*9.1%	16.7%	53.2%	29.5%	9.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 04/21/2017																
K-8 Lunch	Total	1500														
Sandwich, Hot Italian Panini	1 EACH	1000	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	1250	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	3/4 CUP	750	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	750	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	250	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	250	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Italian Deli, 6-8	1 Each	250	323	39	1404	5.28	2.46	334.8	2975	29.44	*7	21.11	31.77	14.15	5.37	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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	250	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	1250	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

K-8 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)
Weighted Daily Average			696	67	1536	8.74	3.60	736.5	2888	23.63	*21	32.97	90.01	25.31	7.01	*0.00
% of Calories											*12.3%	18.9%	51.7%	32.7%	9.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 04/24/2017																
K-8 Lunch	Total	1800														
Entree, Macaroni and Cheese	6 oz	1500	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	1500	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	900	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	1800	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	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			689	52	1073	9.69	*3.05	*698.3	2049	43.66	*26	31.81	95.11	20.37	9.88	*0.00
% of Calories											*15.3%	18.5%	55.3%	26.6%	12.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

K-8 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 - 04/25/2017																
K-8 Lunch	Total	1500														
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	3/4 cup	750	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	750	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	750	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	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	250	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	250	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Vegetable, Salad Bar w beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			820	68	2098	9.09	*4.03	*488.5	3030	*42.23	*16	37.85	99.04	30.78	7.69	*0.00
% of Calories											*8.0%	18.5%	48.3%	33.8%	8.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 04/26/2017																
K-8 Lunch	Total	1500														
Entree, Chicken & Noodles	1 CUP	1000	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	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, Bean, Green,Canned	3/4 cup	750	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	750	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	250	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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

K-8 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)
Weighted Daily Average			680	54	1263	10.61	4.18	528.1	2209	34.71	*7	34.97	94.11	18.15	4.17	*0.00
% of Calories											*3.8%	20.6%	55.4%	24.0%	5.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 04/27/2017																
K-8 Lunch	Total	1500														
Entree, Outrageous Chik. Nacho	3 oz. servings	700	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	1000	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	1/2 cup	750	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	750	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, Chef K-8	salad	50	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*0.00
Entree, Fruit & Cott Cheese Plate	Servings	100	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 & Str Cheese Plate	Servings	100	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	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
Condiment, Sandwich	servings	250	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	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			575	36	1503	7.10	2.82	551.8	2473	33.28	*8	24.93	75.81	18.98	7.57	*0.00
% of Calories											*5.5%	17.3%	52.7%	29.7%	11.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

K-8 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 ¹ (g)
Fri - 04/28/2017																
K-8 Lunch	Total	1500														
Sandwich, Pinwheel, Pepperoni	Sandwich	400	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	750	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	750	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	250	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	250	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Italian Deli, 6-8	1 Each	250	323	39	1404	5.28	2.46	334.8	2975	29.44	*7	21.11	31.77	14.15	5.37	*0.00
Vegetable, Salad Bar no beans	3/4 cup	750	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	750	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
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			433	21	780	6.30	2.19	566.1	8166	26.15	*24	19.50	69.46	8.06	2.89	*0.00
% of Calories											*22.3%	18.0%	64.2%	16.7%	6.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			*732	*57	1535	*9.97	*3.85	*611.4	*3328	*43.68	*20	*34.19	96.42	*23.98	*7.11	*0.00
											*24.8%	*18.7%	52.7%	*29.5%	*8.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	732		600 - 650	113%	Missing		82	Correction Required - Calories too High
Cholesterol (mg)	57				Missing			
Sodium (mg)	1535		1230				305	Correction Required - Sodium too High
Fiber (g)	9.97				Missing			
Iron (mg)	3.85				Missing			
Calcium (mg)	611.4				Missing			
Vitamin A (IU)	3328				Missing			
Sugars (g)	20	11.02%			Missing			
Vitamin C (mg)	43.68				Missing			
Protein (g)	34.19	18.69%			Missing			
Carbohydrate (g)	96.42	52.70%						
Total Fat (g)	23.98	29.49%						
Saturated Fat (g)	7.11	8.75%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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