

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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)
Mon - 05/01/2017																
St Vrain 6-8 Lunch	Total	6000														
Entree, Italian Dunkers	Each	2000	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	2000	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	2000	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	2000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	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	servings	500	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	750	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Chef, 6-12	salad	250	325	47	912	6.86	3.72	258.7	9850	16.68	*6	26.16	39.46	8.15	3.05	*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
Vegetable, Salad Bar no beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			388	20	794	5.54	*1.94	*374.3	1710	35.34	*12	18.95	52.18	11.15	3.67	*0.00
% of Calories											*12.0%	19.6%	53.9%	25.9%	8.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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 - 05/02/2017																
St Vrain 6-8 Lunch	Total	4000														
Entree, Turkey Corn Dog, Mini	Servings	1500	260	31	825	3.06	2.20	30.6	0	0.0	9	12.22	33.61	7.64	2.29	0.00
Vegetable, Sweet PotatoLattice	3/4 cup	1500	216	0	233	6.65	1.08	51.2	1796	0.76	13	1.66	34.89	13.29	1.66	0.00
Fruit, Strawberries, Fresh	1/2 cup	2000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	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
Sandwich, Cheeseburger	1 Sandwic	500	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	500	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
	ger															
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
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
Vegetable, Salad Bar w beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			577	45	1207	7.93	*3.24	*443.0	3016	*45.75	*15 *10.5%	25.74 17.8%	76.86 53.3%	20.00 31.2%	4.55 7.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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)
Wed - 05/03/2017																
St Vrain 6-8 Lunch	Total	4000														
Breakfast, French Toast Sticks	4 Piece	2750	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	2500	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	2500	*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	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Fruit, Cinnamon Apples	1/2 cup	2000	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Salad, BBQ Ranch Chicken	1 EACH	250	518	40	3393	7.98	4.49	209.3	12157	24.61	*3	26.1	53.89	22.33	5.43	*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
Entree, Hot Wing Basket	Servings	250	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	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 no beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	4000	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			*720	*56	1564	*7.33	*4.19	*697.2	*5141	*62.64	*38	*31.24	111.50	*26.71	*5.55	*0.00
% of Calories											*21.4%	*17.4%	62.0%	*33.4%	*6.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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)
Thu - 05/04/2017																
St Vrain 6-8 Lunch	Total	4000														
Entree, Beef, Breaded Tender	Servings	2000	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	2000	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	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	2000	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	250	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Spicy Chick on Bun	serving	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	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	750	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	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
Vegetable, Salad Bar w beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			714	35	1299	8.77	4.37	493.3	2440	59.41	*16	30.84	104.02	19.41	4.10	*0.00
% of Calories											*8.9%	17.3%	58.2%	24.5%	5.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

St Vrain 6-8 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 - 05/05/2017																
St Vrain 6-8 Lunch	Total	4000														
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, 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
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
Vegetable, Beans, Refried	3/4 cup	2000	361	0	1349	22.04	5.05	124.3	1	2.08	0	22.04	62.11	3.01	1.00	0.00
Rice, Brown, Santa Fe w/Beans	Servings	2500	125	3	221	2.39	*N/A*	*N/A*	0	0.0	2	4.18	23.87	1.49	0.60	0.00
Fruit, Frozen Fruit Treat Cup	4.4 oz	2000	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	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
Sandwich, Hamburger, Ranch	1 EACH	1000	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	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
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
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 no beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			888	47	2181	20.96	*5.21	*683.6	2816	74.03	*23	40.80	127.82	23.45	7.53	*0.00
% of Calories											*10.2%	18.4%	57.6%	23.8%	7.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St Vrain 6-8 Lunch

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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)
Mon - 05/08/2017																
St Vrain 6-8 Lunch	Total	4000														
Entree, Bosco Stick	2 Sticks	2500	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	2500	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Vegetable, Frozen Blend	3/4 CUP	2000	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, Apples,Fresh	1 each	2000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	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	servings	500	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	750	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Chef, 6-12	salad	250	325	47	912	6.86	3.72	258.7	9850	16.68	*6	26.16	39.46	8.15	3.05	*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
Vegetable, Salad Bar no beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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	38	1028	10.73	*3.84	*677.8	2594	40.40	*16	35.10	86.31	17.54	5.83	*0.00
% of Calories											*10.1%	21.7%	53.3%	24.3%	8.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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 - 05/09/2017																
St Vrain 6-8 Lunch	Total	4000														
Sandwich, Hot Italian Panini	1 EACH	2000	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	2000	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	2000	216	0	233	6.65	1.08	51.2	1796	0.76	13	1.66	34.89	13.29	1.66	0.00
Condiment, Ketchup	1 OZ	2000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Fruit, Grapes,Fresh	0.5 Cup	2000	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, 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
Sandwich, Cheeseburger	1 Sandwic	500	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	500	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	750	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 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
Vegetable, Salad Bar w beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			752	72	1669	9.25	*4.05	*607.7	3459	*36.33	*18	34.67	94.73	28.78	7.37	*0.00
% of Calories											*9.7%	18.4%	50.4%	34.4%	8.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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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 ¹ (g)
Wed - 05/10/2017																
St Vrain 6-8 Lunch	Total	4000														
Sandwich, Hot Dog on a Bun	1 Hot Dog	2000	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	2000	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	2000	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Fruit, Pear, Fresh	1 EACH	2000	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
Salad, BBQ Ranch Chicken	1 EACH	250	518	40	3393	7.98	4.49	209.3	12157	24.61	*3	26.1	53.89	22.33	5.43	*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
Entree, Hot Wing Basket	Servings	250	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	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
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
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	2000	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	2000	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	500	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	1500	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	1000	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	4000	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			687	71	1643	8.62	2.75	565.3	2471	42.14	*16	28.68	93.82	22.48	4.59	*0.00
% of Calories											*9.4%	16.7%	54.6%	29.4%	6.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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)
Thu - 05/11/2017																
St Vrain 6-8 Lunch	Total	4000														
Sandwich, Chicken Filet/ Bun	1 EACH	2000	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	2000	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	2000	225	0	883	8.02	2.89	64.2	96	0.0	19	9.63	46.55	1.6	0.00	0.00
Fruit, Strawberries, Fresh	1/2 cup	2000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Salad, Chicken Mandarin	salad	250	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Spicy Chick on Bun	serving	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	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	750	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	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
Vegetable, Salad Bar w beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			705	30	1496	12.16	5.02	498.4	2381	45.29	*22	35.03	101.31	18.16	2.88	*0.00
% of Calories											*12.6%	19.9%	57.5%	23.2%	3.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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 - 05/12/2017																
St Vrain 6-8 Lunch	Total	4000														
Entree, Pizza,Pepperoni, K-8	Servings	1000	382	40	703	2.67	1.96	487.0	280	1.02	2	22.72	32.6	17.67	8.10	0.00
Entree, Pizza,Cheese, K-8	Servings	500	363	30	628	2.67	1.96	487.0	280	1.02	2	20.44	32.22	16.72	7.72	0.00
Vegetable, Broccoli Blanched	3/4 cup	2000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Tropical Mix	1/2 cup	2000	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, 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
Sandwich, Hamburger, Ranch	1 EACH	1000	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	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
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
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 no beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			526	28	970	5.09	1.99	593.7	1849	66.08	*8	23.12	77.18	13.02	4.62	*0.00
% of Calories											*5.9%	17.6%	58.7%	22.3%	7.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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)
Mon - 05/15/2017																
St Vrain 6-8 Lunch	Total	4000														
Entree, Macaroni and Cheese	6 oz	2500	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	2500	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	2000	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	2000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	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	servings	500	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	750	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Chef, 6-12	salad	250	325	47	912	6.86	3.72	258.7	9850	16.68	*6	26.16	39.46	8.15	3.05	*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
Vegetable, Salad Bar no beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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	44	1064	7.66	*3.02	*644.0	2382	51.49	*17	30.90	84.69	16.78	7.01	*0.00
% of Calories											*10.9%	20.1%	55.0%	24.5%	10.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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 - 05/16/2017																
St Vrain 6-8 Lunch	Total	4000														
Entree, Chicken Tenders K-8 gr	3 Pieces	2500	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	1000	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	1000	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	2500	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	2000	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	2000	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Pears, Diced, Canned	1/2 cup	2000	52	0	5	2.09	0.00	0.0	63	1.25	9	0.0	13.59	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
Sandwich, Cheeseburger	1 Sandwic	500	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	500	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
	ger															
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
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
Vegetable, Salad Bar w beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			745	60	1644	8.80	*3.90	*449.5	2466	*52.44	*16	35.87	96.96	24.10	7.20	*0.00
% of Calories											*8.5%	19.3%	52.1%	29.1%	8.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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)
Wed - 05/17/2017																
St Vrain 6-8 Lunch	Total	4000														
Sandwich, Pinwheel, Pepperoni	Sandwich	1250	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Vegetable, Sweet PotatoLattice	3/4 cup	2000	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	2000	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, BBQ Ranch Chicken	1 EACH	250	518	40	3393	7.98	4.49	209.3	12157	24.61	*3	26.1	53.89	22.33	5.43	*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
Entree, Hot Wing Basket	Servings	250	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	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
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
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	2000	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	2000	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	500	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	1500	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	1000	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	4000	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			637	49	1370	7.50	2.66	598.4	3383	35.54	*11	26.08	85.96	23.39	5.39	*0.00
% of Calories											*7.1%	16.4%	54.0%	33.0%	7.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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)
Thu - 05/18/2017																
St Vrain 6-8 Lunch	Total	6000														
Manager's Choice	serving	5500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Strawberries, Fresh	1/2 cup	3000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	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
Salad, Chicken Mandarin	salad	250	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Spicy Chick on Bun	serving	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	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	750	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	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
Vegetable, Salad Bar w beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			377	11	848	7.60	2.90	310.8	1570	34.85	*17	17.34	62.90	6.73	1.08	*0.00
% of Calories											*18.1%	18.4%	66.8%	16.1%	2.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 05/19/2017																
St Vrain 6-8 Lunch	Total	6000														
Manager's Choice	serving	5500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Pear, Fresh	1 EACH	3000	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
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
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
Sandwich, Hamburger, Ranch	1 EACH	1000	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	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
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
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 no beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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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 ¹ (g)
Weighted Daily Average % of Calories			288	9	493	6.10	1.25	291.8	3542	57.75	*15 *20.9%	10.70 14.9%	51.76 71.9%	4.57 14.3%	1.13 3.5%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 05/22/2017																
St Vrain 6-8 Lunch	Total	6000														
Manager's Choice	serving	5000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	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
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
Sandwich, Chicken Filet/ Bun	1 EACH	500	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	servings	500	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	750	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Chef, 6-12	salad	250	325	47	912	6.86	3.72	258.7	9850	16.68	*6	26.16	39.46	8.15	3.05	*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
Vegetable, Salad Bar no beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			273	13	414	4.27	*1.13	*266.9	1475	41.11	*11 *16.4%	12.50 18.3%	42.70 62.6%	5.86 19.3%	1.35 4.4%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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 - 05/23/2017																
St Vrain 6-8 Lunch	Total	6000														
Manager's Choice	serving	3000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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, Strawberries, Fresh	1/2 cup	3000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	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
Sandwich, Cheeseburger	1 Sandwic	500	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	500	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
	ger															
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
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
Vegetable, Salad Bar w beans	3/4 cup	2000	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	2000	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	500	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	1500	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	1000	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	3000	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			284	22	576	4.33	*1.78	*290.7	7817	*36.15	*7	14.03	38.46	8.19	2.05	*0.00
% of Calories											*9.9%	19.7%	54.1%	25.9%	6.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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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 ¹ (g)
Wed - 05/24/2017																
St Vrain 6-8 Lunch	Total	6000														
Manager's Choice	5500 serving		0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
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
Salad, BBQ Ranch Chicken	1 EACH	250	518	40	3393	7.98	4.49	209.3	12157	24.61	*3	26.1	53.89	22.33	5.43	*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
Entree, Hot Wing Basket	Servings	250	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	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
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
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	2000	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	2000	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	500	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	1500	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	1000	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	4000	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			321	29	731	3.56	1.23	346.1	4067	54.16	*4	13.93	45.91	9.23	2.03	*0.00
% of Calories											*5.6%	17.3%	57.1%	25.9%	5.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 05/25/2017																
St Vrain 6-8 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 05/26/2017																
St Vrain 6-8 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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)
Mon - 05/29/2017																
St Vrain 6-8 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360											<10.00
Tue - 05/30/2017																
St Vrain 6-8 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360											<10.00
Wed - 05/31/2017																
St Vrain 6-8 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360											<10.00
Weighted Average			*564	*38	1166	*8.12	*3.03	*490.7	*3032	*48.38	*16 *25.1%	*25.86 *18.4%	79.73 56.6%	*16.64 *26.6%	*4.33 *6.9%	*0.00 *0.0%

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 6-8 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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	564		600 - 700	94%	Missing	36		Correction Required - Calories are Low										
Cholesterol (mg)	38				Missing													
Sodium (mg)	1166		1360															
Fiber (g)	8.12				Missing													
Iron (mg)	3.03				Missing													
Calcium (mg)	490.7				Missing													
Vitamin A (IU)	3032				Missing													
Sugars (g)	16	11.17%			Missing													
Vitamin C (mg)	48.38				Missing													
Protein (g)	25.86	18.35%			Missing													
Carbohydrate (g)	79.73	56.58%																
Total Fat (g)	16.64	26.57%			Missing													
Saturated Fat (g)	4.33	6.91%	<10.00%		Missing													
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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