

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Italian Dunkers	Each	750	360	20	914	4.55	2.28	319.5	690	2.33	*5	19.0	35.01	15.5	6.49	*0.00
Condiment, Marinara (AM)	2 oz	750	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Vegetable, Broccoli Blanched	1 cup	1250	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Fruit, Apples,Fresh	1 each	1250	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian Sub w/Chips	1 EACH	50	456	68	1486	3.44	3.02	264.6	412	7.83	10	24.0	46.99	20.1	4.29	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Pizza,BBQ, 9-12	Servings	100	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Hot Wing Basket	Servings	400	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			793	62	1855	8.14	*2.91	*625.1	*2432	*63.83	*17	31.86	88.09	34.43	7.97	*0.00
% of Calories											*8.6%	16.1%	44.4%	39.1%	9.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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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 ¹ (g)
Tue - 05/02/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Turkey Corn Dog, Mini	Servings	500	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	500	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	1250	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Sandwich, Cheeseburger	1 Sandwic	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
	ger															
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs Sub 9-12	Servings	100	367	42	907	3.17	1.86	143.3	237	2.8	*5	28.67	41.5	10.5	1.75	0.00
Condiment, Sandwich	servings	100	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	100	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza,Cheese, 9-12	Slices	250	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, Juice, 100%	servings	1250	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			603	44	1128	7.69	*3.17	*545.6	*3178	*53.39	*14	28.90	78.98	19.65	5.55	*0.00
% of Calories											*9.1%	19.2%	52.4%	29.3%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Base Menu Spreadsheet

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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 ¹ (g)
Wed - 05/03/2017																
St Vrain 9-12 Lunch	Total	2500														
Breakfast, French Toast 9-12	5 piece	1000	360	0	373	4.00	2.67	313.3	575	0.0	15	8.0	46.67	16.0	2.67	0.00
Breakfast, Sausage Patty	3 Each	1000	165	60	675	0.00	3.24	60.0	8	0.0	2	18.0	1.5	12.0	3.00	0.00
Condiment, Syrup, Pancake	each	1000	*N/A*	*N/A*	24	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	26	*N/A*	34.53	*N/A*	*N/A*	*N/A*
Vegetables, Veggie Patch	1 Cup	1250	46	0	51	3.38	0.90	38.2	6501	85.39	4	2.02	9.64	0.27	0.06	0.00
Fruit, Cinnamon Apples	1/2 cup	1250	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Sandwich, Egg Salad	Serving	100	252	191	446	2.10	2.05	67.5	316	0.2	*5	12.33	29.69	10.62	2.11	*0.00
Sandwich, Tuna Salad	SERVING	100	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Condiment, Sandwich	servings	200	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Spicy Asian Bowl Rice	Serving	100	461	66	1061	3.32	*1.66	*13.7	*2144	*5.48	*17	21.66	71.28	8.79	2.25	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza, Sausage, 9-12	Servings	200	409	51	626	2.73	1.62	457.8	374	6.41	*5	27.38	32.37	17.78	8.91	*0.00
Entree, Pizza, Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			*741	*63	1347	*9.31	*4.76	*640.8	*5422	*79.58	*34	*35.41	110.10	*24.53	*6.19	*0.00
% of Calories											*18.4%	*19.1%	59.5%	*29.8%	*7.5%	*0.0%
Nutrient Guideline			750-850		1420										<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)
Thu - 05/04/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Beef, Breaded Tender	Servings	1000	302	35	493	2.01	2.72	40.3	0	0.0	2	15.1	19.13	18.12	4.53	0.00
Bread, WW Dinner Roll	Each	1000	109	0	178	2.97	1.42	59.3	0	0.0	*N/A*	5.93	18.79	1.48	0.00	0.00
Vegetable, Potatoes, Mashed	1 cup	1250	139	0	192	2.40	0.46	27.0	4	48.86	1	3.14	29.64	1.45	0.38	0.00
Condiment, Country Gravy	2 oz	1250	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	1250	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Salad, Chicken Mandarin	salad	100	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Sub	1 EACH	100	465	81	1291	3.00	2.90	300.8	371	4.22	*6	26.97	43.52	20.93	5.84	0.00
Condiment, Sandwich	servings	600	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, BYOB Bar	Burritos	250	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	200	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Entree, Pizza,Vegetable, 9-12	Servings	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			829	46	1446	10.10	4.69	588.9	*2974	64.41	*17	37.30	113.67	24.80	6.66	*0.00
% of Calories											*8.4%	18.0%	54.9%	26.9%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Fri - 05/05/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Crispito, 9-12	2 Each	1000	540	50	740	6.00	3.60	80.0	1500	0.0	2	24.01	46.01	28.01	6.00	0.00
Condiment, Green Chili	1/4 Cup	1000	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Condiment, Mexican	1 OZ	100	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Vegetable, Beans, Refried	1 cup	1250	481	0	1799	29.38	6.73	165.7	2	2.78	0	29.38	82.81	4.01	1.34	0.00
Rice, Brown, Santa Fe w/Beans	Servings	1000	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	1250	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, 9-12	1 Each	250	433	39	1584	8.28	3.91	394.8	2975	29.44	*7	27.11	50.77	15.65	5.37	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Sandwich, Ham & Cheese	1 EACH	250	370	45	856	3.00	1.98	240.0	320	3.0	6	21.53	42.5	13.26	3.75	0.00
Sandwich, Flatbread, Chick Ranch	1 EACH	250	1655	240	5301	3.28	1.81	898.9	1511	11.6	*2	40.76	87.61	125.19	23.87	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1091	62	2649	23.96	*6.53	*672.6	*3005	73.11	*19	47.53	143.90	35.81	8.08	*0.00
% of Calories											*7.1%	17.4%	52.8%	29.5%	6.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/08/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Bosco Stick	2 Sticks	1000	282	30	422	2.01	2.17	402.3	402	0.0	2	18.1	30.17	10.06	5.03	0.00
Condiment, Marinara (AM)	2 oz	1000	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Vegetable, Frozen Blend	3/4 CUP	1250	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	1250	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian Sub w/Chips	1 EACH	50	456	68	1486	3.44	3.02	264.6	412	7.83	10	24.0	46.99	20.1	4.29	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Pizza,BBQ, 9-12	Servings	100	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Hot Wing Basket	Servings	400	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			866	68	1772	10.83	*3.77	*712.2	*2464	*45.51	*17	38.09	95.77	36.07	8.46	*0.00
% of Calories											*7.6%	17.6%	44.2%	37.5%	8.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 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 9-12 Lunch	Total	2500														
Sandwich, Hot Italian Panini	1 EACH	750	415	77	1038	3.44	2.94	335.0	188	3.49	5	26.39	32.76	19.8	6.86	0.00
Condiment, Sandwich	servings	1000	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Vegetable, Sweet PotatoLattice	1 CUP	1250	288	0	310	8.86	1.44	68.3	2394	1.02	18	2.22	46.52	17.72	2.22	0.00
Fruit, Grapes,Fresh	0.5 Cup	1250	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Sandwich, Cheeseburger	1 Sandwic	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
	ger															
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs Sub 9-12	Servings	100	367	42	907	3.17	1.86	143.3	237	2.8	*5	28.67	41.5	10.5	1.75	0.00
Condiment, Sandwich	servings	100	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	100	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza,Cheese, 9-12	Slices	250	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			804	61	1455	11.31	*4.19	*666.6	*4122	*41.47	*20	35.25	105.66	30.35	7.98	*0.00
% of Calories											*10.1%	17.5%	52.5%	34.0%	8.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/10/2017																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Hot Dog on a Bun	1 Hot Dog	1000	250	55	570	3.00	2.16	120.0	0	6.0	3	15.0	23.0	11.0	2.50	0.00
Condiment, Hot Dog	1 OZ	1000	17	0	312	0.00	0.00	0.0	83	1.0	*3	0.0	4.17	0.0	0.00	0.00
Vegetable, Potatoes, Oven Fry	3/4 cup	1250	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Fruit, Pear, Fresh	1 EACH	1250	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Sandwich, Egg Salad	Serving	100	252	191	446	2.10	2.05	67.5	316	0.2	*5	12.33	29.69	10.62	2.11	*0.00
Sandwich, Tuna Salad	SERVING	100	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Condiment, Sandwich	servings	200	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Spicy Asian Bowl Rice	Serving	100	461	66	1061	3.32	*1.66	*13.7	*2144	*5.48	*17	21.66	71.28	8.79	2.25	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	409	51	626	2.73	1.62	457.8	374	6.41	*5	27.38	32.37	17.78	8.91	*0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			717	61	1376	10.33	*3.32	*535.9	*1997	*47.69	*18	31.82	101.44	21.10	5.29	*0.00
% of Calories											*10.3%	17.8%	56.6%	26.5%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Chicken Filet/ Bun	1 EACH	750	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	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	1 cup	1250	300	0	1177	10.70	3.85	85.6	128	0.0	26	12.84	62.06	2.14	0.00	0.00
Fruit, Strawberries, Fresh	1/2 cup	1250	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	100	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Sub	1 EACH	100	465	81	1291	3.00	2.90	300.8	371	4.22	*6	26.97	43.52	20.93	5.84	0.00
Condiment, Sandwich	servings	600	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, BYOB Bar	Burritos	250	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	200	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Entree, Pizza,Vegetable, 9-12	Servings	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			834	39	1791	14.27	5.69	601.6	*2911	53.35	*26	40.79	118.51	22.47	5.41	*0.00
% of Calories											*12.6%	19.6%	56.8%	24.3%	5.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 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 9-12 Lunch	Total	2500														
Entree, Pizza,Pepperoni, K-8	Servings	250	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	250	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,Mexican, 9-12	Servings	250	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Vegetable, Broccoli Blanched	1 cup	1250	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Fruit, Tropical Mix	1/2 cup	1250	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Salad, Italian Deli, 9-12	1 Each	250	433	39	1584	8.28	3.91	394.8	2975	29.44	*7	27.11	50.77	15.65	5.37	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Sandwich, Ham & Cheese	1 EACH	250	370	45	856	3.00	1.98	240.0	320	3.0	6	21.53	42.5	13.26	3.75	0.00
Sandwich, Flatbread,ChickRanch	1 EACH	250	1655	240	5301	3.28	1.81	898.9	1511	11.6	*2	40.76	87.61	125.19	23.87	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			715	54	1466	5.86	2.26	658.1	*2387	77.66	*9	28.61	86.30	27.72	7.49	*0.00
% of Calories											*5.0%	16.0%	48.3%	34.9%	9.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/15/2017																
St Vrain 9-12 Lunch	Total	2000														
Entree, Macaroni and Cheese	6 oz	300	290	40	550	2.00	1.44	400.0	400	1.2	6	17.0	28.0	12.0	8.00	0.00
Bread, Sticks, Rich's	1 each	300	77	0	165	1.77	0.85	0.0	0	0.0	*N/A*	2.95	14.17	0.89	0.00	0.00
Vegetable, Broccoli Blanched	1 cup	1000	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Fruit, Apples,Fresh	EACH	1000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian Sub w/Chips	1 EACH	50	456	68	1486	3.44	3.02	264.6	412	7.83	10	24.0	46.99	20.1	4.29	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Pizza,BBQ, 9-12	Servings	100	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Hot Wing Basket	Servings	400	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			889	76	1993	7.89	*2.93	*712.1	*2725	*71.27	*17	35.12	98.52	38.94	8.54	*0.00
% of Calories											*7.6%	15.8%	44.3%	39.4%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017																
St Vrain 9-12 Lunch	Total	2500														
Entree, Chicken Tenders K-8 gr	3 Pieces	1000	218	43	312	1.89	1.70	0.0	0	0.0	2	18.91	11.35	11.35	1.89	0.00
Condiment, Barbecue Sauce	1 OZ	500	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	500	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Bread, Biscuit, WG Rich's	Biscuit	1000	170	0	380	2.97	1.19	32.3	3	0.04	3	4.0	23.0	7.0	4.50	0.00
Vegetable, Potatoes, Mashed	1 cup	1250	139	0	192	2.40	0.46	27.0	4	48.86	1	3.14	29.64	1.45	0.38	0.00
Condiment, Country Gravy	2 oz	1250	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Pears, Diced, Canned	1/2 cup	1250	52	0	5	2.09	0.00	0.0	63	1.25	9	0.0	13.59	0.0	0.00	0.00
Sandwich, Cheeseburger	1 Sandwic	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs Sub 9-12	Servings	100	367	42	907	3.17	1.86	143.3	237	2.8	*5	28.67	41.5	10.5	1.75	0.00
Condiment, Sandwich	servings	100	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	100	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza,Cheese, 9-12	Slices	250	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			787	55	1585	9.65	*3.85	*562.9	*2932	*64.87	*19	36.69	107.91	23.47	7.51	*0.00
% of Calories											*9.5%	18.6%	54.8%	26.8%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Pinwheel, Pepperoni	Sandwich	500	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Vegetable, Sweet PotatoLattice	1 cup	1250	288	0	310	8.86	1.44	68.3	2394	1.02	18	2.22	46.52	17.72	2.22	0.00
Fruit, Grapes,Fresh	0.5 Cup	1250	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Sandwich, Egg Salad	Serving	100	252	191	446	2.10	2.05	67.5	316	0.2	*5	12.33	29.69	10.62	2.11	*0.00
Sandwich, Tuna Salad	SERVING	100	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Condiment, Sandwich	servings	200	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Spicy Asian Bowl Rice	Serving	100	461	66	1061	3.32	*1.66	*13.7	*2144	*5.48	*17	21.66	71.28	8.79	2.25	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	409	51	626	2.73	1.62	457.8	374	6.41	*5	27.38	32.37	17.78	8.91	*0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			698	43	1163	10.29	*3.32	*561.4	*3194	*40.91	*16	28.98	98.96	24.21	6.05	*0.00
% of Calories											*9.3%	16.6%	56.7%	31.2%	7.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/18/2017																
St Vrain 9-12 Lunch	Total	6000														
Manager's Choice	1/2 cup	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	3/4 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	100	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Sub	1 EACH	100	465	81	1291	3.00	2.90	300.8	371	4.22	*6	26.97	43.52	20.93	5.84	0.00
Condiment, Sandwich	servings	600	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, BYOB Bar	Burritos	250	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	200	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Entree, Pizza,Vegetable, 9-12	Servings	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			352	13	824	7.25	2.71	254.6	*1223	30.39	*15	16.35	55.91	7.64	1.94	*0.00
% of Calories											*17.5%	18.6%	63.6%	19.5%	5.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 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 - 05/19/2017																
St Vrain 9-12 Lunch	Total	6000														
Manager's Choice	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
Fruit, Pear, Fresh	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
Vegetables,Veggie Patch	1 Each	250	433	39	1584	8.28	3.91	394.8	2975	29.44	*7	27.11	50.77	15.65	5.37	*0.00
Salad, Italian Deli, 9-12	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Sandwich, Hamburger, Ranch	1 EACH	250	370	45	856	3.00	1.98	240.0	320	3.0	6	21.53	42.5	13.26	3.75	0.00
Sandwich, Flatbread,ChickRanch	1 EACH	250	1655	240	5301	3.28	1.81	898.9	1511	11.6	*2	40.76	87.61	125.19	23.87	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			292	17	532	5.63	1.13	232.8	*3327	51.30	*14	9.88	43.15	9.40	2.03	*0.00
% of Calories											*18.7%	13.6%	59.2%	29.0%	6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 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 - 05/22/2017																
St Vrain 9-12 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	0.0	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
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, Italian Sub w/Chips	1 EACH	50	456	68	1486	3.44	3.02	264.6	412	7.83	10	24.0	46.99	20.1	4.29	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Pizza,BBQ, 9-12	Servings	100	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Hot Wing Basket	Servings	400	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			307	23	634	3.86	*0.99	*225.1	*982	*36.23	*10	11.09	38.20	12.42	2.46	*0.00
% of Calories											*13.5%	14.4%	49.7%	36.4%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 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 9-12 Lunch	Total	6000														
Manager's Choice	3000 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
Sandwich, Cheeseburger	1 Sandwic	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
	ger															
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs Sub 9-12	Servings	100	367	42	907	3.17	1.86	143.3	237	2.8	*5	28.67	41.5	10.5	1.75	0.00
Condiment, Sandwich	servings	100	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	100	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza,Cheese, 9-12	Slices	250	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	411	50	681	2.92	1.69	453.7	312	9.96	8	26.09	36.27	17.21	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			235	16	417	4.07	*1.53	*237.4	*7435	*31.09	*7	11.26	32.73	6.55	2.00	*0.00
% of Calories											*12.7%	19.2%	55.7%	25.1%	7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/24/2017																
St Vrain 9-12 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
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, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Sandwich, Egg Salad	Serving	100	252	191	446	2.10	2.05	67.5	316	0.2	*5	12.33	29.69	10.62	2.11	*0.00
Sandwich, Tuna Salad	SERVING	100	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Condiment, Sandwich	servings	200	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Spicy Asian Bowl Rice	Serving	100	461	66	1061	3.32	*1.66	*13.7	*2144	*5.48	*17	21.66	71.28	8.79	2.25	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	409	51	626	2.73	1.62	457.8	374	6.41	*5	27.38	32.37	17.78	8.91	*0.00
Entree, Pizza,Cheese, 9-12	Slices	100	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
BIC, Raisins/els/Craisins	1 Each	250	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Fruit, Juice, 100%	servings	1000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			242	16	390	3.69	*1.27	*216.7	*3278	*49.11	*5	11.03	37.12	5.75	1.69	*0.00
% of Calories											*7.6%	18.3%	61.5%	21.4%	6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 05/25/2017																
St Vrain 9-12 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			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 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 - 05/26/2017																
St Vrain 9-12 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			750-850		1420											<10.00

Mon - 05/29/2017																
St Vrain 9-12 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			750-850		1420											<10.00

Tue - 05/30/2017																
St Vrain 9-12 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			750-850		1420											<10.00

Wed - 05/31/2017																
St Vrain 9-12 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			750-850		1420											<10.00

Weighted Average			*655	*46	1323	*9.12	*3.28	*513.9	*3110	*54.18	*16	*28.66	86.38	*22.52	*5.63	*0.00
											*22.6%	*17.5%	52.7%	*30.9%	*7.7%	*0.0%

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

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

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

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St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain 9-12 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	655		750 - 850	87%	Missing	95		Correction Required - Calories are Low										
Cholesterol (mg)	46				Missing													
Sodium (mg)	1323		1420															
Fiber (g)	9.12				Missing													
Iron (mg)	3.28				Missing													
Calcium (mg)	513.9				Missing													
Vitamin A (IU)	3110				Missing													
Sugars (g)	16	10.03%			Missing													
Vitamin C (mg)	54.18				Missing													
Protein (g)	28.66	17.50%			Missing													
Carbohydrate (g)	86.38	52.73%																
Total Fat (g)	22.52	30.93%			Missing													
Saturated Fat (g)	5.63	7.73%	<10.00%		Missing													
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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

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