

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 1

Generated on: 4/25/2017 4:08:23 PM

	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																
K-12 Lunch	Total	1000														
Entree, Italian Dunkers	Each	500	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	500	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	500	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	500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Taco	salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Condiment, Sandwich	servings	300	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	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	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			662	35	1304	9.16	*3.27	*592.0	2240	54.45	*18	31.56	85.76	20.92	6.93	*0.00
% of Calories											*10.9%	19.1%	51.8%	28.4%	9.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 2

Generated on: 4/25/2017 4:08:23 PM

	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																
K-12 Lunch	Total	1000														
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	500	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	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	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
Sandwich, Cheeseburger	1 Sandwic	200	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 ger	100	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Vegetable, Salad Bar w beans	3/4 cup	500	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	500	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	500	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	200	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	800	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			716	60	1623	9.94	*4.06	*491.2	3462	*48.52	*17	32.20	90.35	27.35	5.99	*0.00
% of Calories											*9.5%	18.0%	50.5%	34.4%	7.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 3

Generated on: 4/25/2017 4:08:23 PM

	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																
K-12 Lunch	Total	1000														
Breakfast, French Toast Sticks	4 Piece	500	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	500	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	500	*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	500	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	500	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Entree, Yogurt Basket Lunch	1 Each	100	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Salad, Chicken Caesar	1 EACH	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	200	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			*631	*40	1133	*8.26	*3.88	*631.4	*4281	*63.39	*33	*27.59	102.43	*20.63	*5.41	*0.00
% of Calories											*20.9%	*17.5%	65.0%	*29.4%	*7.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-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 - 05/04/2017																
K-12 Lunch	Total	1000														
Entree, Beef, Breaded Tender	Servings	500	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	500	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	500	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	500	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	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
Fruit, Peaches, Diced, Canned	1/2 Cup	500	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Salad, Chef K-8	salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*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, Spicy Chick on Bun	serving	100	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	200	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	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, 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
Vegetable, Salad Bar w beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			781	42	1470	9.55	4.83	539.6	3001	53.99	*22	35.09	111.34	21.69	4.52	*0.00
% of Calories											*11.4%	18.0%	57.0%	25.0%	5.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 5

Generated on: 4/25/2017 4:08:23 PM

	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																
K-12 Lunch	Total	1000														
Entree, Crispito, K-8	1 Each	500	380	50	550	3.00	1.80	240.0	1050	0.0	1	19.0	24.01	23.0	8.00	0.00
Entree, Crispito, 9-12	2 Each	200	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	700	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	700	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	500	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	500	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	500	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Sandwich, Turkey K-8	1 EACH	100	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	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, Italian Deli, 6-8	1 Each	100	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	300	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			965	51	2417	22.34	*5.94	*685.1	3145	77.10	*24	44.77	136.13	26.43	7.62	*0.00
% of Calories											*9.9%	18.6%	56.4%	24.7%	7.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 6

Generated on: 4/25/2017 4:08:23 PM

	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																
K-12 Lunch	Total	1000														
Entree, Bosco Stick	2 Sticks	500	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	500	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	500	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	500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Taco	salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Condiment, Sandwich	servings	300	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	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	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			690	40	1058	11.15	*3.89	*656.2	2198	41.57	*16	35.85	89.41	20.42	6.57	*0.00
% of Calories											*9.5%	20.8%	51.8%	26.6%	8.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 7

Generated on: 4/25/2017 4:08:23 PM

	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																
K-12 Lunch	Total	1000														
Sandwich, Hot Italian Panini	1 EACH	400	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	700	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	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, Grapes,Fresh	0.5 Cup	500	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, 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	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
Sandwich, Cheeseburger	1 Sandwic	200	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	100	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Vegetable, Salad Bar w beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			780	76	1751	9.88	*4.22	*612.6	3588	*36.60	*15	36.75	93.95	31.54	7.63	*0.00
% of Calories											*7.8%	18.8%	48.2%	36.4%	8.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-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																
K-12 Lunch	Total	1000														
Sandwich, Hot Dog on a Bun	1 Hot Dog	500	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	500	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	500	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	500	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
Entree, Yogurt Basket Lunch	1 Each	100	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Salad, Chicken Caesar	1 EACH	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	200	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			650	47	1300	10.01	2.98	547.3	1678	42.87	*16	26.96	94.34	19.14	4.97	*0.00
% of Calories											*9.9%	16.6%	58.0%	26.5%	6.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 05/11/2017																
K-12 Lunch	Total	1000														
Sandwich, Chicken Filet/ Bun	1 EACH	400	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	700	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	500	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	500	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Salad, Chef K-8	salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*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, Spicy Chick on Bun	serving	100	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	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, 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
Vegetable, Salad Bar w beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-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)
Weighted Daily Average			668	29	1473	11.59	4.71	525.1	2830	48.04	*24	32.98	100.28	15.62	2.61	*0.00
% of Calories											*14.5%	19.7%	60.0%	21.0%	3.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/12/2017																
K-12 Lunch	Total	1000														
Entree, Pizza,Pepperoni, K-8	Servings	200	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	200	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	100	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	3/4 cup	500	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	500	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Sandwich,Turkey K-8	1 EACH	100	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	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, Italian Deli, 6-8	1 Each	100	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	300	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			610	35	1224	6.18	2.44	665.1	2079	69.79	*9	28.04	86.42	16.10	5.90	*0.00
% of Calories											*6.0%	18.4%	56.7%	23.8%	8.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 10

Generated on: 4/25/2017 4:08:24 PM

	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																
K-12 Lunch	Total	700														
Entree, Macaroni and Cheese	6 oz	500	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	500	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	350	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	350	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Taco	salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Condiment, Sandwich	servings	300	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	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	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			911	63	1549	10.54	*4.34	*886.8	2800	66.03	*21	44.80	119.26	27.61	10.62	*0.00
% of Calories											*9.0%	19.7%	52.4%	27.3%	10.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 11

Generated on: 4/25/2017 4:08:24 PM

	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																
K-12 Lunch	Total	1000														
Entree, Chicken Tenders K-8 gr	3 Pieces	500	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	250	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	250	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	500	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	500	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	500	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	500	52	0	5	2.09	0.00	0.0	63	1.25	9	0.0	13.59	0.0	0.00	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	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
Sandwich, Cheeseburger	1 Sandwic	200	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	100	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Vegetable, Salad Bar w beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			782	66	1840	9.17	*3.99	*483.8	2696	*54.06	*16	37.72	99.33	26.54	7.35	*0.00
% of Calories											*8.1%	19.3%	50.8%	30.5%	8.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-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																
K-12 Lunch	Total	1000														
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	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, Grapes,Fresh	0.5 Cup	500	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Entree, Yogurt Basket Lunch	1 Each	100	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Salad, Chicken Caesar	1 EACH	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	200	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			653	30	1140	9.46	3.40	627.2	2627	37.96	*11	27.73	91.73	21.93	6.70	*0.00
% of Calories											*7.0%	17.0%	56.2%	30.2%	9.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 05/18/2017																
K-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
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, Chef K-8	salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*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, Spicy Chick on Bun	serving	100	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	200	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	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, 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
Vegetable, Salad Bar w beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 13

Generated on: 4/25/2017 4:08:24 PM

	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			198	4	569	5.47	1.97	114.1	510	19.67	*13 *26.1%	8.87 17.9%	36.33 73.4%	2.76 12.6%	0.35 1.6%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/19/2017																
K-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	0.00	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
Sandwich, Turkey K-8	1 EACH	100	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	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, Italian Deli, 6-8	1 Each	100	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	300	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			128	2	163	4.66	0.72	91.8	2753	41.71	*12 *36.2%	3.81 11.9%	26.58 83.1%	1.38 9.7%	0.31 2.2%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 14

Generated on: 4/25/2017 4:08:24 PM

	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																
K-12 Lunch	Total	6000														
Manager's Choice	1 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
Salad, Taco	1 salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Condiment, Sandwich	1 servings	300	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Sandwich, Spicy Chick on Bun	1 serving	200	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	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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%	1 servings	400	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%	1 HALF PIN	200	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	1 Carton	800	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			115	4	129	2.86	*0.50	*81.4	435	26.92	*9	4.13	20.49	2.26	0.59	*0.00
% of Calories											*29.8%	14.3%	71.1%	17.6%	4.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-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)
Tue - 05/23/2017																
K-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
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, 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	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
Sandwich, Cheeseburger	1 Sandwic	200	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	100	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Vegetable, Salad Bar w beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	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			103	8	218	2.59	*0.90	*92.8	6686	*20.69	*4	4.63	14.90	2.93	0.68	*0.00
% of Calories											*17.0%	18.0%	57.9%	25.6%	6.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 05/24/2017																
K-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
Entree, Yogurt Basket Lunch	1 Each	100	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Salad, Chicken Caesar	1 EACH	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	200	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Vegetable, Salad Bar no beans	3/4 cup	500	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	500	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	100	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	400	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	200	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	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 16

Generated on: 4/25/2017 4:08:24 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			109	3	140	2.36	0.69	98.8	2745	38.97	*2	3.97	19.80	1.94	0.62	*0.00
% of Calories											*8.4%	14.6%	72.9%	16.1%	5.2%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 05/25/2017																
K-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			600-650		1230											<10.00

Fri - 05/26/2017																
K-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			600-650		1230											<10.00

Mon - 05/29/2017																
K-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			600-650		1230											<10.00

Tue - 05/30/2017																
K-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			600-650		1230											<10.00

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 17

Generated on: 4/25/2017 4:08:24 PM

	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 - 05/31/2017																
K-12 Lunch	Total SERVING	1														
No School Today		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			600-650		1230											<10.00

Weighted Average			*564	*35	1139	*8.62	*3.15	*467.9	*2764	*46.80	*16 *25.1%	*25.97 *18.4%	78.82 55.9%	*17.07 *27.2%	*4.74 *7.6%	*0.00 *0.0%
------------------	--	--	------	-----	------	-------	-------	--------	-------	--------	---------------	------------------	----------------	------------------	----------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	564		600 - 650	94%	Missing	36		Correction Required - Calories are Low
Cholesterol (mg)	35				Missing			
Sodium (mg)	1139		1230					
Fiber (g)	8.62				Missing			
Iron (mg)	3.15				Missing			
Calcium (mg)	467.9				Missing			
Vitamin A (IU)	2764				Missing			
Sugars (g)	16	11.14%			Missing			
Vitamin C (mg)	46.80				Missing			
Protein (g)	25.97	18.42%			Missing			
Carbohydrate (g)	78.82	55.91%						
Total Fat (g)	17.07	27.24%			Missing			
Saturated Fat (g)	4.74	7.57%	<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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.