

# St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Mon - 05/01/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Italian Dunkers	Each	5500	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	5500	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	3000	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	3000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Entree, PBJ Basket	1 Each	500	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			615	29	1415	9.04	*2.96	*661.1	2289	43.12	*21	29.58	79.20	19.12	7.67	*0.00
% of Calories											*13.5%	19.2%	51.5%	28.0%	11.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 05/02/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Turkey Corn Dog, Mini	Servings	5500	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 Potato Lattice	3/4 cup	5500	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	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	500	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Vegetable, Salad Bar w beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			669	41	1387	12.17	4.14	423.1	3679	33.35	*26	25.69	98.99	22.85	4.40	*0.00
% of Calories											*15.5%	15.4%	59.2%	30.7%	5.9%	*0.0%
Nutrient Guideline			550-650		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

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May 1, 2017 thru May 31, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
<b>Wed - 05/03/2017</b>																
St Vrain K-5 Lunch	Total	6000														
Breakfast, French Toast Sticks	4 Piece	5500	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	5500	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	5500	*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	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, Cinnamon Apples	1/2 cup	3000	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	500	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			*628	*46	1070	*6.83	*4.79	*649.4	*4225	*49.21	*49	*27.69	112.56	*22.35	*4.91	*0.00
% of Calories											*31.2%	*17.6%	71.7%	*32.0%	*7.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Thu - 05/04/2017</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Beef, Breaded Tender	Servings	5500	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	5500	109	0	178	2.97	1.42	59.3	0	0.0	*N/A*	5.93	18.79	1.48	0.00	0.00
Vegetable, Potatoes, Mashed	3/4 cup	3000	104	0	144	1.80	0.35	20.3	3	36.65	1	2.36	22.23	1.09	0.29	0.00
Condiment, Country Gravy	2 oz	3000	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	3000	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Entree, Fruit & Str Cheese Plate	Servings	250	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	0.00
Vegetable, Salad Bar w beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			687	42	1205	8.38	4.92	467.8	2187	39.30	*12	31.58	90.42	21.82	5.28	*0.00
% of Calories											*6.8%	18.4%	52.7%	28.6%	6.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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May 1, 2017 thru May 31, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Fri - 05/05/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Crispito, K-8	1 Each	5500	380	50	550	3.00	1.80	240.0	1050	0.0	1	19.0	24.01	23.0	8.00	0.00
Condiment, Green Chili	1/4 Cup	5500	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	5500	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	3000	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	5500	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	3000	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	500	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 no beans	3/4 cup	3000	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	3000	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			903	58	2143	20.21	*4.99	*726.0	2832	55.80	*19 *8.6%	43.32 19.2%	121.05 53.6%	26.65 26.6%	9.12 9.1%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/08/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Bosco Stick	2 Sticks	5500	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	5500	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	3000	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	3000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Entree, PBJ Basket	1 Each	500	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			610	38	965	9.97	*3.54	*759.8	2126	29.26	*18 *11.5%	33.49 22.0%	80.84 53.0%	16.35 24.1%	6.70 9.9%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

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May 1, 2017 thru May 31, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Tue - 05/09/2017																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Hot Italian Panini	1 EACH	5500	415	77	1038	3.44	2.94	335.0	188	3.49	5	26.39	32.76	19.8	6.86	0.00
Vegetable, Sweet PotatoLattice	3/4 cup	5500	216	0	233	6.65	1.08	51.2	1796	0.76	13	1.66	34.89	13.29	1.66	0.00
Condiment, Ketchup	1 OZ	5500	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Fruit, Grapes,Fresh	0.5 Cup	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
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
Sandwich, Tuna Salad	SERVING	500	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			836	84	1795	11.15	4.31	690.9	3367	24.64	*28 *13.2%	37.36 17.9%	106.89 51.1%	33.64 36.2%	8.63 9.3%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/10/2017																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Hot Dog on a Bun	1 Hot Dog	5500	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	5500	17	0	312	0.00	0.00	0.0	83	1.0	*3	0.0	4.17	0.0	0.00	0.00
Fruit, Pear, Fresh	1 EACH	3000	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
Vegetable, Potatoes, Oven Fry	3/4 cup	3000	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Entree, Yogurt Basket Lunch	1 Each	250	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Vegetable, Salad Bar w beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			601	60	1292	9.52	3.44	485.4	2136	33.03	*18 *12.2%	26.44 17.6%	87.14 58.0%	16.78 25.1%	3.59 5.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Thu - 05/11/2017																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Chicken Filet/ Bun	1 EACH	5500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	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
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
Entree, Fruit &CottCheesePlate	Servings	250	370	15	690	5.98	2.35	132.8	209	0.0	*5	16.0	50.0	10.5	4.50	0.00
Entree, Fruit &StrCheesePlate	Servings	250	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	0.00
Vegetable, Salad Bar w beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			721	33	1475	12.89	5.23	488.8	2177	34.33	*19	37.84	97.73	20.20	3.47	*0.00
% of Calories											*10.7%	21.0%	54.2%	25.2%	4.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/12/2017																
St Vrain K-5 Lunch	Total	6000														
Entree, Pizza,Vegetable, K-8	Servings	2250	377	30	645	3.44	2.16	493.6	778	30.85	3	20.83	34.78	17.02	7.77	0.00
Entree, Pizza,Cheese, K-8	Servings	2250	363	30	628	2.67	1.96	487.0	280	1.02	2	20.44	32.22	16.72	7.72	0.00
Vegetable, Broccoli Blanched	3/4 cup	3000	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	3000	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	500	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			543	32	801	4.85	2.14	750.2	1850	62.22	*10	25.78	73.25	15.35	6.54	0.00
% of Calories											*7.4%	19.0%	54.0%	25.5%	10.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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<sup>1</sup> - 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 K-5 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 <sup>1</sup> (g)
<b>Mon - 05/15/2017</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Macaroni and Cheese	6 oz	5500	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	5500	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	3000	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	3000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Entree, PBJ Basket	1 Each	500	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			594	47	1019	6.99	*2.65	*720.8	1863	40.05	*18	29.56	81.30	16.27	8.60	0.00
% of Calories											*12.2%	19.9%	54.7%	24.6%	13.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 05/16/2017</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Chicken Tenders K-8 gr	3 Pieces	5500	218	43	312	1.89	1.70	0.0	0	0.0	2	18.91	11.35	11.35	1.89	0.00
Bread, Biscuit, WG Rich's	Biscuit	5500	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	3000	104	0	144	1.80	0.35	20.3	3	36.65	1	2.36	22.23	1.09	0.29	0.00
Condiment, Country Gravy	2 oz	3000	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Pears, Diced, Canned	1/2 cup	3000	52	0	5	2.09	0.00	0.0	63	1.25	9	0.0	13.59	0.0	0.00	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
Sandwich, Tuna Salad	SERVING	500	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Vegetable, Salad Bar w beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			674	53	1289	9.20	3.86	394.8	2066	37.64	*14	34.99	87.67	20.96	6.78	*0.00
% of Calories											*8.3%	20.8%	52.1%	28.0%	9.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

<sup>1</sup> - 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 K-5 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 <sup>1</sup> (g)
<b>Wed - 05/17/2017</b>																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Pinwheel, Pepperoni	Sandwich	5500	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	3000	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	500	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			577	28	1003	7.62	3.54	623.3	2425	26.10	*11	27.44	77.02	19.02	6.53	0.00
% of Calories											*8.0%	19.0%	53.4%	29.7%	10.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 05/18/2017</b>																
St Vrain K-5 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
Entree, Fruit &CottCheesePlate	Servings	250	370	15	690	5.98	2.35	132.8	209	0.0	*5	16.0	50.0	10.5	4.50	0.00
Entree, Fruit &StrCheesePlate	Servings	250	515	20	667	9.37	2.66	459.7	504	42.73	*16	21.02	76.79	13.34	7.05	0.00
Vegetable, Salad Bar w beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			355	10	824	7.39	2.59	397.1	2086	34.33	*16	16.76	61.98	4.61	1.18	*0.00
% of Calories											*17.6%	18.9%	69.9%	11.7%	3.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Fri - 05/19/2017																
St Vrain K-5 Lunch	Total	6000														
Manager's Choice	1 serving	5500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Pear, Fresh	1 EACH	3000	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
Vegetables, Veggie Patch	3/4 Cup	3000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	500	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Condiment, Sandwich	servings	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			278	9	337	5.60	0.97	397.9	3792	53.27	*19	10.93	52.17	2.93	0.78	0.00
% of Calories											*26.8%	15.7%	75.0%	9.5%	2.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/22/2017																
St Vrain K-5 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
Entree, PBJ Basket	1 Each	500	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			258	10	363	3.53	*0.55	*354.1	1496	38.95	*13	11.27	42.64	4.46	1.27	0.00
% of Calories											*19.6%	17.5%	66.1%	15.5%	4.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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# St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain K-5 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/23/2017																
St Vrain K-5 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	1000	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	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, Salad Bar w beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			276	18	546	5.13	1.73	370.5	8313	33.93	*8	15.82	42.70	4.58	0.87	*0.00
% of Calories											*11.4%	22.9%	61.8%	14.9%	2.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/24/2017																
St Vrain K-5 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	500	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Vegetable, Salad Bar no beans	3/4 cup	3000	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	3000	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	1000	126	0	1	1.83	0.51	14.0	87	20.33	*17	0.83	32.67	0.08	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			253	10	357	3.14	0.97	387.8	3818	50.93	*5	11.09	43.67	3.43	1.17	0.00
% of Calories											*8.7%	17.5%	69.0%	12.2%	4.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 05/25/2017																
St Vrain K-5 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

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

<sup>1</sup> - 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 K-5 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Fri - 05/26/2017																	
St Vrain K-5 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00	
Nutrient Guideline			550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00	

Mon - 05/29/2017																	
St Vrain K-5 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00	
Nutrient Guideline			550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00	

Tue - 05/30/2017																	
St Vrain K-5 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00	
Nutrient Guideline			550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00	

Wed - 05/31/2017																	
St Vrain K-5 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00	
Nutrient Guideline			550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00	

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# St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
Weighted Average			*560	*36	1071	*8.53	*3.19	*541.6	*2929	*39.97	*18 *28.9%	*26.48 *18.9%	79.85 57.0%	*16.19 *26.0%	*4.86 *7.8%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	560		550 - 650	100%	Missing			
Cholesterol (mg)	36				Missing			
Sodium (mg)	1071		1230					
Fiber (g)	8.53				Missing			
Iron (mg)	3.19				Missing			
Calcium (mg)	541.6				Missing			
Vitamin A (IU)	2929				Missing			
Sugars (g)	18	12.84%			Missing			
Vitamin C (mg)	39.97				Missing			
Protein (g)	26.48	18.91%			Missing			
Carbohydrate (g)	79.85	57.04%						
Total Fat (g)	16.19	26.02%			Missing			
Saturated Fat (g)	4.86	7.81%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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