

# St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

## Base Menu Spreadsheet

CACFP Snack Menu

### 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)
Mon - 05/01/2017																
CACFP Snack Menu	Total	3000														
Bread, Graham Cracker Bites	Pouch	3000	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
BIC, Yogurt (4oz. cup)	1 Each	3000	100	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	22.0	0.0	0.00	0.00
Weighted Daily Average			230	0	225	2.00	0.72	300.0	40	1.20	*8	5.00	46.00	3.00	0.00	0.00
% of Calories											*13.9%	8.7%	80.0%	11.7%	0.0%	0.0%
Nutrient Guideline			450		540											<10.00

Tue - 05/02/2017																
CACFP Snack Menu	Total	3000														
BIC, Muffin Blueberry	Each	3000	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Dairy, Milk, White 1%	HALF PIN	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			300	55	260	2.00	1.08	320.0	600	2.40	*16	11.00	43.00	7.50	3.50	0.00
% of Calories											*21.3%	14.7%	57.3%	22.5%	10.5%	0.0%
Nutrient Guideline			450		540											<10.00

Wed - 05/03/2017																
CACFP Snack Menu	Total	3000														
Vegetables, Veggie Patch	1/2 Cup	3000	23	0	26	1.69	0.45	19.1	3250	42.7	2	1.01	4.82	0.13	0.03	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	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			173	15	304	1.69	0.45	337.8	3789	45.24	*2	9.51	19.58	5.03	2.09	0.00
% of Calories											*4.8%	22.0%	45.3%	26.2%	10.9%	0.0%
Nutrient Guideline			450		540											<10.00

Thu - 05/04/2017																
CACFP Snack Menu	Total	3000														
Dairy, String Cheese	1 OZ	3000	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
BIC, Applesauce	1 Each	3000	51	0	2	1.00	0.11	3.0	0	0.0	11	0.0	14.0	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

<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

CACFP Snack Menu

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 Daily Average % of Calories			111	10	212	1.00	0.11	203.0	100	0.00	11 39.6%	8.00 28.8%	15.00 54.1%	2.50 20.3%	2.00 16.2%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Fri - 05/05/2017																
CACFP Snack Menu	Total Package	3000														
Bread, Goldfish Cracker	3000		100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Fruit, Fresh, Variety	1/2 cup serving	3000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Weighted Daily Average % of Calories			164	5	171	3.44	0.56	43.8	193	35.92	*8 *20.3%	3.85 9.4%	30.19 73.7%	3.81 20.9%	1.05 5.7%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Mon - 05/08/2017																
CACFP Snack Menu	Total	3000														
BIC, Applesauce	1 Each	3000	51	0	2	1.00	0.11	3.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Bread, Graham Cracker Bites	Pouch	3000	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
Weighted Daily Average % of Calories			181	0	152	3.00	0.83	3.0	40	0.00	19 42.0%	2.00 4.4%	38.00 84.0%	3.00 14.9%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Tue - 05/09/2017																
CACFP Snack Menu	Total	3000														
Vegetables, Veggie Patch	1/2 Cup	3000	23	0	26	1.69	0.45	19.1	3250	42.7	2	1.01	4.82	0.13	0.03	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	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			173	15	304	1.69	0.45	337.8	3789	45.24	*2 *4.8%	9.51 22.0%	19.58 45.3%	5.03 26.2%	2.09 10.9%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

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# St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

## Base Menu Spreadsheet

CACFP Snack Menu

### 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 - 05/10/2017</b>																
CACFP Snack Menu	Total	3000														
BIC, Muffin Blueberry	Each	3000	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Dairy, Milk, White 1%	HALF PIN	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			300	55	260	2.00	1.08	320.0	600	2.40	*16	11.00	43.00	7.50	3.50	0.00
% of Calories											*21.3%	14.7%	57.3%	22.5%	10.5%	0.0%
Nutrient Guideline			450		540											<10.00

<b>Thu - 05/11/2017</b>																
CACFP Snack Menu	Total	3000														
Fruit, Fresh, Variety	1/2 cup s	3000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Dairy, String Cheese	erving	3000	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
Weighted Daily Average	1 OZ		124	10	211	2.44	0.20	223.8	293	35.92	*8	8.85	17.19	2.81	2.05	0.00
% of Calories											*26.9%	28.6%	55.5%	20.4%	14.9%	0.0%
Nutrient Guideline			450		540											<10.00

<b>Fri - 05/12/2017</b>																
CACFP Snack Menu	Total	3000														
Bread, Goldfish Cracker	Package	3000	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Fruit, Fresh, Variety	1/2 cup s	3000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Weighted Daily Average	erving		164	5	171	3.44	0.56	43.8	193	35.92	*8	3.85	30.19	3.81	1.05	0.00
% of Calories											*20.3%	9.4%	73.7%	20.9%	5.7%	0.0%
Nutrient Guideline			450		540											<10.00

<b>Mon - 05/15/2017</b>																
CACFP Snack Menu	Total	3000														
Bread, Graham Cracker Bites	Pouch	3000	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
BIC, Yogurt (4oz. cup)	1 Each	3000	100	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	22.0	0.0	0.00	0.00

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May 1, 2017 thru May 31, 2017

## Base Menu Spreadsheet

CACFP Snack Menu

### 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			230	0	225	2.00	0.72	300.0	40	1.20	*8 *13.9%	5.00 8.7%	46.00 80.0%	3.00 11.7%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Tue - 05/16/2017																
CACFP Snack Menu	Total	3000														
BIC, Muffin Blueberry	Each	3000	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Dairy, Milk, White 1%	HALF PIN	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			300	55	260	2.00	1.08	320.0	600	2.40	*16 *21.3%	11.00 14.7%	43.00 57.3%	7.50 22.5%	3.50 10.5%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Wed - 05/17/2017																
CACFP Snack Menu	Total	3000														
Vegetables, Veggie Patch	1/2 Cup	3000	23	0	26	1.69	0.45	19.1	3250	42.7	2	1.01	4.82	0.13	0.03	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	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			173	15	304	1.69	0.45	337.8	3789	45.24	*2 *4.8%	9.51 22.0%	19.58 45.3%	5.03 26.2%	2.09 10.9%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Thu - 05/18/2017																
CACFP Snack Menu	Total	3000														
Dairy, String Cheese	1 OZ	3000	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
BIC, Applesauce	1 Each	3000	51	0	2	1.00	0.11	3.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			111	10	212	1.00	0.11	203.0	100	0.00	11 39.6%	8.00 28.8%	15.00 54.1%	2.50 20.3%	2.00 16.2%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

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May 1, 2017 thru May 31, 2017

## Base Menu Spreadsheet

CACFP Snack Menu

### 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 - 05/19/2017																
CACFP Snack Menu	Total	3000														
Bread, Goldfish Cracker	Package	3000	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Fruit, Fresh, Variety	1/2 cup serving	3000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Weighted Daily Average % of Calories			164	5	171	3.44	0.56	43.8	193	35.92	*8 *20.3%	3.85 9.4%	30.19 73.7%	3.81 20.9%	1.05 5.7%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Mon - 05/22/2017																
CACFP Snack Menu	Total	3000														
BIC, Applesauce	1 Each	3000	51	0	2	1.00	0.11	3.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Bread, Graham Cracker Bites	Pouch	3000	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
Weighted Daily Average % of Calories			181	0	152	3.00	0.83	3.0	40	0.00	19 42.0%	2.00 4.4%	38.00 84.0%	3.00 14.9%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Tue - 05/23/2017																
CACFP Snack Menu	Total	3000														
Vegetables, Veggie Patch	1/2 Cup	3000	23	0	26	1.69	0.45	19.1	3250	42.7	2	1.01	4.82	0.13	0.03	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	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			173	15	304	1.69	0.45	337.8	3789	45.24	*2 *4.8%	9.51 22.0%	19.58 45.3%	5.03 26.2%	2.09 10.9%	0.00 0.0%
Nutrient Guideline			450		540											<10.00

Wed - 05/24/2017																
CACFP Snack Menu	Total	3000														
BIC, Muffin Blueberry	Each	3000	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Dairy, Milk, White 1%	HALF PIN	3000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00

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# St. Vrain Valley School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

CACFP Snack Menu

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 Daily Average			300	55	260	2.00	1.08	320.0	600	2.40	*16	11.00	43.00	7.50	3.50	0.00
% of Calories											*21.3%	14.7%	57.3%	22.5%	10.5%	0.0%
Nutrient Guideline			450		540											<10.00

Thu - 05/25/2017																
CACFP Snack Menu	Total	2400														
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			450		540											<10.00

Fri - 05/26/2017																
CACFP Snack Menu	Total	2400														
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			450		540											<10.00

Mon - 05/29/2017																
CACFP Snack Menu	Total	2400														
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			450		540											<10.00

Tue - 05/30/2017																
CACFP Snack Menu	Total	2400														
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			450		540											<10.00

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Base Menu Spreadsheet

CACFP Snack Menu

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)
Wed - 05/31/2017																
CACFP Snack Menu	Total SERVING	2400														
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			450		540											<10.00

Weighted Average			197	18	231	2.20	0.63	222.1	1044	18.70	*10 *46.0%	7.36 14.9%	30.89 62.6%	4.52 20.6%	1.75 8.0%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	197		450	44%		253		Correction Required - Calories are Low
Cholesterol (mg)	18							
Sodium (mg)	231		540					
Fiber (g)	2.20							
Iron (mg)	0.63							
Calcium (mg)	222.1							
Vitamin A (IU)	1044							
Sugars (g)	10	20.46%			Missing			
Vitamin C (mg)	18.70							
Protein (g)	7.36	14.92%						
Carbohydrate (g)	30.89	62.64%						
Total Fat (g)	4.52	20.62%						
Saturated Fat (g)	1.75	8.00%	<10.00%					
Trans Fat <sup>1</sup> (g)	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

<sup>1</sup> - 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.