St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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)
Thu - 12/01/2016																
St Vrain 9-12 Lunch	Total	2500														
Entree, Crispito, 9-12	2 Each	1000	540	50	740	6.00	3.60	80.0	1500	0.0	2	24.01	46.01	28.01	6.00	0.00
Condiment, Green Chili	1/4 Cup	1000	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Vegetable, Beans, Refried	1 cup	1250	481	0	1799	29.38	6.73	165.7	2	2.78	0	29.38	82.81	4.01	1.34	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	1250	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Salad, Chicken Mandarin	salad	100	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	508	45	171	7.06	2.00	429.1	452	4.03	43	17.48	76.8	16.73	8.56	0.00
Sandwich, American Sub	1 EACH	100	393	53	977	3.00	1.98	240.0	320	2.8	6	28.02	42.33	13.26	3.50	0.00
Condiment, Sandwich	servings	600	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, BYOB Bar	Burritos	250	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	200	374	40	580	2.70	1.26	447.6	280	5.88	5	22.8	31.97	16.72	8.62	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	200	404	50	683	2.95	1.70	454.3	297	10.03	8	25.18	35.67	17.26	8.74	0.00
Entree, Pizza,Vegetable, 9-12	Servings	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Vegetable, Salad Bar w beans	1 cup	1250	107	0	224	5.33	2.04	67.2	4006	37.61	*3	5.04	19.13	1.77	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1007	52	2228	24.29	7.53	632.7	*3658	29.09	*15	51.67	131.20	29.62	7.95	*0.00
% of Calories											*6.1%	20.5%	52.1%	26.5%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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 - 12/02/2016																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Chicken Filet/ Bun	1 EACH	750	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Ham & Cheese	1 EACH	250	370	45	856	3.00	1.98	240.0	320	3.0	6	21.53	42.5	13.26	3.75	0.00
Condiment, Sandwich	servings	1000	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Sandwich, Hamburger, Ranch	1 EACH	750	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	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Salad, Italian Deli, 9-12	Each	100	437	39	1585	8.50	3.96	396.6	3130	31.99	*7	27.27	51.49	15.69	5.38	*0.00
Sandwich, Flatbread,BBQ Chick	1 EACH	250	415	67	1174	3.28	1.81	274.9	720	18.6	4	24.12	47.11	13.44	5.75	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	402	51	628	2.76	1.64	458.3	359	6.48	*5	26.47	31.76	17.83	8.92	*0.00
Entree, Pizza,Cheese, 9-12	Slices	100	355	30	505	2.70	1.26	447.6	280	5.88	5	20.53	31.59	15.77	8.24	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	451	60	950	3.55	1.91	463.1	890	13.91	5	24.68	38.23	22.75	11.35	0.00
Vegetable, Sweet PotatoLattice	1 CUP	1250	288	0	310	8.86	1.44	68.3	2394	1.02	18	2.22	46.52	17.72	2.22	0.00
Vegetable, Salad Bar no beans	1 cup	1250	36	0	138	1.93	0.62	31.4	2200	33.68	*3	1.21	7.12	0.6	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, Frozen Fruit Treat Cup	4.4 oz	1250	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Fruit, Fresh, Variety	1/2 cup s erving	1250	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	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			767	37	1440	13.50	3.67	635.6	3627	77.95	*30	30.00	111.61	25.68	5.62	*0.00
% of Calories											*15.8%	15.6%	58.2%	30.1%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
**** - denotes combined nutrient totals with either missing or incomplete nutrient data***
[1] - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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 - 12/05/2016																
St Vrain 9-12 Lunch	Total	2500														
Entree, Bean Burrito	SERVING	500	406	25	737	10.39	2.65	264.6	298	0.79	*0	19.33	50.65	15.06	7.33	0.00
Condiment, Mexican	1 OZ	500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Condiment, Green Chili	1/4 Cup	500	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Vegetable, Corn, canned	1 cup	500	162	0	37	4.99	0.90	0.0	37	0.0	7	4.99	37.45	2.5	0.00	0.00
Sandwich, Italian Sub w/Chips	1 EACH	100	409	43	1262	3.44	2.25	303.2	550	6.55	10	20.28	46.85	16.61	4.11	0.00
Condiment, Sandwich	servings	1250	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	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
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Asian Rice Variety HS	Serving	250	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Hot Wing Basket	Servings	500	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	100	374	40	580	2.70	1.26	447.6	280	5.88	5	22.8	31.97	16.72	8.62	0.00
Entree, Pizza,BBQ, 9-12	Servings	100	437	50	923	2.03	1.42	440.5	450	12.36	4	26.44	41.04	17.36	8.47	0.00
Entree, Pizza,Vegetable, 9-12	Servings	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Vegetable, Salad Bar no beans	1 cup	1250	36	0	138	1.93	0.62	31.4	2200	33.68	*3	1.21	7.12	0.6	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, Pears, Diced, Canned	1/2 cup	1250	52	0	5	2.09	0.00	0.0	63	1.25	9	0.0	13.59	0.0	0.00	0.00
Fruit, Juice, 100%	servings	1250	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			910	82	2196	9.32	*3.29	*635.8	*2510	*41.80	*12	36.84	100.93	39.88	8.89	*0.00
% of Calories											*5.4%	16.2%	44.4%	39.5%	8.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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 - 12/06/2016																
St Vrain 9-12 Lunch	Total	2500														
Entree, Chicken, Roasted	Piece	500	90	75	250	1.00	0.72	0.0	0	0.0	0	13.0	0.0	4.0	1.00	0.00
Vegetable, Beans, Veg. Baked	3/4 cup s erving	500	267	0	813	7.97	3.43	93.6	274	5.73	*31	9.41	57.8	1.59	0.01	*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
Sandwich, Turkey/Chs Sub 9-12	Servings	100	367	42	907	3.17	1.86	143.3	237	2.8	*5	28.67	41.5	10.5	1.75	0.00
Condiment, Sandwich	servings	100	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Sandwich, Hamburger	1 Hambur ger	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Sandwich, Cheeseburger	1 Sandwic	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	508	45	171	7.06	2.00	429.1	452	4.03	43	17.48	76.8	16.73	8.56	0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Sausage, 9-12	Servings	350	402	51	628	2.76	1.64	458.3	359	6.48	*5	26.47	31.76	17.83	8.92	*0.00
Entree, Pizza,Cheese, 9-12	Slices	350	355	30	505	2.70	1.26	447.6	280	5.88	5	20.53	31.59	15.77	8.24	0.00
Entree, Pizza,Mexican, 9-12	Servings	300	451	60	950	3.55	1.91	463.1	890	13.91	5	24.68	38.23	22.75	11.35	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
Vegetable, Salad Bar w beans	1 cup	1250	107	0	224	5.33	2.04	67.2	4006	37.61	*3	5.04	19.13	1.77	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, BlueBerries in a Cloud	1/2 cup	1250	71	0	8	3.06	0.20	34.9	65	2.83	12	0.48	16.39	0.73	0.06	0.00
Fruit, Juice, 100%	servings	1250	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			727	65	1366	9.88	*3.94	*652.9	*3097	*44.32	*21	36.52	93.88	22.91	8.29	*0.00
% of Calories											*11.7%	20.1%	51.7%	28.4%	10.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 12/07/2016																
St Vrain 9-12 Lunch	Total	2500														
Breakfast, French Toast 9-12	5 piece	1000	360	0	373	4.00	2.67	313.3	575	0.0	15	8.0	46.67	16.0	2.67	0.00
Breakfast, Sausage Patty	3 Each	1000	165	60	675	0.00	3.24	60.0	8	0.0	2	18.0	1.5	12.0	3.00	0.00
Condiment, Syrup, Pancake	each	1000	*N/A*	*N/A*	24	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	26	*N/A*	34.53	*N/A*	*N/A*	*N/A*
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	0.00
Sandwich, Tuna Salad	SERVING	200	329	54	928	6.48	2.35	93.9	300	1.15	*4	30.73	33.19	10.19	1.01	0.00
Sides, Chips for Cold Sandwich	1 Each	200	80	0	80	0.00	0.00	0.0	0	2.4	0	1.0	8.0	5.0	0.50	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, Spicy Asian Bowl Rice	Serving	100	461	66	1061	3.32	*1.66	*13.7	*2144	*5.48	*17	21.66	71.28	8.79	2.25	0.00
Entree, Chicken Tender Basket	1 Each	250	783	70	1305	12.03	6.18	153.4	44	13.49	*0	46.16	96.34	23.1	3.01	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	402	51	628	2.76	1.64	458.3	359	6.48	*5	26.47	31.76	17.83	8.92	*0.00
Entree, Pizza,Cheese, 9-12	Slices	200	355	30	505	2.70	1.26	447.6	280	5.88	5	20.53	31.59	15.77	8.24	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	451	60	950	3.55	1.91	463.1	890	13.91	5	24.68	38.23	22.75	11.35	0.00
Vegetables,Veggie Patch	1 Cup	1250	46	0	51	3.38	0.90	38.2	6501	85.39	4	2.02	9.64	0.27	0.06	0.00
Vegetable, Salad Bar no beans	1 cup	1250	36	0	138	1.93	0.62	31.4	2200	33.68	*3	1.21	7.12	0.6	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, Applesauce, Canned	1/2 CUP	1250	51	0	2	1.34	0.28	4.9	35	25.86	11	0.21	13.75	0.12	0.01	0.00
Fruit, Juice, 100%	servings	1250	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			*723	*60	1374	*8.67	*4.83	*658.8	*5455	*94.72	*29	*36.84	105.66	*24.21	*6.30	*0.00
% of Calories											*16.2%	*20.4%	58.5%	*30.1%	*7.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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)
Thu - 12/08/2016																
St Vrain 9-12 Lunch	Total	9000														
Entree, Turkey & Gravy	servings	8500	240	110	920	0.00	*1.44	*40.0	*0	*0.0	*0	30.0	4.01	12.0	4.00	0.00
Bread, WW Dinner Roll	Each	8500	109	0	178	2.97	1.42	59.3	0	0.0	*N/A*	5.93	18.79	1.48	0.00	0.00
Vegetable, Potatoes, Mashed	1/2 cup	9000	70	0	96	1.20	0.23	13.5	2	24.43	1	1.57	14.82	0.73	0.19	0.00
Vegetable, Bean, Green,Canned	1/2 cup	9000	16	0	142	2.02	0.00	0.0	5	0.0	1	1.01	3.04	0.0	0.00	0.00
Condiment, Cranberry Sauce	2 Tablespoons	3000	58	0	2	0.40	0.15	1.1	12	0.36	11	0.33	14.62	0.05	0.00	0.00
Dessert, Pumpkin Cake	1 oz slices	9000	326	19	295	0.94	0.94	271.5	2458	1.04	*42	2.89	55.01	8.28	1.19	*0.00
Salad, Chicken Mandarin	salad	250	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Condiment, Sandwich	servings	750	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Fruit, Juice, 100%	servings	2000	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			865	128	1729	7.67	*4.20	*524.0	*2807	*33.89	*49	45.26	115.12	23.53	5.56	*0.00
% of Calories											*22.6%	20.9%	53.2%	24.5%	5.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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 - 12/09/2016																
St Vrain 9-12 Lunch	Total	2500														
Entree, Pizza,Cheese, 9-12	Slices	250	355	30	505	2.70	1.26	447.6	280	5.88	5	20.53	31.59	15.77	8.24	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	404	50	683	2.95	1.70	454.3	297	10.03	8	25.18	35.67	17.26	8.74	0.00
Entree, Pizza,Sausage, 9-12	Servings	500	402	51	628	2.76	1.64	458.3	359	6.48	*5	26.47	31.76	17.83	8.92	*0.00
Sandwich, Ham & Cheese	1 EACH	250	370	45	856	3.00	1.98	240.0	320	3.0	6	21.53	42.5	13.26	3.75	0.00
Condiment, Sandwich	servings	250	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Sandwich, Hamburger, Ranch	1 EACH	750	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Salad, Italian Deli, 9-12	Each	100	437	39	1585	8.50	3.96	396.6	3130	31.99	*7	27.27	51.49	15.69	5.38	*0.00
Sandwich, Flatbread,ChickRanch	1 EACH	400	1655	240	5301	3.28	1.81	898.9	1511	11.6	*2	40.76	87.61	125.19	23.87	0.00
Vegetable, Broccoli Blanched	1 cup	1250	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Vegetable, Salad Bar no beans	1 cup	1250	36	0	138	1.93	0.62	31.4	2200	33.68	*3	1.21	7.12	0.6	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, Grapes,Fresh	0.5 Cup	1250	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Fruit, Juice, 100%	servings	1250	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			820	71	1925	6.32	2.56	762.1	2487	70.55	*9	33.05	92.83	34.31	9.02	*0.00
% of Calories											*4.4%	16.1%	45.3%	37.7%	9.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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 - 12/12/2016																
St Vrain 9-12 Lunch	Total	2500														
Entree, Italian Dunkers	Each	750	360	20	914	4.55	2.28	319.5	690	2.33	*5	19.0	35.01	15.5	6.49	*0.00
Condiment, Marinara (AM)	2 oz	750	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Entree, Hot Wing Basket	Servings	500	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	0.00
Salad, Taco	salad	200	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Italian Sub w/Chips	1 EACH	100	409	43	1262	3.44	2.25	303.2	550	6.55	10	20.28	46.85	16.61	4.11	0.00
Sandwich, Spicy Chick on Bun	servings	250	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	250	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	500	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Asian Rice Variety HS	Serving	175	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Pizza,Cheese, 9-12	Slices	175	355	30	505	2.70	1.26	447.6	280	5.88	5	20.53	31.59	15.77	8.24	0.00
Entree, Pizza,BBQ, 9-12	Servings	200	437	50	923	2.03	1.42	440.5	450	12.36	4	26.44	41.04	17.36	8.47	0.00
Vegetable, Broccoli Blanched	1 cup	1250	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Vegetable, Salad Bar no beans	1 cup	1250	36	0	138	1.93	0.62	31.4	2200	33.68	*3	1.21	7.12	0.6	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, Apples,Fresh	1 each	1250	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Fruit, Juice, 100%	servings	1250	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			909	82	2203	8.70	*3.32	*707.9	*2840	*68.23	*15	37.34	96.60	40.99	9.91	*0.00
% of Calories											*6.7%	16.4%	42.5%	40.6%	9.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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 - 12/13/2016																
St Vrain 9-12 Lunch	Total	2500														
Entree, Chicken Tenders K-8 gr	3 Pieces	1000	246	54	384	1.54	1.66	0.0	0	0.0	*N/A*	23.04	13.82	10.75	2.30	0.00
Condiment, Barbecue Sauce	1 OZ	500	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Bread, WW Dinner Roll	Each	1000	109	0	178	2.97	1.42	59.3	0	0.0	*N/A*	5.93	18.79	1.48	0.00	0.00
Sandwich, Cheeseburger	1 Sandwic	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs Sub 9-12	Servings	100	367	42	907	3.17	1.86	143.3	237	2.8	*5	28.67	41.5	10.5	1.75	0.00
Condiment, Sandwich	servings	100	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	100	1159	130	4002	8.06	*4.18	*563.7	4133	*11.56	*4	36.17	70.69	82.11	15.32	*0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	508	45	171	7.06	2.00	429.1	452	4.03	43	17.48	76.8	16.73	8.56	0.00
Entree, Pizza,Cheese, 9-12	Slices	250	355	30	505	2.70	1.26	447.6	280	5.88	5	20.53	31.59	15.77	8.24	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	404	50	683	2.95	1.70	454.3	297	10.03	8	25.18	35.67	17.26	8.74	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Vegetable, Potatoes, Mashed	1 cup	1250	139	0	192	2.40	0.46	27.0	4	48.86	1	3.14	29.64	1.45	0.38	0.00
Condiment, Country Gravy	2 oz	1250	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Vegetable, Salad Bar w beans	1 cup	1250	107	0	224	5.33	2.04	67.2	4006	37.61	*3	5.04	19.13	1.77	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, Kiwi	1/2 cup	1250	62	0	3	3.04	0.31	34.5	88	93.94	9	1.16	14.86	0.53	0.03	0.00
Fruit, Juice, 100%	servings	1250	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			734	55	1439	9.56	*3.76	*577.2	*2956	*112.54	*13	37.46	101.49	20.28	5.71	*0.00
% of Calories											*7.1%	20.4%	55.3%	24.8%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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 - 12/14/2016																
St Vrain 9-12 Lunch	Total	2500														
Entree, Italian Shells	Servings	500	257	37	770	4.51	1.68	240.7	505	3.79	*6	16.17	35.43	5.76	3.59	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
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	500	414	28	1207	9.68	2.07	351.7	696	8.07	*5	20.71	51.63	14.98	7.50	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
Sandwich, Egg Salad	Serving	100	252	191	446	2.10	2.05	67.5	316	0.2	*5	12.33	29.69	10.62	2.11	*0.00
Entree, Pizza,Buffalo, 9-12	Servings	250	401	51	1382	2.70	*1.58	*447.6	722	*5.88	5	26.89	32.04	17.59	8.69	0.00
Entree, Pizza,Cheese, 9-12	Slices	250	355	30	505	2.70	1.26	447.6	280	5.88	5	20.53	31.59	15.77	8.24	0.00
Entree, Pizza,Jalapeno, 9-12	Servings	250	365	30	1034	2.70	1.26	466.5	375	14.39	6	20.53	32.53	15.77	8.24	0.00
Entree, Chicken Tender Basket	1 Each	250	783	70	1305	12.03	6.18	153.4	44	13.49	*0	46.16	96.34	23.1	3.01	0.00
Entree, Spicy Asian Bowl Rice	Serving	200	461	66	1061	3.32	*1.66	*13.7	*2144	*5.48	*17	21.66	71.28	8.79	2.25	0.00
Vegetable, Bean, Green,Canned	1 cup	1250	32	0	283	4.05	0.00	0.0	10	0.0	2	2.03	6.07	0.0	0.00	0.00
Vegetable, Salad Bar no beans	1 cup	1250	36	0	138	1.93	0.62	31.4	2200	33.68	*3	1.21	7.12	0.6	0.08	0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, Peaches, Diced, Canned	1/2 Cup	1250	48	0	5	0.53	0.00	0.0	319	1.28	10	0.0	11.69	0.0	0.00	0.00
Fruit, Juice, 100%	servings	1250	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			651	57	1502	9.41	*2.75	*616.0	*2408	*41.91	*13	34.33	89.07	16.93	6.25	*0.00
% of Calories											*7.9%	21.1%	54.7%	23.4%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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)
Thu - 12/15/2016																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Sloppy Joes	1/3 cup	500	270	41	691	3.76	2.10	87.4	561	11.47	*8	19.56	32.39	6.2	1.37	*0.00
Salad, Chicken Mandarin	salad	100	621	25	1051	8.51	4.10	132.7	3970	27.72	*29	24.74	78.6	23.74	3.28	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	750	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	150	508	45	171	7.06	2.00	429.1	452	4.03	43	17.48	76.8	16.73	8.56	0.00
Sandwich, American Sub	1 EACH	100	393	53	977	3.00	1.98	240.0	320	2.8	6	28.02	42.33	13.26	3.50	0.00
Entree, BYOB Bar	Burritos	100	564	54	1066	7.41	2.73	192.7	437	7.53	*2	26.26	70.4	19.72	8.10	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	250	374	40	580	2.70	1.26	447.6	280	5.88	5	22.8	31.97	16.72	8.62	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	250	404	50	683	2.95	1.70	454.3	297	10.03	8	25.18	35.67	17.26	8.74	0.00
Entree, Pizza,Vegetable, 9-12	Servings	200	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Vegetable, Beans, Veg. Baked	3/4 cup s erving	1250	267	0	813	7.97	3.43	93.6	274	5.73	*31	9.41	57.8	1.59	0.01	*0.00
Vegetable, Salad Bar w beans	1 cup	1250	107	0	224	5.33	2.04	67.2	4006	37.61	*3	5.04	19.13	1.77	0.09	*0.00
Condiment, Ranch/ low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, Oranges	1 EACH	1250	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Fruit, Juice, 100%	servings	1250	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			781	44	1495	12.69	5.21	639.1	*3252	73.53	*31	38.61	114.12	19.36	5.56	*0.00
% of Calories											*15.9%	19.8%	58.4%	22.3%	6.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

Generated on: 11/3/2016 4:07:38 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 - 12/16/2016																
St Vrain 9-12 Lunch	Total	6000														
Sandwich, Grilled Cheese	Sandwich	5500	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Soup, Campbells Tomato Soup	8 oz	5500	102	0	549	1.14	0.00	3.9	455	6.82	14	2.27	22.73	0.0	0.00	0.00
Vegetable, Baby Carrots	3/4 Cup	3000	40	0	88	3.29	1.01	36.3	15638	2.95	5	0.73	9.34	0.15	0.03	0.00
Fruit, Frozen Fruit Treat Cup	4.4oz	3000	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Salad, Italian Deli, 6-8	1 Each	250	327	39	1405	5.50	2.52	336.6	3130	31.99	*7	21.27	32.49	14.19	5.38	*0.00
Sandwich, Hamburger, Ranch	1 EACH	1000	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Ham & Cheese	1 EACH	250	370	45	856	3.00	1.98	240.0	320	3.0	6	21.53	42.5	13.26	3.75	0.00
Condiment, Sandwich	servings	250	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	0.00
Vegetable, Salad Bar no beans	3/4 cup	2000	27	0	103	1.44	0.47	23.6	1650	25.26	*2	0.91	5.34	0.45	0.06	0.00
Condiment, Ranch/ low fat	1 OZ	2000	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Fruit, Fresh, Variety	1/2 cup s erving	2000	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			625	39	1558	9.85	3.00	766.8	10157	65.58	*35	29.07	97.91	13.61	6.22	*0.00
% of Calories											*22.6%	18.6%	62.7%	19.6%	9.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 12/19/2016																
St Vrain 9-12 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 12/20/2016																
St Vrain 9-12 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 12/21/2016																
St Vrain 9-12 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	
Thu - 12/22/2016																
St Vrain 9-12 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	
Fri - 12/23/2016																
St Vrain 9-12 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	
Mon - 12/26/2016																
St Vrain 9-12 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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	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 - 12/27/2016																
St Vrain 9-12 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	
Wed - 12/28/2016																
St Vrain 9-12 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	
Thu - 12/29/2016																
St Vrain 9-12 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	
Fri - 12/30/2016																
St Vrain 9-12 Lunch	Total	1														
No School Today	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			*793	*64	1704	*10.82	*4.01	*650.8	*3771	*62.84	*23	*37.25	104.20	*25.94	*7.10	*0.00
											*25.9%	*18.8%	52.5%	*29.4%	*8.1%	*0.0%

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St. Vrain Valley School District

Dec 1, 2016 thru Dec 31, 2016

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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		Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	793		750 - 850	100%	Missing			
Cholesterol (mg)	64				Missing			
Sodium (mg)	1704		1420				284	Correction Required - Sodium too High
Fiber (g)	10.82				Missing			
Iron (mg)	4.01				Missing			
Calcium (mg)	650.8				Missing			
Vitamin A (IU)	3771				Missing			
Sugars (g)	23	11.51%			Missing			
Vitamin C (mg)	62.84				Missing			
Protein (g)	37.25	18.78%			Missing			
Carbohydrate (g)	104.20	52.54%						
Total Fat (g)	25.94	29.43%			Missing			
Saturated Fat (g)	7.10	8.06%	<10.00%		Missing			
Trans Fat[1] (g)	0.00	0.00%			Missing			

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