St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:23:59 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 - 01/02/2017																
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
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
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
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
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
Vegetable, Broccoli Blanched	1/2 cup	500	9	0	9	0.60	0.17	9.2	161	24.52	0	0.6	1.79	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
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			519	30	846	6.02	*2.52	*576.4	949	33.74	*13	27.44	71.61	13.25	4.61	0.00
% of Calories											*9.9%	21.1%	55.2%	23.0%	8.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 01/03/2017																
K-12 Lunch	Total	1000														
Entree, Twisted Dog K-8	1 Each	500	187	55	425	1.77	1.93	60.0	0	6.0	*0	10.95	14.17	9.89	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
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, 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
Sandwich, Hamburger	1 Hamburger	100	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	200	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	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, Beans, Baked	3/4 cup	500	169	0	662	6.02	2.17	48.2	72	0.0	14	7.22	34.91	1.2	0.00	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, 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
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

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

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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			680	73	1796	8.77	*4.37	*500.6	2798	*38.28	*18	34.19	86.75	22.36	5.26	*0.00
% of Calories											*10.7%	20.1%	51.0%	29.6%	7.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 01/04/2017																
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*
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
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
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
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
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
Fruit, Banana	1 EACH	500	161	0	2	4.72	0.47	9.1	116	15.79	22	1.98	41.44	0.6	0.20	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			*692	*59	1209	*9.51	*4.26	*641.2	*4338	*72.35	*35	*29.83	114.91	*21.98	*5.72	*0.00
% of Calories											*20.3%	*17.3%	66.5%	*28.6%	*7.4%	*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***
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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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 - 01/05/2017																
K-12 Lunch	Total	1000														
Entree, BBQ Meatballs K-5	4 pieces	250	150	45	830	0.00	0.72	20.0	200	7.2	1	13.0	13.0	5.0	1.50	0.00
Entree, BBQ Meatballs 6-12	5 pieces	250	185	55	1023	0.00	0.89	24.6	247	8.88	1	16.0	16.03	6.15	1.85	0.00
Bread, WW Dinner Roll	1 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
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
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
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
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
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
Vegetable, Scalloped Potatoes	3/4 cup	500	180	0	735	3.00	0.54	40.7	15	11.42	*N/A*	3.0	36.0	0.75	0.00	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, 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
Fruit, Fresh, Variety	1/2 cup s erving	500	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			673	50	1609	10.72	3.90	547.4	2882	77.51	*20	33.00	101.63	14.24	3.49	*0.00
% of Calories											*12.1%	19.6%	60.4%	19.0%	4.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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 - 01/06/2017																
K-12 Lunch	Total	1000														
Entree, Pizza,Cheese, K-8	Servings	250	363	30	628	2.67	1.96	487.0	280	1.02	2	20.44	32.22	16.72	7.72	0.00
Entree, Pizza,Sausage, K-8	Servings	250	410	51	751	2.74	2.34	497.8	359	1.62	*2	26.39	32.4	18.78	8.41	*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
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
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
Vegetable, Carrots steamed	3/4 cup	500	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	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
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
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			588	35	1239	7.31	2.77	677.4	8193	38.68	*14	28.42	81.40	15.88	5.65	*0.00
% of Calories											*9.5%	19.3%	55.4%	24.3%	8.6%	*0.0%
Nutrient Guideline			600-650		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[1] (g)
Mon - 01/09/2017																
K-12 Lunch	Total	1000														
Entree, Pizza Crunchers K-12	4 Pieces	500	406	30	811	4.06	1.72	433.9	505	2.41	2	20.28	40.55	18.25	8.11	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
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
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	100	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	200	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	300	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	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
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
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
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

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

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K-12 Lunch

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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)
Weighted Daily Average			678	40	1252	8.73	*2.94	*648.8	2139	55.55	*15	32.22	86.79	22.28	7.74	*0.00
% of Calories											*8.6%	19.0%	51.2%	29.6%	10.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	
Tue - 01/10/2017																
K-12 Lunch	Total	1000														
Entree, Ling's Orange Chicken	1/2 cup s erving	500	151	40	282	0.00	0.72	20.1	101	1.21	10	11.08	19.13	3.02	0.50	0.00
Rice, Brown, Asian Style	Servings	500	214	0	459	2.04	*N/A*	*N/A*	*N/A*	*N/A*	3	5.1	42.85	2.04	0.51	0.00
Side, Egg roll, small	1 Each	500	90	11	245	1.00	0.90	10.0	250	4.2	1	3.5	11.0	3.5	1.00	0.00
Dessert, Fortune Cookie	Piece	500	20	0	0	0.00	0.00	0.0	10	0.0	2	0.7	4.0	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
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
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
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
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
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			810	68	1520	10.37	*3.93	*481.8	*2944	*57.90	*13	40.22	111.08	21.62	5.10	*0.00
% of Calories											*6.4%	19.9%	54.8%	24.0%	5.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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 - 01/11/2017																
K-12 Lunch	Total	1000														
Sandwich, BBQ Pork	1 EACH	500	266	44	859	3.00	1.86	60.0	192	5.76	*4	22.25	31.64	4.18	0.55	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
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
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
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
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
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
Fruit, Clementines	2 each	500	125	0	0	2.23	0.40	44.7	144	80.37	29	0.0	28.8	0.0	0.00	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			688	47	1487	8.84	3.06	540.7	1805	79.79	*19	33.36	99.02	16.62	4.07	*0.00
% of Calories											*11.2%	19.4%	57.6%	21.7%	5.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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 - 01/12/2017																
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
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
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
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, Chicken Filet/ Bun	1 EACH	50	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	servings	50	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	100	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, 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
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
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
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			924	55	2066	19.04	*5.49	*610.5	2963	39.88	*17	44.08	123.84	27.33	8.07	*0.00
% of Calories											*7.4%	19.1%	53.6%	26.6%	7.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 01/13/2017																
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 - 01/16/2017																
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

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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			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 - 01/17/2017																
K-12 Lunch	Total	1000														
Sandwich, Cheeseburger	1 Sandwic	500	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, 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
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, 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
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
Vegetable, Beans, Baked	3/4 cup	500	169	0	662	6.02	2.17	48.2	72	0.0	14	7.22	34.91	1.2	0.00	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
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
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			722	61	1700	9.89	*4.68	*525.6	2867	*36.25	*19	38.76	91.28	22.75	5.66	*0.00
% of Calories											*10.8%	21.5%	50.6%	28.4%	7.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-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 - 01/18/2017																
K-12 Lunch	Total	1000														
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, Garlic Knot	Pieces	500	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	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 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
Entree, Yogurt Basket Lunch	1 Each	200	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	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, 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
Vegetable, Bean, Green,Canned	3/4 cup	500	24	0	213	3.04	0.00	0.0	8	0.0	2	1.52	4.56	0.0	0.00	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, 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
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	800	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	200	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			663	61	1333	11.14	3.57	632.8	2879	42.86	*15	30.98	94.71	17.80	6.30	*0.00
% of Calories											*8.8%	18.7%	57.2%	24.2%	8.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-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)
Thu - 01/19/2017																
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, 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
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
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
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
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
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
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
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, 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
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			756	43	1354	8.79	4.34	492.5	2394	65.12	*10	32.08	103.93	23.28	7.29	*0.00
% of Calories											*5.2%	17.0%	55.0%	27.7%	8.7%	*0.0%
Nutrient Guideline			600-650		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[1] (g)
Fri - 01/20/2017																
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
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	700	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	400	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	400	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, 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
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
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
Fruit, Clementines	2 each	500	125	0	0	2.23	0.40	44.7	144	80.37	29	0.0	28.8	0.0	0.00	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

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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			724	25	1478	11.14	3.42	521.8	2804	78.19	*30	27.52	108.71	21.39	3.59	*0.00
% of Calories											*16.8%	15.2%	60.1%	26.6%	4.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 01/23/2017																
K-12 Lunch	Total	1000														
Sandwich, Grilled Cheese	Sandwich	500	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	500	102	0	549	1.14	0.00	3.9	455	6.82	14	2.27	22.73	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
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
Vegetable, Carrots steamed	3/4 cup	500	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Applesauce, Canned	1/2 CUP	500	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	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			649	40	1322	7.83	*3.06	*663.4	8401	48.89	*22	31.76	90.12	17.87	6.21	*0.00
% of Calories											*13.5%	19.6%	55.5%	24.8%	8.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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 - 01/24/2017																
K-12 Lunch	Total	1000														
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	258	0	897	7.53	3.14	83.8	128	1.64	*30	8.92	55.82	1.48	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
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, Hot Wing Basket	Servings	100	1598	216	5295	4.87	2.89	675.1	1405	5.97	*2	41.32	86.53	120.56	20.04	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
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
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, 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
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			885	99	2277	10.58	*5.02	*568.7	2780	*37.19	*21	39.38	106.39	34.25	8.71	*0.00
% of Calories											*9.3%	17.8%	48.1%	34.8%	8.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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 - 01/25/2017																
K-12 Lunch	Total	1000														
Entree, Chicken & Noodles	1 CUP	500	298	54	650	4.76	2.65	62.9	1004	0.6	*2	21.34	31.72	10.2	2.39	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
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
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
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
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
Vegetable, Bean, Green,Canned	3/4 cup	500	24	0	213	3.04	0.00	0.0	8	0.0	2	1.52	4.56	0.0	0.00	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
Fruit, BlueBerries in a Cloud	1/2 cup	500	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	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			646	66	1309	11.19	3.67	555.6	2148	34.16	*11	33.52	89.87	17.39	4.76	*0.00
% of Calories											*6.6%	20.8%	55.7%	24.2%	6.6%	*0.0%
Nutrient Guideline			600-650		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[1] (g)
Thu - 01/26/2017																
K-12 Lunch	Total	1000														
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	100	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	200	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	100	508	45	171	7.06	2.00	429.1	452	4.03	43	17.48	76.8	16.73	8.56	0.00
Vegetable, Potatoes, Wedge	Cup	500	245	0	449	4.08	1.14	33.8	45	13.68	0	4.08	40.82	6.12	0.00	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, Clementines	2 each	500	125	0	0	2.23	0.40	44.7	144	80.37	29	0.0	28.8	0.0	0.00	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

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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)
Weighted Daily Average			763	44	1369	10.36	4.24	508.5	2840	86.51	*28	33.38	112.63	17.99	3.34	*0.00
% of Calories											*14.6%	17.5%	59.0%	21.2%	3.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	
Fri - 01/27/2017																
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
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	200	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 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
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
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
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
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			575	35	1192	5.63	2.38	663.5	2197	56.26	*12	27.99	77.86	16.09	5.90	*0.00
% of Calories											*8.1%	19.5%	54.2%	25.2%	9.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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 - 01/30/2017																
K-12 Lunch	Total	1000														
Entree, Penne Pasta Bake	1 CUP	500	389	39	885	6.67	2.74	535.0	672	5.31	9	23.98	34.72	16.9	9.89	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
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
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	100	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	200	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	300	0	0	179	0.01	0.00	0.2	4	0.02	*0	0.01	0.03	0.0	0.00	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
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
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
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
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			707	42	1245	10.47	3.84	675.7	*2125	55.89	*18	34.78	89.99	22.68	8.40	*0.00
% of Calories											*10.2%	19.7%	50.9%	28.9%	10.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

Jan 1, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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 - 01/31/2017																
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, 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
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 Hamburger	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
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
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
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, 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
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			745	66	1739	8.98	*4.06	*496.9	2686	*55.10	*13	38.70	95.49	23.78	5.10	*0.00
% of Calories											*6.8%	20.8%	51.3%	28.7%	6.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			*704	*52	1467	*9.76	*3.78	*576.5	*3157	*54.51	*18	*33.58	96.90	*20.54	*5.75	*0.00
											*23.1%	*19.1%	55.0%	*26.2%	*7.3%	*0.0%

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Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Generated on: 12/9/2016 12:24:00 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)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	704		600 - 650	108%	Missing		54	Correction Required - Calories too High
Cholesterol (mg)	52				Missing			
Sodium (mg)	1467		1230				237	Correction Required - Sodium too High
Fiber (g)	9.76				Missing			
Iron (mg)	3.78				Missing			
Calcium (mg)	576.5				Missing			
Vitamin A (IU)	3157				Missing			
Sugars (g)	18	10.28%			Missing			
Vitamin C (mg)	54.51				Missing			
Protein (g)	33.58	19.07%			Missing			
Carbohydrate (g)	96.90	55.04%						
Total Fat (g)	20.54	26.25%			Missing			
Saturated Fat (g)	5.75	7.35%	<10.00%		Missing			
Trans Fat[1] (g)	0.00	0.00%			Missing			

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