

St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/02/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Bosco Stick	2 Sticks	2500	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	2500	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Veg, Broccoli Blanched	3/4 cup	2000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Frozen Fruit Treat Cup	4.4 oz	2000	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	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
Sandwich, Spicy Chick on Bun	servings	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	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Sandwich, Turkey K-8	1 EACH	250	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	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 % of Calories			483	35	874	5.96	2.82	640.9	1284	54.23	*13 *11.1%	27.23 22.5%	63.63 52.7%	12.66 23.6%	4.69 8.7%	0.00 0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 04/03/2018																
St Vrain 6-8 Lunch	Total	4000														
Sandwich, Cheeseburger	1 Sandwic	2500	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	2500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Potatoes, Oven Fry	3/4 cup	2000	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Fruit, Orange/Pineapple Mix	1/2 cup	4000	81	0	12	0.58	0.21	0.0	89	20.71	18	0.0	19.56	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
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
Sandwich, Hamburger	1 Hambur ger	500	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	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Entree, PBJ Basket	1 Each	250	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	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Garden Greens R & S	1 cup	2000	15	0	17	1.31	0.63	25.7	2540	6.12	*N/A*	1.01	3.01	0.16	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablesp oons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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

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

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			784	69	1444	8.83	*4.57	*526.3	3975	*49.94	*29	38.41	96.20	26.68	7.71	*0.00
% of Calories											*14.6%	19.6%	49.1%	30.6%	8.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 04/04/2018																
St Vrain 6-8 Lunch	Total	4000														
Breakfast, French Toast Sticks	4 Piece	3500	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	3500	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	3500	*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*
Veg, Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Fruit, Banana	1 EACH	4000	161	0	2	4.72	0.47	9.1	116	15.79	22	1.98	41.44	0.6	0.20	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	500	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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
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
Sandwich, American Deli	EACH	250	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			*853	*57	1419	*12.83	*6.08	*681.3	*5113	*65.30	*60	*35.07	147.82	*29.92	*6.68	*0.00
% of Calories											*28.1%	*16.4%	69.3%	*31.6%	*7.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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 - 04/05/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, BBQ Chicken Legs 6-12	Servings	3000	351	239	1421	3.19	2.30	0.0	320	9.6	2	41.46	14.4	12.76	3.19	0.00
Side, Mac & Cheese	3 ounces	3000	149	21	282	1.03	0.74	205.1	205	0.61	3	8.72	14.36	6.15	4.10	0.00
Veg, Sweet PotatoLattice	3/4 cup	2000	216	0	233	6.65	1.08	51.2	1796	0.76	13	1.66	34.89	13.29	1.66	0.00
Fruit, Grapes,Fresh	0.5 Cup	4000	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Salad, Chicken Mandarin	salad	250	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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
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	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	250	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Veg, Garden Greens R & S	1.5 cup	2000	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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 % of Calories			935	215	2111	12.68	5.53	622.1	5633	33.55	*18 *7.6%	57.76 24.7%	104.20 44.6%	33.39 32.1%	8.64 8.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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)
Fri - 04/06/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Mini Tacos	2 EACH	3500	334	55	530	2.71	3.40	72.7	483	6.88	*0	24.29	42.87	9.6	1.83	0.00
Condiment, Mexican	1 OZ	3500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Condiment, Shredded cheese	1 oz	3500	110	25	180	0.00	0.00	200.0	300	0.0	0	7.0	1.0	9.0	5.00	0.00
Veg, Beans, Refried	3/4 cup	2000	201	0	719	11.18	2.69	66.2	1	1.11	0	11.18	33.53	1.68	0.56	0.00
Fruit, Oranges	EACH	4000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Salad, Italian Deli, 6-8	1 Each	250	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	360	*45	726	3.00	1.98	220.0	300	3.0	4	20.53	40.5	14.76	4.25	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			918	*87	1946	16.06	6.58	752.3	5798	114.04	*16	50.27	119.00	28.13	8.66	*0.00
% of Calories											*7.2%	21.9%	51.9%	27.6%	8.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

St Vrain 6-8 Lunch

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Page 5

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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)
Mon - 04/09/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Italian Shells	Servings	3000	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	3000	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
Veg, Broccoli Blanched	3/4 cup	2000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Tropical Mix	1/2 cup	4000	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Sandwich, 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
Sandwich, Spicy Chick on Bun	servings	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	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Turkey K-8	1 EACH	250	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	0.00
Veg, Garden Greens R & S	1.5 cup	2000	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Condiment, Ranch, low fat	1 OZ	1500	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	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 % of Calories			797	52	1515	11.57	4.58	612.9	4747	75.81	*9 *4.4%	35.03 17.6%	112.93 56.6%	22.18 25.0%	6.58 7.4%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St Vrain 6-8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/10/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Ling's Orange Chicken	1/2 cup serving	2500	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	2500	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	2500	90	11	245	1.00	0.90	10.0	250	4.2	1	3.5	11.0	3.5	1.00	0.00
Veg, Frozen Blend	3/4 CUP	2000	148	0	15	7.41	1.60	59.3	445	13.34	*N/A*	10.38	14.82	4.45	0.74	0.00
Dessert, Fortune Cookie	Piece	2000	20	0	0	0.00	0.00	0.0	10	0.0	2	0.7	4.0	0.0	0.00	0.00
Fruit, Oranges	EACH	4000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Salad, Buffalo Chicken	1 EACH	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Sandwich, Cheeseburger	1 Sandwich	500	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	500	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	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Entree, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			788	61	1358	12.78	*4.04	*498.7	*5391	*110.31	*25	38.91	110.11	19.90	5.01	*0.00
% of Calories											*12.9%	19.8%	55.9%	22.7%	5.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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 - 04/11/2018																
St Vrain 6-8 Lunch	Total	4000														
Sandwich, BBQ Pork	1 EACH	3000	266	44	859	3.00	1.86	60.0	192	5.76	*4	22.25	31.64	4.18	0.55	0.00
Veg, Potatoes, Oven Fry	3/4 cup	2000	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Condiment, Ketchup	1 OZ	1000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Fruit, BlueBerries in a Cloud	1/2 cup	4000	71	0	8	3.06	0.20	34.9	65	2.83	12	0.48	16.39	0.73	0.06	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	500	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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
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
Sandwich, American Deli	EACH	250	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Garden Greens R & S	1.5 cup	2000	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			706	54	1589	11.84	3.95	*511.4	*4336	*33.92	*19	35.66	97.76	18.39	3.69	*0.00
% of Calories											*10.7%	20.2%	55.4%	23.5%	4.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/12/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Crispito, K-8	1 Each	2500	380	50	550	3.00	1.80	240.0	1050	0.0	1	19.0	24.01	23.0	8.00	0.00
Condiment, Green Chili	1/4 Cup	2500	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	2500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Veg, Beans, Refried	3/4 cup	2500	201	0	719	11.18	2.69	66.2	1	1.11	0	11.18	33.53	1.68	0.56	0.00
Rice, Spanish	1/2 cup	2500	24	0	141	0.78	0.04	0.7	56	0.0	*1	0.44	5.08	0.17	0.00	0.00
Fruit, Apples, Fresh	1 each	4000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Chicken Mandarin	salad	250	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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
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	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	250	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Veg, Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			877	52	1918	19.47	5.50	647.4	5747	62.45	*27	39.19	115.26	28.02	7.64	*0.00
% of Calories											*12.5%	17.9%	52.6%	28.7%	7.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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)
Fri - 04/13/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Turkey Pot Pie	1 CUP	2500	394	88	1186	4.89	2.57	77.1	1284	2.35	*6	29.28	31.97	16.6	7.70	0.00
Veg, Carrots steamed	3/4 cup	2000	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Grapes, Fresh	0.5 Cup	4000	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Salad, Italian Deli, 6-8	1 Each	250	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	360	*45	726	3.00	1.98	220.0	300	3.0	4	20.53	40.5	14.76	4.25	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Garden Greens R & S	1.5 cup	2000	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			685	*73	1573	10.28	4.33	514.3	11333	30.85	*11	35.16	87.42	21.66	7.29	*0.00
% of Calories											*6.2%	20.5%	51.1%	28.5%	9.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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)
Mon - 04/16/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Penne Pasta Bake	1/2 CUP	3000	195	19	443	3.33	1.37	267.5	336	2.66	5	11.99	17.36	8.45	4.94	0.00
Bread, Garlic Knot	Pieces	3000	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
Veg, Broccoli Blanched	3/4 cup	2000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	4000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	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
Sandwich, Spicy Chick on Bun	servings	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	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Turkey K-8	1 EACH	250	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	0.00
Veg, Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Condiment, Ranch, low fat	1 OZ	1500	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	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 % of Calories			737	39	1280	13.40	4.39	639.7	5232	80.43	*25 *13.3%	32.28 17.5%	97.32 52.9%	24.42 29.8%	7.65 9.4%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/17/2018																
St Vrain 6-8 Lunch	Total	4000														
Sandwich, Hot Dog on a Bun	1 Hot Dog	2500	250	55	570	3.00	2.16	120.0	0	6.0	3	15.0	23.0	11.0	2.50	0.00
Condiment, Hot Dog	1 OZ	2500	17	0	312	0.00	0.00	0.0	83	1.0	*3	0.0	4.17	0.0	0.00	0.00
Condiment, Chili house made	1/4 cup	1500	27	0	74	1.61	0.55	14.4	363	6.5	*1	1.3	5.29	0.11	0.01	0.00
Veg, Beans, Baked	3/4 cup	2000	225	0	883	8.02	2.89	64.2	96	0.0	19	9.63	46.55	1.6	0.00	0.00
Salad, Buffalo Chicken	1 EACH	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
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
Sandwich, Hamburger	1 Hambur	500	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	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Entree, PBJ Basket	1 Each	250	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	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Garden Greens R & S	1.5 cup	2000	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablesp	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			661	64	1771	11.07	*5.26	*529.2	4433	*28.57	*18	34.85	84.81	20.36	4.98	*0.00
% of Calories											*11.2%	21.1%	51.3%	27.7%	6.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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 - 04/18/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Chicken, Parmesan	1 EACH	2500	324	36	583	3.35	1.88	91.7	166	0.53	2	20.64	17.41	19.28	4.82	0.00
Bread, Pasta with pepper	1/2 cup	2500	99	1	17	2.92	1.75	0.2	5	0.02	*1	4.37	18.96	1.75	0.31	0.00
Veg, Carrots steamed	3/4 cup	2000	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Cinnamon Apples	1/2 cup	4000	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	500	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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
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
Sandwich, American Deli	EACH	250	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			700	45	1162	12.84	4.55	*492.1	*11002	*51.05	*23	32.92	88.04	24.33	6.07	*0.00
% of Calories											*13.2%	18.8%	50.3%	31.3%	7.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/19/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Beef, Breaded Tender	Servings	2500	302	35	493	2.01	2.72	40.3	0	0.0	2	15.1	19.13	18.12	4.53	0.00
Condiment, Ketchup	1 OZ	2000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Bread, Dinner Roll (Dough)	Roll	2500	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Veg, Potatoes, Mashed	3/4 cup	2000	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	2000	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Frozen Fruit Treat Cup	4.4 oz	4000	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Salad, Chicken Mandarin	salad	250	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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
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	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	250	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Veg, Garden Greens R & S	1.5 cup	2000	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			844	43	1565	12.12	5.64	564.5	4889	107.30	*33	32.50	119.33	24.44	5.53	*0.00
% of Calories											*15.9%	15.4%	56.5%	26.1%	5.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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)
Fri - 04/20/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, 5" Round Cheese Pizza	1 each	2500	322	30	483	3.02	*N/A*	*N/A*	*N/A*	*N/A*	10	17.12	35.25	12.09	6.04	0.00
Veg, Beans, Green,Canned	3/4 cup	2000	24	0	213	3.04	0.00	0.0	8	0.0	2	1.52	4.56	0.0	0.00	0.00
Fruit, Grapes,Fresh	0.5 Cup	4000	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Salad, Italian Deli, 6-8	1 Each	250	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	360	*45	726	3.00	1.98	220.0	300	3.0	4	20.53	40.5	14.76	4.25	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg,Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			642	*37	1210	9.60	*2.19	*446.6	*4812	*55.64	*14	28.02	89.37	18.76	6.26	*0.00
% of Calories											*8.5%	17.5%	55.6%	26.3%	8.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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)
Mon - 04/23/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Pupusa, Bean & Cheese	Pupusa	2500	354	36	497	5.00	4.50	357.9	412	0.0	1	16.28	41.02	15.36	7.20	0.00
Condiment, Shredded cheese	1 oz	2500	110	25	180	0.00	0.00	200.0	300	0.0	0	7.0	1.0	9.0	5.00	0.00
Condiment, Green Chili	1/4 Cup	2500	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Bread, Chips, Nacho, no salt	Ounce	3000	142	0	15	1.01	0.36	20.2	0	0.0	0	2.03	17.21	7.09	3.04	0.00
Veg, Salsa, Black Bean	3/4 Cup	3000	111	0	299	4.37	1.10	50.6	188	15.34	*2	4.71	20.69	2.25	0.21	*0.00
Fruit, Apples,Fresh	1 each	4000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	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
Sandwich, Spicy Chick on Bun	servings	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	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich,Turkey K-8	1 EACH	250	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	0.00
Veg, Garden Greens R & S	1.5 cup	2000	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Condiment, Ranch, low fat	1 OZ	1500	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	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			943	62	1583	16.47	6.46	836.8	4826	41.93	*22	40.08	121.61	35.08	12.87	*0.00
% of Calories											*9.1%	17.0%	51.6%	33.5%	12.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/24/2018																
St Vrain 6-8 Lunch	Total	4000														
Sandwich, Chicken Filet/ Bun	1 EACH	2500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg, Beans, Baked	3/4 cup	1000	225	0	883	8.02	2.89	64.2	96	0.0	19	9.63	46.55	1.6	0.00	0.00
Fruit, Oranges	EACH	4000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Salad, Buffalo Chicken	1 EACH	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
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
Sandwich, Hamburger	1 Hambur	500	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
	ger															
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Entree, PBJ Basket	1 Each	250	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	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablesp	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
	oons															
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			729	45	1422	12.93	*4.75	*528.7	5032	*100.26	*22	37.86	91.22	23.77	5.01	*0.00
% of Calories											*12.3%	20.8%	50.0%	29.3%	6.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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 - 04/25/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Nacho Supreme	1 EACH	2500	477	55	865	2.27	1.27	262.8	294	0.61	0	18.34	40.7	27.07	13.20	0.00
Veg, Corn, canned	3/4 cup	2000	122	0	28	3.74	0.67	0.0	28	0.0	6	3.74	28.08	1.87	0.00	0.00
Fruit, BlueBerries in a Cloud	1/2 cup	4000	71	0	8	3.06	0.20	34.9	65	2.83	12	0.48	16.39	0.73	0.06	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	500	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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
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
Sandwich, American Deli	EACH	250	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Garden Greens R & S	1.5 cup	4000	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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 % of Calories			778	56	1310	12.35	3.79	*641.2	*6226	*29.89	*17 *8.8%	31.56 16.2%	99.40 51.1%	29.85 34.5%	11.16 12.9%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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 - 04/26/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Chicken & Noodles	1 CUP	2500	298	54	650	4.76	2.65	62.9	1004	0.6	*2	21.34	31.72	10.2	2.39	0.00
Bread, Sticks, Rich's	1 each	2500	77	0	165	1.77	0.85	0.0	0	0.0	*N/A*	2.95	14.17	0.89	0.00	0.00
Veg, Broccoli Blanched	3/4 cup	2000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Grapes, Fresh	0.5 Cup	4000	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Salad, Chicken Mandarin	salad	250	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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
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	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	250	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Veg, Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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 % of Calories			700	55	1240	11.01	4.89	484.0	5622	71.71	*10 *5.9%	34.93 20.0%	96.57 55.2%	19.46 25.0%	3.85 4.9%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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)
Fri - 04/27/2018																
St Vrain 6-8 Lunch	Total	4000														
Manager's Choice	1 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
Sandwich, Turkey K-8	1 EACH	2500	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	0.00
Bread, Pretzels, WG	1 Each	2500	80	0	200	2.00	0.72	0.0	0	0.0	0	2.0	15.0	1.5	0.00	0.00
Veg, Carrots steamed	3/4 cup	2000	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Tropical Mix	1/2 cup	4000	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Salad, Italian Deli, 6-8	1 Each	250	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	360	*45	726	3.00	1.98	220.0	300	3.0	4	20.53	40.5	14.76	4.25	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Garden Greens R & S	1.5 cup	2000	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	2000	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	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	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			649	*33	1329	10.64	3.75	492.8	10446	54.86	*9	29.69	100.03	13.84	2.40	*0.00
% of Calories											*5.6%	18.3%	61.6%	19.2%	3.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 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)
Mon - 04/30/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Macaroni and Cheese	6 oz	2500	290	40	550	2.00	1.44	400.0	400	1.2	6	17.0	28.0	12.0	8.00	0.00
Bread, Dinner Roll (Dough)	Roll	2500	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Veg, Broccoli Blanched	3/4 cup	2000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	4000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	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
Sandwich, Spicy Chick on Bun	servings	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	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Turkey K-8	1 EACH	250	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	0.00
Veg, Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Condiment, Ranch, low fat	1 OZ	1500	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	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			744	49	1252	11.90	4.35	674.1	5080	74.69	*26	34.03	101.43	20.65	8.13	*0.00
% of Calories											*14.2%	18.3%	54.5%	25.0%	9.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	
Weighted Average			*760	*61	1470	*12.22	*4.67	*587.5	*5760	*63.18	*21	*36.26	102.07	*23.62	*6.69	*0.00
											*25.2%	*19.1%	53.7%	*28.0%	*7.9%	*0.0%

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	760		600 - 700	109%	Missing		60	Correction Required - Calories too High									
Cholesterol (mg)	61				Missing												
Sodium 1 (mg)	1470		1360				110	Correction Required - Sodium too High									
Sodium 2 (mg)	1470		1035				435	Correction Required - Sodium too High									
Fiber (g)	12.22				Missing												
Iron (mg)	4.67				Missing												
Calcium (mg)	587.5				Missing												
Vitamin A (IU)	5760				Missing												
Sugars (g)	21	11.22%			Missing												
Vitamin C (mg)	63.18				Missing												
Protein (g)	36.26	19.09%			Missing												
Carbohydrate (g)	102.07	53.74%															
Total Fat (g)	23.62	27.97%			Missing												
Saturated Fat (g)	6.69	7.93%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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