

St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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 9-12 Lunch	Total	2500														
Entree, Bosco Stick	2 Sticks	2000	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	2000	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	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
Fruit, Frozen Fruit Treat Cup	4.4 oz	2500	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Sandwich, Italian w/Chips	1 EACH	50	463	*63	1028	3.44	2.13	161.4	392	6.02	5	21.3	43.19	24.41	5.46	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
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
Entree, Pizza,Meatball 9-12	Slices	75	384	39	587	2.67	1.38	450.9	295	6.04	5	23.94	32.96	16.68	8.51	0.00
Entree, Pizza,BBQ, 9-12	Servings	75	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	75	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	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			639	*44	1069	8.65	*3.56	*798.8	*1778	*94.60	*25	32.63	86.83	17.63	6.79	0.00
% of Calories											*15.7%	20.4%	54.3%	24.8%	9.6%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

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St Vrain 9-12 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 - 04/03/2018																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Cheeseburger	1 Sandwic	1000	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
Veg, Potatoes, Oven Fry	1 cup	1000	241	0	361	4.01	0.96	23.1	73	11.15	0	4.01	38.11	9.03	1.00	0.00
Fruit, Orange/Pineapple Mix	1/2 cup	2500	81	0	12	0.58	0.21	0.0	89	20.71	18	0.0	19.56	0.0	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
Sandwich, Hamburger	1 Hambur	250	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	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 9-12	Servings	100	357	42	847	2.17	1.50	*103.3	*217	*2.8	*2	28.67	36.5	12.5	2.25	0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Buffalo Chicken	1 EACH	100	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Entree, BYOB Bar	Burritos	100	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza, Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza, Pepperoni, 9-12	Slices	100	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	100	403	45	635	2.92	1.51	447.0	312	9.56	8	25.44	35.94	16.97	8.72	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
Veg, Garden Greens R & S	2 cup	1250	29	0	34	2.61	1.25	51.3	5081	12.23	*N/A*	2.03	6.03	0.33	0.02	*0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1000	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	250	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	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			780	58	1289	10.06	*4.71	*575.8	*5569	*57.43	*28	36.66	102.08	24.61	7.08	*0.00
% of Calories											*14.6%	18.8%	52.4%	28.4%	8.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

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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)
Wed - 04/04/2018																
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*
Veg,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
Fruit, Banana	1 EACH	2500	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	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	635	28	1976	21.43	4.97	418.8	697	9.25	*5	32.47	87.88	16.82	8.12	0.00
Condiment, Mexican	1 OZ	250	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	250	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Sandwich, Grab-n-Go-Deli	EACH	100	315	50	872	2.35	1.54	*204.8	*492	*2.46	*3	31.3	30.08	9.53	3.00	0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*10	0.01	1.92	6.61	0.94	0.00
Entree, Asian Rice Variety HS	Serving	100	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	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	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Entree, Pizza,Buffalo, 9-12	Servings	100	409	51	1380	2.67	*1.57	*447.0	736	*5.81	5	27.8	32.65	17.54	8.68	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, 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
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			*903	*59	1581	*15.47	*6.09	*680.5	*6452	*83.94	*47	*40.06	141.92	*27.89	*6.90	*0.00
% of Calories											*20.7%	*17.8%	62.9%	*27.8%	*6.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

St Vrain 9-12 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 - 04/05/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, BBQ Chicken Legs 6-12	Servings	1000	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	1000	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	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
Fruit, Grapes,Fresh	0.5 Cup	2500	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	100	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Deli	EACH	100	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	600	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, BYOB Bar	Burritos	250	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	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	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza,Jalapeno, 9-12	Slices	200	373	30	1032	2.67	1.24	465.9	390	14.32	6	21.44	33.14	15.72	8.22	0.00
Entree, Pizza,Ch/Bac/Ran 9-12	Slices	100	437	63	548	2.27	1.47	442.2	604	7.91	*4	28.56	31.28	21.62	10.46	0.00
Veg, Garden Greens R & S	2 cup	2500	29	0	34	2.61	1.25	51.3	5081	12.23	*N/A*	2.03	6.03	0.33	0.02	*0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			995	139	1945	16.26	6.21	*702.2	*9431	*44.26	*20	50.95	121.81	37.00	9.49	*0.00
% of Calories											*8.0%	20.5%	49.0%	33.5%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Fri - 04/06/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Mini Tacos	2 EACH	2000	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	2000	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	2000	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	1 cup	1250	268	0	959	14.90	3.59	88.3	1	1.47	0	14.9	44.7	2.24	0.74	0.00
Fruit, Oranges	EACH	2500	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, 9-12	1 Each	250	613	58	1338	8.28	3.91	432.6	2975	29.44	*5	27.11	48.88	34.55	9.15	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	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
Sandwich, Flatbread,ChickRanch	1 EACH	100	409	73	678	3.28	1.81	313.9	306	6.92	*2	25.16	32.77	19.08	6.21	0.00
Entree, Pizza,Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza,Sausage, 9-12	Servings	100	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg,Veggie Patch	1 Cup	2500	46	0	51	3.38	0.90	38.2	6501	85.39	4	2.02	9.64	0.27	0.06	0.00
Veg, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			1013	*91	2038	19.37	7.19	814.2	*9482	170.46	*21	55.21	128.70	32.09	10.04	*0.00
% of Calories											*8.1%	21.8%	50.8%	28.5%	8.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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)
Mon - 04/09/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Italian Shells	Servings	2000	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	2000	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	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
Fruit, Tropical Mix	1/2 cup	2500	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, Italian w/Chips	1 EACH	50	463	*63	1028	3.44	2.13	161.4	392	6.02	5	21.3	43.19	24.41	5.46	0.00
Salad, Taco	salad	50	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	250	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	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Pizza,Meatball 9-12	Slices	75	384	39	587	2.67	1.38	450.9	295	6.04	5	23.94	32.96	16.68	8.51	0.00
Entree, Pizza,BBQ, 9-12	Servings	75	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	75	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Garden Greens R & S	2 cup	1	29	0	34	2.61	1.25	51.3	5081	12.23	*N/A*	2.03	6.03	0.33	0.02	*0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			857	*55	1624	11.64	*4.44	*642.0	*3372	*82.33	*11	36.80	120.08	24.66	7.41	*0.00
% of Calories											*5.2%	17.2%	56.0%	25.9%	7.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

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)
Tue - 04/10/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Ling's Orange Chicken	1/2 cup serving	1000	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	1000	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	1000	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	1 CUP	1000	198	0	20	9.88	2.14	79.1	593	17.79	*N/A*	13.83	19.76	5.93	0.99	0.00
Dessert, Fortune Cookie	Piece	1000	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	2500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Sandwich, Cheeseburger	1 Sandwich	250	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	250	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	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 9-12	Servings	100	357	42	847	2.17	1.50	*103.3	*217	*2.8	*2	28.67	36.5	12.5	2.25	0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Buffalo Chicken	1 EACH	100	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Entree, BYOB Bar	Burritos	100	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza, Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza, Pepperoni, 9-12	Slices	100	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	100	403	45	635	2.92	1.51	447.0	312	9.56	8	25.44	35.94	16.97	8.72	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
Veg, Veggie Patch	1 Cup	2500	46	0	51	3.38	0.90	38.2	6501	85.39	4	2.02	9.64	0.27	0.06	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1000	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	250	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	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			799	53	1288	16.04	*4.81	*594.8	*9883	*170.34	*28	39.92	112.51	20.20	5.43	*0.00
% of Calories											*13.9%	20.0%	56.3%	22.7%	6.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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)
Wed - 04/11/2018																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, BBQ Pork	1 EACH	2000	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	1 cup	1250	241	0	361	4.01	0.96	23.1	73	11.15	0	4.01	38.11	9.03	1.00	0.00
Condiment, Ketchup	1 OZ	1250	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	2500	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	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	635	28	1976	21.43	4.97	418.8	697	9.25	*5	32.47	87.88	16.82	8.12	0.00
Condiment, Mexican	1 OZ	250	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	250	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Sandwich, Egg Salad	Serving	100	252	191	416	4.10	2.05	67.5	296	0.2	*5	12.33	27.69	10.62	2.11	*0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Asian Rice Variety HS	Serving	100	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	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	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Entree, Pizza,Buffalo, 9-12	Servings	100	409	51	1380	2.67	*1.57	*447.0	736	*5.81	5	27.8	32.65	17.54	8.68	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, 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
Veg, Garden Greens R & S	2 cup	1250	29	0	34	2.61	1.25	51.3	5081	12.23	*N/A*	2.03	6.03	0.33	0.02	*0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			940	75	2132	16.30	*5.63	*617.6	*5724	*45.50	*24	47.21	130.43	24.74	5.37	*0.00
% of Calories											*10.3%	20.1%	55.5%	23.7%	5.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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 - 04/12/2018																
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
Condiment, Mexican	1 OZ	1000	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	1 cup	1250	268	0	959	14.90	3.59	88.3	1	1.47	0	14.9	44.7	2.24	0.74	0.00
Rice, Spanish	1/2 cup	1000	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	2500	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	100	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Deli	EACH	100	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	600	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, BYOB Bar	Burritos	250	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	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	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza,Jalapeno, 9-12	Slices	200	373	30	1032	2.67	1.24	465.9	390	14.32	6	21.44	33.14	15.72	8.22	0.00
Entree, Pizza,Ch/Bac/Ran 9-12	Slices	100	437	63	548	2.27	1.47	442.2	604	7.91	*4	28.56	31.28	21.62	10.46	0.00
Veg,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
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			1036	55	2133	22.70	6.76	*641.5	*6930	*77.78	*29	46.41	136.72	32.72	8.19	*0.00
% of Calories											*11.1%	17.9%	52.8%	28.4%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

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)
Fri - 04/13/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Turkey Pot Pie	1 CUP	1000	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	1 cup	1250	42	0	94	3.51	1.08	38.7	16680	3.14	6	0.77	9.97	0.16	0.03	0.00
Fruit, Grapes, Fresh	0.5 Cup	2500	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, 9-12	1 Each	250	613	58	1338	8.28	3.91	432.6	2975	29.44	*5	27.11	48.88	34.55	9.15	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	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
Sandwich, Flatbread, Chick Ranch	1 EACH	100	409	73	678	3.28	1.81	313.9	306	6.92	*2	25.16	32.77	19.08	6.21	0.00
Entree, Pizza, Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza, Sausage, 9-12	Servings	100	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Garden Greens R & S	2 cup	1250	29	0	34	2.61	1.25	51.3	5081	12.23	*N/A*	2.03	6.03	0.33	0.02	*0.00
Veg, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			672	*62	1330	9.51	3.92	556.3	*13459	35.99	*12	33.12	83.80	22.89	7.33	*0.00
% of Calories											*7.0%	19.7%	49.9%	30.7%	9.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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 - 04/16/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Penne Pasta Bake	1/2 CUP	1000	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	1000	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	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
Fruit, Apples,Fresh	1 each	2500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian w/Chips	1 EACH	50	463	*63	1028	3.44	2.13	161.4	392	6.02	5	21.3	43.19	24.41	5.46	0.00
Salad, Taco	salad	50	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	250	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	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Pizza,Meatball 9-12	Slices	75	384	39	587	2.67	1.38	450.9	295	6.04	5	23.94	32.96	16.68	8.51	0.00
Entree, Pizza,BBQ, 9-12	Servings	75	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	75	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg,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
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			664	*33	1107	12.68	*3.83	*579.2	*6349	*98.69	*25	28.46	90.89	21.01	5.98	*0.00
% of Calories											*14.9%	17.1%	54.7%	28.5%	8.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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 - 04/17/2018																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Hot Dog on a Bun	1 Hot Dog	1000	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	1000	17	0	312	0.00	0.00	0.0	83	1.0	*3	0.0	4.17	0.0	0.00	0.00
Veg, Beans, Baked	1 cup	1250	300	0	1177	10.70	3.85	85.6	128	0.0	26	12.84	62.06	2.14	0.00	0.00
Fruit, Oranges	EACH	2500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
Sandwich, Hamburger	1 Hambur	250	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	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 9-12	Servings	100	357	42	847	2.17	1.50	*103.3	*217	*2.8	*2	28.67	36.5	12.5	2.25	0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Buffalo Chicken	1 EACH	100	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Entree, BYOB Bar	Burritos	100	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza, Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza, Pepperoni, 9-12	Slices	100	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	100	403	45	635	2.92	1.51	447.0	312	9.56	8	25.44	35.94	16.97	8.72	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
Veg, Garden Greens R & S	2 cup	1250	29	0	34	2.61	1.25	51.3	5081	12.23	*N/A*	2.03	6.03	0.33	0.02	*0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1000	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	250	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	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			755	55	1792	15.34	*5.82	*629.4	*5639	*84.59	*32	37.64	109.08	19.76	5.19	*0.00
% of Calories											*17.1%	19.9%	57.8%	23.6%	6.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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)
Wed - 04/18/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Chicken, Parmesan	1 EACH	1000	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	1000	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	1 cup	1250	42	0	94	3.51	1.08	38.7	16680	3.14	6	0.77	9.97	0.16	0.03	0.00
Fruit, Cinnamon Apples	1/2 cup	2500	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	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	635	28	1976	21.43	4.97	418.8	697	9.25	*5	32.47	87.88	16.82	8.12	0.00
Condiment, Mexican	1 OZ	250	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	250	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Sandwich, Egg Salad	Serving	100	252	191	416	4.10	2.05	67.5	296	0.2	*5	12.33	27.69	10.62	2.11	*0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Asian Rice Variety HS	Serving	100	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	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	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Entree, Pizza,Buffalo, 9-12	Servings	100	409	51	1380	2.67	*1.57	*447.0	736	*5.81	5	27.8	32.65	17.54	8.68	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, 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
Veg,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
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			796	55	1430	15.77	*5.29	*575.0	*14553	*69.86	*27	37.32	105.78	24.63	6.46	*0.00
% of Calories											*13.7%	18.8%	53.2%	27.9%	7.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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 9-12 Lunch	Total	2500														
Entree, Beef, Breaded Tender	Servings	1000	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	1000	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	1000	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	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
Fruit, Frozen Fruit Treat Cup	4.4 oz	2500	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	100	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Deli	EACH	100	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	600	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, BYOB Bar	Burritos	250	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	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	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza,Jalapeno, 9-12	Slices	200	373	30	1032	2.67	1.24	465.9	390	14.32	6	21.44	33.14	15.72	8.22	0.00
Entree, Pizza,Ch/Bac/Ran 9-12	Slices	100	437	63	548	2.27	1.47	442.2	604	7.91	*4	28.56	31.28	21.62	10.46	0.00
Veg, Garden Greens R & S	2 cup	1250	29	0	34	2.61	1.25	51.3	5081	12.23	*N/A*	2.03	6.03	0.33	0.02	*0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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 % of Calories			938	49	1766	14.16	5.70	*676.5	*6015	*121.25	*33	37.83	130.67	28.28	7.56	*0.00
											*14.1%	16.1%	55.8%	27.2%	7.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

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)
Fri - 04/20/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, 5" Round Cheese Pizza	1 each	2000	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	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
Fruit, Grapes,Fresh	0.5 Cup	2500	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, 9-12	1 Each	250	613	58	1338	8.28	3.91	432.6	2975	29.44	*5	27.11	48.88	34.55	9.15	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	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
Sandwich, Flatbread,ChickRanch	1 EACH	100	409	73	678	3.28	1.81	313.9	306	6.92	*2	25.16	32.77	19.08	6.21	0.00
Entree, Pizza,Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza,Sausage, 9-12	Servings	100	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg,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
Veg, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			775	*51	1345	10.63	*2.17	*499.6	*5321	*70.06	*18	35.73	99.07	25.81	9.09	*0.00
% of Calories											*9.2%	18.4%	51.1%	30.0%	10.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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 - 04/23/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Pupusa, Bean & Cheese	Pupusa	1000	354	36	497	5.00	4.50	357.9	412	0.0	1	16.28	41.02	15.36	7.20	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
Condiment, Mexican	1 OZ	1000	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Bread, Chips, Nacho, no salt	Ounce	1250	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	1 Cup	1250	149	0	399	5.83	1.46	67.4	250	20.45	*3	6.28	27.58	3.0	0.28	*0.00
Fruit, Apples,Fresh	1 each	2500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian w/Chips	1 EACH	50	463	*63	1028	3.44	2.13	161.4	392	6.02	5	21.3	43.19	24.41	5.46	0.00
Salad, Taco	salad	50	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	250	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	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Pizza,Meatball 9-12	Slices	75	384	39	587	2.67	1.38	450.9	295	6.04	5	23.94	32.96	16.68	8.51	0.00
Entree, Pizza,BBQ, 9-12	Servings	75	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	75	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Garden Greens R & S	2 cup	1250	29	0	34	2.61	1.25	51.3	5081	12.23	*N/A*	2.03	6.03	0.33	0.02	*0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			802	*40	1409	15.57	*5.67	*660.2	*5675	*47.74	*23	32.71	112.62	26.05	7.92	*0.00
% of Calories											*11.5%	16.3%	56.2%	29.2%	8.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

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)
Tue - 04/24/2018																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Chicken Filet/ Bun	1 EACH	1000	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	1 cup	1250	300	0	1177	10.70	3.85	85.6	128	0.0	26	12.84	62.06	2.14	0.00	0.00
Fruit, Oranges	EACH	2500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
Sandwich, Hamburger	1 Hambur	250	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	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 9-12	Servings	100	357	42	847	2.17	1.50	*103.3	*217	*2.8	*2	28.67	36.5	12.5	2.25	0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Buffalo Chicken	1 EACH	100	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Entree, BYOB Bar	Burritos	100	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Entree, Pizza, Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza, Pepperoni, 9-12	Slices	100	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	100	403	45	635	2.92	1.51	447.0	312	9.56	8	25.44	35.94	16.97	8.72	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
Veg, 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
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1000	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	250	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	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			817	43	1732	16.92	*5.94	*614.8	*6356	*118.37	*33	40.84	115.62	22.14	5.21	*0.00
% of Calories											*16.3%	20.0%	56.6%	24.4%	5.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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)
Wed - 04/25/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Nacho Supreme	1 EACH	1000	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	1 cup	1250	162	0	37	4.99	0.90	0.0	37	0.0	7	4.99	37.45	2.5	0.00	0.00
Fruit, BlueBerries in a Cloud	1/2 cup	2500	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	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	635	28	1976	21.43	4.97	418.8	697	9.25	*5	32.47	87.88	16.82	8.12	0.00
Condiment, Mexican	1 OZ	250	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	250	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Sandwich, Egg Salad	Serving	100	252	191	416	4.10	2.05	67.5	296	0.2	*5	12.33	27.69	10.62	2.11	*0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Asian Rice Variety HS	Serving	100	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	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	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Entree, Pizza,Buffalo, 9-12	Servings	100	409	51	1380	2.67	*1.57	*447.0	736	*5.81	5	27.8	32.65	17.54	8.68	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, 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
Veg, Garden Greens R & S	2 cup	2500	29	0	34	2.61	1.25	51.3	5081	12.23	*N/A*	2.03	6.03	0.33	0.02	*0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			878	62	1513	16.61	*5.24	*688.8	*8127	*40.68	*22	38.25	119.90	29.13	9.72	*0.00
% of Calories											*9.9%	17.4%	54.6%	29.9%	10.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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 - 04/26/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Chicken & Noodles	1 CUP	1000	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	1000	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	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
Fruit, Grapes, Fresh	0.5 Cup	2500	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	100	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Sandwich, American Deli	EACH	100	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	600	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, BYOB Bar	Burritos	250	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	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	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Jalapeno, 9-12	Slices	200	373	30	1032	2.67	1.24	465.9	390	14.32	6	21.44	33.14	15.72	8.22	0.00
Entree, Pizza, Ch/Bac/Ran 9-12	Slices	100	437	63	548	2.27	1.47	442.2	604	7.91	*4	28.56	31.28	21.62	10.46	0.00
Veg, 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
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			804	57	1435	12.43	5.04	*588.2	*6755	*94.89	*12	39.07	105.99	24.81	6.44	*0.00
% of Calories											*6.0%	19.5%	52.8%	27.8%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

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)
Fri - 04/27/2018																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Turkey/Chs 9-12	Servings	1000	357	42	847	2.17	1.50	*103.3	*217	*2.8	*2	28.67	36.5	12.5	2.25	0.00
Bread, Pretzels, WG	1 Each	1000	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	1 cup	1250	42	0	94	3.51	1.08	38.7	16680	3.14	6	0.77	9.97	0.16	0.03	0.00
Fruit, Tropical Mix	1/2 cup	2500	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, 9-12	1 Each	250	613	58	1338	8.28	3.91	432.6	2975	29.44	*5	27.11	48.88	34.55	9.15	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	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
Sandwich, Flatbread,ChickRanch	1 EACH	100	409	73	678	3.28	1.81	313.9	306	6.92	*2	25.16	32.77	19.08	6.21	0.00
Entree, Pizza,Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza,Sausage, 9-12	Servings	100	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Garden Greens R & S	2 cup	1250	29	0	34	2.61	1.25	51.3	5081	12.23	*N/A*	2.03	6.03	0.33	0.02	*0.00
Veg, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			728	*44	1272	9.52	3.53	*554.8	*12946	*61.65	*10	33.13	100.43	21.55	5.05	*0.00
% of Calories											*5.6%	18.2%	55.2%	26.6%	6.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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 - 04/30/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Macaroni and Cheese	6 oz	1000	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	1000	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	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
Fruit, Apples, Fresh	1 each	2500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian w/Chips	1 EACH	50	463	*63	1028	3.44	2.13	161.4	392	6.02	5	21.3	43.19	24.41	5.46	0.00
Salad, Taco	salad	50	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	250	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	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Pizza, Meatball 9-12	Slices	75	384	39	587	2.67	1.38	450.9	295	6.04	5	23.94	32.96	16.68	8.51	0.00
Entree, Pizza, BBQ, 9-12	Servings	75	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza, Cheese, 9-12	Slices	75	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, 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
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	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
Condiment, Italian Dressing	2 Tablespoons	250	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	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			698	*41	1146	12.15	*4.00	*624.2	*6295	*95.70	*27	30.86	96.74	19.83	6.81	*0.00
% of Calories											*15.2%	17.7%	55.4%	25.6%	8.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			*823	*58	1542	*14.18	*5.03	*634.0	*7434	*84.10	*24	*38.61	111.99	*25.12	*7.12	*0.00
											*26.4%	*18.8%	54.4%	*27.5%	*7.8%	*0.0%

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St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain 9-12 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	823		750 - 850	100%	Missing													
Cholesterol (mg)	58				Missing													
Sodium 1 (mg)	1542			1420					122									Correction Required - Sodium too High
Sodium 2 (mg)	1542			1080					462									Correction Required - Sodium too High
Fiber (g)	14.18				Missing													
Iron (mg)	5.03				Missing													
Calcium (mg)	634.0				Missing													
Vitamin A (IU)	7434				Missing													
Sugars (g)	24	11.72%			Missing													
Vitamin C (mg)	84.10				Missing													
Protein (g)	38.61	18.76%			Missing													
Carbohydrate (g)	111.99	54.41%																
Total Fat (g)	25.12	27.46%			Missing													
Saturated Fat (g)	7.12	7.78%		<10.00%	Missing													
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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