

# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
Mon - 04/02/2018																
K-12 Lunch	Total	1500														
Entree, Bosco Stick	2 Sticks	1000	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	1000	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	750	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	1500	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Sandwich, Grilled Cheese	Sandwich	100	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	300	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Dairy, Milk, White 1%	HALF PIN	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			490	33	784	7.66	3.08	628.4	1442	86.73	*22	24.82	70.80	12.01	5.02	0.00
% of Calories											*18.3%	20.3%	57.8%	22.1%	9.2%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 04/03/2018																
K-12 Lunch	Total	1500														
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	1000	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	750	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	1500	81	0	12	0.58	0.21	0.0	89	20.71	18	0.0	19.56	0.0	0.00	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
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
Sandwich, Cheeseburger	1 Sandwic	200	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur ger	100	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Garden Greens R & S	2 cup	750	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	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablesp oons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
Weighted Daily Average			724	64	1298	9.09	*4.74	*459.8	4622	*48.65	*31	35.22	92.88	23.48	6.89	*0.00
% of Calories											*17.2%	19.4%	51.3%	29.2%	8.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 04/04/2018																
K-12 Lunch	Total	1500														
Breakfast, French Toast Sticks	4 Piece	1000	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	1000	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	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	3/4 Cup	750	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	1500	161	0	2	4.72	0.47	9.1	116	15.79	22	1.98	41.44	0.6	0.20	0.00
Entree, Cheese Quesadilla	Quesadilla	100	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	200	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar no beans	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			*706	*47	1073	*10.78	*4.64	*526.9	*3939	*58.23	*51	*28.50	122.45	*24.50	*6.09	*0.00
% of Calories											*28.9%	*16.2%	69.4%	*31.2%	*7.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
Thu - 04/05/2018																
K-12 Lunch	Total	1500														
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	3/4 cup	1000	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	1500	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, Chef K-8	salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*0.00
Salad, Chicken 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, Spicy Chick on Bun	serving	100	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	200	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	400	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Garden Greens R & S	2 cup	750	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	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			875	193	1978	12.95	*5.22	*492.7	6103	30.06	*17	51.99	97.32	33.89	8.43	*0.00
% of Calories											*7.8%	23.8%	44.5%	34.8%	8.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
Fri - 04/06/2018																
K-12 Lunch	Total	1500														
Entree, Mini Tacos	2 EACH	1000	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	700	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	700	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	750	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	1500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Entree, Yogurt Basket Lunch	Each	100	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Salad, Italian Deli, 6-8	1 Each	100	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	300	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Condiment, Hamburger	1 each	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Veggie Patch	3/4 Cup	750	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 no beans	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			734	60	1598	15.63	5.55	556.1	4381	104.57	*15 *8.2%	39.09 21.3%	101.94 55.6%	19.70 24.2%	5.87 7.2%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/09/2018																
K-12 Lunch	Total	1500														
Entree, Italian Shells	Servings	1000	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	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	3/4 cup	750	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	1500	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, Taco	salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Grilled Cheese	Sandwich	100	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	300	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg, Garden Greens R & S	2 cup	750	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	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			696	44	1245	10.64	4.23	511.7	4703	71.54	*8 *4.4%	29.88 17.2%	101.70 58.4%	18.62 24.1%	6.05 7.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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**St. Vrain Valley School District**

**Apr 1, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 6

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 04/10/2018</b>																
K-12 Lunch	Total	1500														
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	3/4 CUP	750	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	1500	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	1500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
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
Sandwich, Cheeseburger	1 Sandwich	200	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hamburger	100	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger Veg, Salad Bar w beans	1 each	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Condiment, Ranch, low fat	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Italian Dressing	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Dairy, Milk, White 1%	2 Tablespoons	100	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, Chocolate Skim	HALF PIN Carton	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
		800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			720	56	1211	11.08	*3.50	*399.2	*2332	*73.84	*28	34.49	105.46	16.58	4.05	*0.00
Nutrient Guideline			600-650		1230						*15.3%	19.2%	58.6%	20.7%	5.1%	*0.0%

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
Wed - 04/11/2018																
K-12 Lunch	Total	1500														
Sandwich, BBQ Pork	1 EACH	1000	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	750	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	750	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	1500	71	0	8	3.06	0.20	34.9	65	2.83	12	0.48	16.39	0.73	0.06	0.00
Entree, Cheese Quesadilla	Quesadilla	100	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	200	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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
Veg, Garden Greens R & S	2 cup	750	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	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			657	59	1418	11.15	3.56	412.7	3915	29.64	*20 *11.9%	30.57 18.6%	92.38 56.2%	18.19 24.9%	3.98 5.5%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
Thu - 04/12/2018																
K-12 Lunch	Total	1500														
Entree, Crispito, K-8	1 Each	1000	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	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	3/4 cup	750	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	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	1500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Chef K-8	salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*0.00
Salad, Chicken 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, Spicy Chick on Bun	serving	100	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	200	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	400	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg,Veggie Patch	3/4 Cup	750	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	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			812	54	1843	17.48	*4.86	*523.1	5385	58.38	*25	36.55	101.50	28.59	8.03	*0.00
% of Calories											*12.3%	18.0%	50.0%	31.7%	8.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/13/2018																
K-12 Lunch	Total	1500														
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	750	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	1500	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Entree, Egg Protein Box	Servings	100	307	373	322	4.82	2.72	160.2	5540	3.01	5	17.24	31.75	11.77	3.29	*0.00
Salad, Italian Deli, 6-8	1 Each	100	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	300	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Condiment, Hamburger	1 each	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Garden Greens R & S	2 cup	750	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	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			605	94	1418	9.61	4.09	397.0	13356	26.73	*11	31.93	76.14	19.47	7.05	*0.00
% of Calories											*7.2%	21.1%	50.4%	29.0%	10.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/16/2018																
K-12 Lunch	Total	1500														
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	750	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	1500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Taco	salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Grilled Cheese	Sandwich	100	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	300	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg,Veggie Patch	1 Cup	750	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	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			645	32	1042	12.82	4.06	536.9	5419	91.53	*24 *14.9%	27.63 17.1%	88.51 54.9%	20.63 28.8%	7.02 9.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
Tue - 04/17/2018																
K-12 Lunch	Total	1500														
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
Condiment, Chili house made	1/4 cup	1000	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	750	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	1500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
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
Sandwich, Cheeseburger	1 Sandwic	200	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	100	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Garden Greens R & S	2 cup	750	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	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablesp	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			645	59	1643	13.74	*5.50	*496.8	4751	*78.68	*30	32.18	93.32	17.02	4.02	*0.00
% of Calories											*18.7%	19.9%	57.9%	23.7%	5.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
Wed - 04/18/2018																
K-12 Lunch	Total	1500														
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	750	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	1500	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Entree, Cheese Quesadilla	Quesadilla	100	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	200	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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
Veg, Veggie Patch	1 Cup	750	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	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			660	54	990	12.69	4.44	402.6	12816	54.92	*24 *14.4%	30.31 18.4%	81.65 49.5%	24.24 33.0%	6.51 8.9%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
Thu - 04/19/2018																
K-12 Lunch	Total	1500														
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	500	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	3/4 cup	750	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	750	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	1500	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Salad, Chef K-8	salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*0.00
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, Spicy Chick on Bun	serving	100	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	200	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	400	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Garden Greens R & S	2 cup	750	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	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			803	44	1521	11.81	*5.57	*445.3	5076	104.21	*30	31.48	109.56	25.08	5.86	*0.00
% of Calories											*14.9%	15.7%	54.6%	28.1%	6.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/20/2018																
K-12 Lunch	Total	1500														
Entree, 5" Round Cheese Pizza	1 each	1000	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	750	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	1500	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Entree, Egg Protein Box	Servings	100	307	373	322	4.82	2.72	160.2	5540	3.01	5	17.24	31.75	11.77	3.29	*0.00
Salad, Italian Deli, 6-8	1 Each	100	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	300	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Condiment, Hamburger	1 each	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg,Veggie Patch	1 Cup	750	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	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			560	56	1052	9.02	*1.66	*319.7	*4875	*60.17	*14 *10.1%	24.44 17.5%	78.19 55.8%	16.35 26.3%	5.95 9.6%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 04/23/2018</b>																
K-12 Lunch	Total	1500														
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
Bread, Chips, Nacho, no salt	Ounce	750	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	750	111	0	299	4.37	1.10	50.6	188	15.34	*2	4.71	20.69	2.25	0.21	*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
Fruit, Apples,Fresh	1 each	1500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Taco	salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Grilled Cheese	Sandwich	100	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	300	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg, Garden Greens R & S	2 cup	750	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	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			771	44	1369	15.28	6.34	636.1	4761	37.98	*21	31.56	108.75	25.26	9.13	*0.00
% of Calories											*11.0%	16.4%	56.5%	29.5%	10.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
Tue - 04/24/2018																
K-12 Lunch	Total	1500														
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	3/4 cup	750	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	1500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
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
Sandwich, Cheeseburger	1 Sandwic	200	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	100	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Veggie Patch	1 Cup	750	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	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			725	39	1487	15.05	*5.43	*467.3	5230	*106.26	*30 *16.7%	36.64 20.2%	99.49 54.9%	20.92 26.0%	4.03 5.0%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/25/2018																
K-12 Lunch	Total	1500														
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	3/4 cup	750	122	0	28	3.74	0.67	0.0	28	0.0	6	3.74	28.08	1.87	0.00	0.00
Fruit, Cinnamon Apples	1/2 cup	1500	77	0	11	2.29	0.02	2.3	49	0.01	16	0.01	18.94	0.0	0.00	*0.00
Entree, Cheese Quesadilla	Quesadilla	100	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	200	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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
Veg, Garden Greens R & S	2 cup	750	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	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			728	66	1126	9.75	2.84	503.7	3862	16.81	*20 *10.9%	27.35 15.0%	91.79 50.4%	29.16 36.0%	11.86 14.7%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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**St. Vrain Valley School District**

**Apr 1, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/26/2018																
K-12 Lunch	Total	1500														
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, Beans, Green,Canned	3/4 cup	750	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	1500	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, Chef K-8	salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*0.00
Salad, Chicken 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, Spicy Chick on Bun	serving	100	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	200	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	400	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg,Veggie Patch	1 Cup	750	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	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			669	57	1346	11.97	*4.63	*357.2	5939	59.73	*9	34.39	89.57	19.78	4.08	*0.00
% of Calories											*5.4%	20.6%	53.6%	26.6%	5.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/27/2018																
K-12 Lunch	Total	1500														
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	750	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	1500	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Entree, Egg Protein Box	Servings	100	307	373	322	4.82	2.72	160.2	5540	3.01	5	17.24	31.75	11.77	3.29	*0.00
Salad, Italian Deli, 6-8	1 Each	100	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	300	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Condiment, Hamburger	1 each	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Garden Greens R & S	2 cup	750	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	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			672	64	1323	9.43	3.60	*402.5	*12558	*52.51	*9	32.31	97.99	17.43	3.31	*0.00
% of Calories											*5.1%	19.2%	58.3%	23.3%	4.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 04/30/2018</b>																
K-12 Lunch	Total	1500														
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	750	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	1500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Taco	salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Grilled Cheese	Sandwich	100	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	300	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg, Veggie Patch	1 Cup	1500	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	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	800	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			725	46	1133	13.63	4.80	631.0	8579	129.25	*29	32.64	103.09	18.80	8.42	*0.00
% of Calories											*16.1%	18.0%	56.9%	23.3%	10.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	
Weighted Average			*696	*60	1329	*11.97	*4.40	*481.3	*5907	*65.74	*22	*32.57	95.45	*21.41	*6.27	*0.00
											*28.8%	*18.7%	54.8%	*27.7%	*8.1%	*0.0%

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	696		600 - 650	107%	Missing				46	Correction Required - Calories too High							
Cholesterol (mg)	60				Missing												
Sodium 1 (mg)	1329		1230						99	Correction Required - Sodium too High							
Sodium 2 (mg)	1329		935						394	Correction Required - Sodium too High							
Fiber (g)	11.97				Missing												
Iron (mg)	4.40				Missing												
Calcium (mg)	481.3				Missing												
Vitamin A (IU)	5907				Missing												
Sugars (g)	22	12.78%			Missing												
Vitamin C (mg)	65.74				Missing												
Protein (g)	32.57	18.71%			Missing												
Carbohydrate (g)	95.45	54.83%															
Total Fat (g)	21.41	27.68%			Missing												
Saturated Fat (g)	6.27	8.10%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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