

# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

St Vrain K-5 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)
<b>Mon - 04/02/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Bosco Stick	2 Sticks	5500	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	5500	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	3000	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	6000	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Entree, Pizza Crunchers K-12	4 Pieces	500	406	30	811	4.06	1.72	433.9	505	2.41	2	20.28	40.55	18.25	8.11	0.00
Condiment, Marinara (AM)	2 oz	500	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			522	37	874	7.39	3.01	815.1	1755	88.21	*23	27.71	76.38	11.60	6.15	0.00
% of Calories											*17.6%	21.2%	58.5%	20.0%	10.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 04/03/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Cheeseburger	1 Sandwic	5500	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	5500	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	6000	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	6000	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	500	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			777	64	1266	7.83	3.88	527.2	1082	37.99	*31	36.96	104.40	23.21	6.92	0.00
% of Calories											*16.1%	19.0%	53.7%	26.9%	8.0%	0.0%
Nutrient Guideline			550-650		1230										<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

## Base Menu Spreadsheet

St Vrain K-5 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)
<b>Wed - 04/04/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Breakfast, French Toast Sticks	4 Piece	5500	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	5500	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	5500	*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	6000	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	6000	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	500	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Condiment, Ranch, low fat	1 OZ	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			*743	*50	1067	*10.38	*5.16	*653.3	*5996	*81.39	*61 *32.9%	*30.09 *16.2%	137.21 73.8%	*25.15 *30.4%	*5.88 *7.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Thu - 04/05/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, BBQ Chicken Legs K-5	Piece	5500	176	120	711	1.59	1.15	0.0	160	4.8	1	20.73	7.2	6.38	1.59	0.00
Side, Mac & Cheese	3 ounces	5500	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	5500	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	6000	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, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Garden Greens R & S	1.5 cup	1500	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			751	139	1480	10.91	*3.60	*592.3	4275	19.75	*17 *9.1%	39.48 21.0%	92.49 49.3%	28.90 34.7%	8.07 9.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<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

## Base Menu Spreadsheet

St Vrain K-5 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																
St Vrain K-5 Lunch	Total	6000														
Entree, Mini Tacos	2 EACH	5500	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	4000	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	5500	110	25	180	0.00	0.00	200.0	300	0.0	0	7.0	1.0	9.0	5.00	0.00
Veg, Beans, Refried	3/4 cup	3000	201	0	719	11.18	2.69	66.2	1	1.11	0	11.18	33.53	1.68	0.56	0.00
Fruit, Oranges	EACH	6000	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	1000	430	10	525	5.98	2.35	532.8	109	1.2	*0	15.0	67.0	10.5	5.00	0.00
Veg, Veggie Patch	3/4 Cup	1500	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	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			814	85	1551	13.27	5.67	749.7	3556	85.70	*11 *5.5%	47.47 23.3%	105.76 52.0%	23.65 26.2%	8.35 9.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 04/09/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Italian Shells	Servings	5500	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	5500	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	3000	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	6000	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, Pizza Crunchers K-12	4 Pieces	500	406	30	811	4.06	1.72	433.9	505	2.41	2	20.28	40.55	18.25	8.11	0.00
Condiment, Marinara (AM)	2 oz	500	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Veg, Garden Greens R & S	1.5 cup	1500	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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**St. Vrain Valley School District**

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

Base Menu Spreadsheet

St Vrain K-5 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)
Weighted Daily Average % of Calories			707	46	1372	9.41	3.44	619.5	3028	67.32	*8 *4.7%	30.22 17.1%	106.19 60.1%	17.18 21.9%	6.32 8.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/10/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Ling's Orange Chicken	1/2 cup serving	5500	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	5500	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	5500	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	3000	148	0	15	7.41	1.60	59.3	445	13.34	*N/A*	10.38	14.82	4.45	0.74	0.00
Fruit, Oranges	EACH	6000	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	500	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Veg, Veggie Patch	3/4 Cup	1500	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	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			755	57	1248	11.00	*3.10	*481.8	*3235	*87.41	*28 *15.0%	34.68 18.4%	118.11 62.5%	14.48 17.3%	3.23 3.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

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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>Wed - 04/11/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Sandwich, BBQ Pork	1 EACH	5500	266	44	859	3.00	1.86	60.0	192	5.76	*4	22.25	31.64	4.18	0.55	0.00
Veg, Potatoes, Oven Fry	3/4 cup	3000	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Fruit, BlueBerries in a Cloud	1/2 cup	6000	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	500	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Veg, Garden Greens R & S	1.5 cup	1500	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			612	54	1297	8.98	2.96	469.8	2535	22.95	*16 *10.8%	33.42 21.8%	86.08 56.2%	13.61 20.0%	2.80 4.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Thu - 04/12/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Crispito, K-8	1 Each	5500	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	5500	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	5500	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	1/2 cup	3000	134	0	479	7.45	1.80	44.1	1	0.74	0	7.45	22.35	1.12	0.37	0.00
Rice, Spanish	1/2 cup	5500	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	6000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Entree, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Veggie Patch	3/4 Cup	1500	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	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain K-5 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)
Weighted Daily Average % of Calories			746	57	1691	13.81	*3.55	*623.9	3845	39.47	*22 *11.6%	33.69 18.1%	90.79 48.7%	26.96 32.5%	8.80 10.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/13/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Turkey Pot Pie	1 CUP	5500	394	88	1186	4.89	2.57	77.1	1284	2.35	*6	29.28	31.97	16.6	7.70	0.00
Veg, Carrots steamed	3/4 cup	3000	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Grapes, Fresh	0.5 Cup	6000	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	1000	307	373	322	4.82	2.72	160.2	5540	3.01	5	17.24	31.75	11.77	3.29	*0.00
Veg, Garden Greens R & S	1.5 cup	1500	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			663	153	1503	8.84	4.08	460.1	10646	17.92	*9 *5.3%	40.06 24.2%	77.01 46.5%	21.45 29.1%	8.66 11.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

St Vrain K-5 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)
<b>Mon - 04/16/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Penne Pasta Bake	1/2 CUP	5000	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	5000	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	3000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	6000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Grilled Cheese	Sandwich	500	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	500	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Veg, Veggie Patch	3/4 Cup	1500	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	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			598	29	996	10.34	3.05	632.3	3160	56.93	*23 *15.1%	25.47 17.0%	83.50 55.8%	18.14 27.3%	6.91 10.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Tue - 04/17/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Hot Dog on a Bun	1 Hot Dog	5500	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	5500	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	5500	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	3000	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	6000	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	500	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Veg, Garden Greens R & S	1.5 cup	1500	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain K-5 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)
Weighted Daily Average			642	61	1652	12.60	4.81	582.3	2882	74.43	*30	31.21	96.14	15.41	3.31	*0.00
% of Calories											*18.8%	19.4%	59.9%	21.6%	4.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 04/18/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Chicken, Parmesan	1 EACH	5500	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	5500	99	1	17	2.92	1.75	0.2	5	0.02	*1	4.37	18.96	1.75	0.31	0.00
Veg, Carrots steamed	3/4 cup	3000	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Cinnamon Apples	1/2 cup	6000	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	500	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Veg, Veggie Patch	3/4 Cup	1500	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	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			691	47	966	11.15	4.38	469.7	8994	26.06	*22	34.27	83.09	25.00	6.59	*0.00
% of Calories											*12.6%	19.8%	48.1%	32.5%	8.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

St Vrain K-5 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 <sup>1</sup> (g)
<b>Thu - 04/19/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Beef, Breaded Tender	Servings	5500	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	5500	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	5500	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	3000	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	3000	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	6000	77	0	11	3.30	0.40	87.9	549	65.91	18	0.0	20.87	0.0	0.00	0.00
Entree, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Garden Greens R & S	1.5 cup	1500	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			796	43	1535	9.52	*5.01	*490.9	2912	96.72	*32 *16.0%	30.03 15.1%	111.81 56.2%	22.54 25.5%	5.98 6.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Fri - 04/20/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, 5" Round Cheese Pizza	1 each	5500	322	30	483	3.02	*N/A*	*N/A*	*N/A*	*N/A*	10	17.12	35.25	12.09	6.04	0.00
Veg, Beans, Green, Canned	3/4 cup	3000	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	6000	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	1000	307	373	322	4.82	2.72	160.2	5540	3.01	5	17.24	31.75	11.77	3.29	*0.00
Veg, Veggie Patch	3/4 Cup	1500	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	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain K-5 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)
Weighted Daily Average			596	100	933	7.48	*1.25	*372.4	*3484	*28.31	*12	29.38	79.24	17.24	7.14	*0.00
% of Calories											*8.2%	19.7%	53.2%	26.0%	10.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 04/23/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Pupusa, Bean & Cheese	Pupusa	5500	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	5000	142	0	15	1.01	0.36	20.2	0	0.0	0	2.03	17.21	7.09	3.04	0.00
Veg, Salsa, Black Bean	3/4 Cup	3000	111	0	299	4.37	1.10	50.6	188	15.34	*2	4.71	20.69	2.25	0.21	*0.00
Condiment, Green Chili	1/4 Cup	5500	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	5500	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	6000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Grilled Cheese	Sandwich	500	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	500	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Veg, Garden Greens R & S	1.5 cup	1500	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			815	46	1464	14.25	6.16	785.3	3075	33.05	*21	31.99	116.25	26.39	10.77	*0.00
% of Calories											*10.2%	15.7%	57.1%	29.2%	11.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

St Vrain K-5 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)
<b>Tue - 04/24/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Chicken Filet/ Bun	1 EACH	5000	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	5000	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Beans, Baked	3/4 cup	1500	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	6000	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	1000	468	5	106	7.06	2.00	629.1	52	4.03	54	12.48	94.8	4.73	0.56	0.00
Veg, Veggie Patch	3/4 Cup	1500	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	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			748	40	1464	12.11	4.10	576.5	2818	76.13	*28 *14.7%	34.08 18.2%	97.43 52.1%	24.89 30.0%	3.93 4.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Wed - 04/25/2018</b>																
St Vrain K-5 Lunch	Total	6000														
Entree, Nacho Supreme	1 EACH	5500	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	3000	122	0	28	3.74	0.67	0.0	28	0.0	6	3.74	28.08	1.87	0.00	0.00
Fruit, BlueBerries in a Cloud	1/2 cup	6000	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	500	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Veg, Garden Greens R & S	1.5 cup	1500	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			777	64	1182	8.67	2.40	647.0	2615	14.05	*16 *8.2%	30.20 15.5%	94.13 48.5%	32.15 37.2%	14.03 16.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

St Vrain K-5 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 - 04/26/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Chicken & Noodles	1 CUP	5500	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	5500	77	0	165	1.77	0.85	0.0	0	0.0	*N/A*	2.95	14.17	0.89	0.00	0.00
Veg, Broccoli Blanched	3/4 cup	3000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Grapes, Fresh	0.5 Cup	6000	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, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Veggie Patch	3/4 Cup	1500	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	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			609	61	1114	9.00	*4.14	*419.4	3602	46.75	*4 *2.4%	33.68 22.1%	84.83 55.7%	15.38 22.7%	3.53 5.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/27/2018																
St Vrain K-5 Lunch	Total	6000														
Manager's Choice	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sandwich, Turkey K-8	1 EACH	5000	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	0.00
Bread, Pretzels, WG	1 Each	5000	80	0	200	2.00	0.72	0.0	0	0.0	0	2.0	15.0	1.5	0.00	0.00
Veg, Carrots steamed	3/4 cup	3000	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Tropical Mix	1/2 cup	6000	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	1000	307	373	322	4.82	2.72	160.2	5540	3.01	5	17.24	31.75	11.77	3.29	*0.00
Veg, Garden Greens R & S	1.5 cup	1500	22	0	26	1.96	0.94	38.5	3810	9.17	*N/A*	1.52	4.52	0.24	0.01	*0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain K-5 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			570	92	1080	8.82	3.18	429.0	9385	41.25	*6	30.51	88.21	9.74	1.53	*0.00
% of Calories											*4.3%	21.4%	61.9%	15.4%	2.4%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/30/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Macaroni and Cheese	6 oz	5500	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	5500	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Veg, Broccoli Blanched	3/4 cup	3000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	6000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Grilled Cheese	Sandwich	500	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	500	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Veg, Veggie Patch	3/4 Cup	1500	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	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			707	50	1144	9.56	3.65	759.4	3080	50.81	*27	32.31	100.28	16.73	9.33	*0.00
% of Calories											*15.3%	18.3%	56.8%	21.3%	11.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			*697	*65	1280	*10.25	*3.84	*578.9	*4093	*52.03	*21	*33.19	96.63	*20.47	*6.58	*0.00
											*27.5%	*19.0%	55.4%	*26.4%	*8.5%	*0.0%

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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

St Vrain K-5 Lunch

Portion Values - Detailed

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	697		550 - 650	107%	Missing		47	Correction Required - Calories too High									
Cholesterol (mg)	65				Missing												
Sodium 1 (mg)	1280		1230				50	Correction Required - Sodium too High									
Sodium 2 (mg)	1280		935				345	Correction Required - Sodium too High									
Fiber (g)	10.25				Missing												
Iron (mg)	3.84				Missing												
Calcium (mg)	578.9				Missing												
Vitamin A (IU)	4093				Missing												
Sugars (g)	21	12.21%			Missing												
Vitamin C (mg)	52.03				Missing												
Protein (g)	33.19	19.04%			Missing												
Carbohydrate (g)	96.63	55.45%															
Total Fat (g)	20.47	26.42%			Missing												
Saturated Fat (g)	6.58	8.50%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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