

# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/02/2018																
K-8 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	250	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	250	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			473	32	752	6.73	2.54	754.3	1641	87.17	*22	24.76	71.91	9.52	5.02	0.00
% of Calories											*18.7%	21.0%	60.8%	18.1%	9.6%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 04/03/2018																
K-8 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	250	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	250	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	1250	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			629	48	923	5.92	2.93	528.0	941	32.11	*33	29.70	90.38	15.82	4.90	0.00
% of Calories											*21.1%	18.9%	57.5%	22.7%	7.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 04/04/2018</b>																
K-8 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	50	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Sandwich, Spicy Chick on Bun	servings	300	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Salad, Chicken Caesar	1 EACH	150	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Veg, Salad Bar w beans	3/4 cup	750	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	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	250	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	1250	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			*808	*49	1227	*12.21	*5.68	*615.7	*5007	*64.45	*52 *25.9%	*32.90 *16.3%	134.23 66.5%	*28.06 *31.3%	*5.76 *6.4%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

<b>Thu - 04/05/2018</b>																
K-8 Lunch	Total	1500														
Entree, BBQ Chicken Legs K-5	Piece	1000	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	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	750	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, Chicken Mandarin	salad	50	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	1.5 cup	750	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	750	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	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	250	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	1250	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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

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Apr 1, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

K-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			655	106	1279	9.35	*3.45	*555.0	5300	28.17	*13	34.05	82.18	23.31	6.41	*0.00
% of Calories											*7.7%	20.8%	50.2%	32.0%	8.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 04/06/2018																
K-8 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
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
Condiment, Shredded cheese	1 oz	1000	110	25	180	0.00	0.00	200.0	300	0.0	0	7.0	1.0	9.0	5.00	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, Yogurt Basket Lunch	Each	150	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	150	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	200	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Veggie Patch	3/4 Cup	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	750	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	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	250	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	1250	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			827	75	1651	15.05	5.79	719.2	5577	108.58	*13	45.01	104.33	26.46	7.85	*0.00
% of Calories											*6.5%	21.8%	50.5%	28.8%	8.5%	*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-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/09/2018																
K-8 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
Sandwich, Grilled Cheese	Sandwich	250	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	250	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Veg, Garden Greens R & S	1.5 cup	750	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	750	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	750	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	250	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	1250	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			779	53	1402	10.90	4.16	683.7	5048	77.28	*9	33.14	111.22	21.96	7.81	*0.00
% of Calories											*4.5%	17.0%	57.1%	25.4%	9.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/10/2018																
K-8 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	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	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	250	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	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*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	750	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	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	250	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	1250	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			832	53	1386	13.61	*4.10	*584.9	*5695	*110.61	*33	37.06	124.93	18.89	4.07	*0.00
% of Calories											*16.0%	17.8%	60.1%	20.4%	4.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Base Menu Spreadsheet

K-8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/11/2018																
K-8 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	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
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	50	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Sandwich, Spicy Chick on Bun	servings	300	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Salad, Chicken Caesar	1 EACH	150	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Veg, Garden Greens R & S	1.5 cup	750	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	750	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	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	250	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	1250	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			729	51	1553	11.64	4.28	501.4	4352	33.09	*21	35.47	98.80	20.51	3.59	*0.00
% of Calories											*11.3%	19.5%	54.2%	25.3%	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-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/12/2018																
K-8 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, Chicken Mandarin	salad	50	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	750	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	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	250	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	1250	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			749	46	1661	16.37	*4.18	*600.3	5624	61.34	*23	32.96	97.73	24.52	7.35	*0.00
% of Calories											*12.5%	17.6%	52.2%	29.5%	8.8%	*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-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 04/13/2018</b>																
K-8 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	3/4 cup	750	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	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	150	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	150	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	200	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Garden Greens R & S	1.5 cup	750	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	750	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	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	250	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	1250	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			696	117	1532	10.09	4.50	507.5	11953	29.06	*9	38.04	80.74	24.69	8.05	*0.00
% of Calories											*5.0%	21.9%	46.4%	31.9%	10.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

<b>Mon - 04/16/2018</b>																
K-8 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	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, 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
Sandwich, Grilled Cheese	Sandwich	250	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	250	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
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	750	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	750	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	250	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	1250	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

K-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			723	42	1195	12.83	4.00	708.3	5547	82.00	*25	30.73	97.12	23.98	8.77	*0.00
% of Calories											*13.6%	17.0%	53.7%	29.9%	10.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 04/17/2018																
K-8 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	250	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	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Veg, Garden Greens R & S	1.5 cup	750	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	750	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	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	250	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	1250	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			743	56	1794	14.68	*5.61	*661.8	5045	*81.90	*35	33.97	109.75	19.19	4.02	*0.00
% of Calories											*18.8%	18.3%	59.1%	23.2%	4.9%	*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-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/18/2018																
K-8 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	3/4 cup	750	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	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	50	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Sandwich, Spicy Chick on Bun	servings	300	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Salad, Chicken Caesar	1 EACH	150	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*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	750	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	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	250	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	1250	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	46	1156	13.14	5.19	491.0	10999	50.22	*24 *12.5%	35.62 18.9%	91.15 48.3%	27.68 33.0%	6.23 7.4%	*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-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/19/2018																
K-8 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, Chicken Mandarin	salad	50	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	1.5 cup	750	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	750	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	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	250	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	1250	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			736	36	1335	10.37	*4.74	*516.1	4679	105.64	*28	27.63	105.04	20.97	5.18	*0.00
% of Calories											*15.4%	15.0%	57.1%	25.6%	6.3%	*0.0%
Nutrient Guideline			600-650		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

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/20/2018																
K-8 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	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
Entree, Egg Protein Box	Servings	150	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	150	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	200	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg,Veggie Patch	3/4 Cup	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	750	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	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	250	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	1250	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			651	79	1141	9.34	*2.25	*436.6	*5379	*53.75	*12	30.40	82.83	21.59	6.95	*0.00
% of Calories											*7.3%	18.7%	50.9%	29.9%	9.6%	*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-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 04/23/2018</b>																
K-8 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	1000	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
Sandwich, Grilled Cheese	Sandwich	250	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	250	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Veg, Garden Greens R & S	1.5 cup	750	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	750	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	750	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	250	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	1250	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			876	53	1528	15.70	6.33	811.5	5106	43.73	*22 *10.2%	35.15 16.0%	121.13 55.3%	29.79 30.6%	11.39 11.7%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

<b>Tue - 04/24/2018</b>																
K-8 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	250	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	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*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	750	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	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	250	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	1250	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

K-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			820	36	1636	15.89	*5.59	*633.9	5347	*100.34	*35	38.44	115.47	23.09	4.02	*0.00
% of Calories											*16.9%	18.7%	56.3%	25.3%	4.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 04/25/2018																
K-8 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, 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	50	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Sandwich, Spicy Chick on Bun	servings	300	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Salad, Chicken Caesar	1 EACH	150	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Veg, Garden Greens R & S	1.5 cup	750	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	750	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	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	250	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	1250	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			824	58	1302	11.52	3.86	628.0	4323	24.47	*18	33.22	100.42	33.32	11.65	*0.00
% of Calories											*8.6%	16.1%	48.7%	36.4%	12.7%	*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-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/26/2018																
K-8 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, 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, 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, Chicken Mandarin	salad	50	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	750	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	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	250	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	1250	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			594	49	1057	9.37	*3.97	*436.6	5482	70.40	*6 *4.1%	30.23 20.4%	83.66 56.3%	15.68 23.7%	3.39 5.1%	*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-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/27/2018																
K-8 Lunch	Total	1500														
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	1000	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	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	3/4 cup	750	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	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	150	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	150	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	200	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Garden Greens R & S	1.5 cup	750	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	750	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	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	250	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	1250	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			656	75	1272	10.47	3.90	485.4	11013	52.97	*7 *4.3%	32.24 19.7%	93.60 57.1%	16.36 22.5%	2.84 3.9%	*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-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 04/30/2018</b>																
K-8 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	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, 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
Sandwich, Grilled Cheese	Sandwich	250	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	250	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
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	750	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	750	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	250	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	1250	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	55	1260	11.94	4.28	783.3	5456	77.03	*28	34.74	106.88	22.01	10.14	*0.00
% of Calories											*14.1%	17.8%	54.8%	25.4%	11.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	
Weighted Average			*730	*58	1335	*11.77	*4.35	*602.0	*5691	*65.44	*22	*33.59	100.17	*22.26	*6.45	*0.00
											*27.4%	*18.4%	54.9%	*27.4%	*7.9%	*0.0%

\*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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# St. Vrain Valley School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 3/20/2018 10:54:26 AM

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	730		600 - 650	112%	Missing		80	Correction Required - Calories too High									
Cholesterol (mg)	58				Missing												
Sodium 1 (mg)	1335		1230				105	Correction Required - Sodium too High									
Sodium 2 (mg)	1335		935				400	Correction Required - Sodium too High									
Fiber (g)	11.77				Missing												
Iron (mg)	4.35				Missing												
Calcium (mg)	602.0				Missing												
Vitamin A (IU)	5691				Missing												
Sugars (g)	22	12.19%			Missing												
Vitamin C (mg)	65.44				Missing												
Protein (g)	33.59	18.40%			Missing												
Carbohydrate (g)	100.17	54.87%															
Total Fat (g)	22.26	27.43%			Missing												
Saturated Fat (g)	6.45	7.95%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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

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

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