

# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018																
St Vrain 6-8 Lunch	Total	4000														
Sandwich, Hamburger	1 Hamburger	2500	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	2500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Potatoes, Oven Fry	3/4 cup	2000	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Fruit, Oranges	1 EACH	4000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Salad, Buffalo Chicken	1 EACH	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Sandwich, Cheeseburger	1 Sandwic	500	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Entree, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			679	57	1305	9.53	*3.79	*481.9	2738	*77.24	*19	33.74	82.91	23.58	6.31	*0.00
% of Calories											*11.0%	19.9%	48.8%	31.3%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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May 1, 2018 thru May 24, 2018

## Base Menu Spreadsheet

St Vrain 6-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/02/2018																
St Vrain 6-8 Lunch	Total	4000														
Breakfast, French Toast Sticks	4 Piece	3500	288	0	299	3.20	2.13	250.7	460	0.0	12	6.4	37.33	12.8	2.13	0.00
Breakfast, Sausage Patty	2 Each	3500	110	40	450	0.00	2.16	40.0	5	0.0	1	12.0	1.0	8.0	2.00	0.00
Condiment, Syrup, Pancake	each	3500	*N/A*	*N/A*	24	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	26	*N/A*	34.53	*N/A*	*N/A*	*N/A*
Veg, Veggie Patch	3/4 Cup	2000	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Fruit, Strawberries, Fresh	1/2 cup	4000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	500	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	0.00
Condiment, Green Chili	1/4 Cup	500	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Condiment, Mexican	1 OZ	500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Sandwich, American Deli w/chip	1 EACH	250	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			*707	*57	1417	*9.07	*5.81	*679.8	*5003	*77.51	*40	*33.41	110.04	*29.47	*6.48	*0.00
% of Calories											*22.6%	*18.9%	62.3%	*37.5%	*8.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/03/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Chicken Tenders K-8 gr	3 Pieces	2500	218	43	312	1.89	1.70	0.0	0	0.0	2	18.91	11.35	11.35	1.89	0.00
Condiment, Barbecue Sauce	1 OZ	1500	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	1000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Bread, Dinner Roll (Dough)	Roll	2500	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Veg, Potatoes, Mashed	3/4 cup	2000	104	0	144	1.80	0.35	20.3	3	36.65	1	2.36	22.23	1.09	0.29	0.00
Condiment, Country Gravy	2 oz	2000	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Grapes, Fresh	0.5 Cup	4000	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Salad, Chicken Mandarin	salad	250	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*0.00
Sandwich, Spicy Chick on Bun	serving	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Condiment, Sandwich	servings	750	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	250	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			768	47	1509	8.48	4.38	444.1	2556	42.13	*14	34.66	107.41	20.37	3.97	*0.00
% of Calories											*7.5%	18.1%	56.0%	23.9%	4.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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May 1, 2018 thru May 24, 2018

## Base Menu Spreadsheet

St Vrain 6-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/04/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Mini Tacos	2 EACH	3500	334	55	530	2.71	3.40	72.7	483	6.88	*0	24.29	42.87	9.6	1.83	0.00
Condiment, Mexican	1 OZ	3500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Condiment, Shredded cheese	1 oz	3500	110	25	180	0.00	0.00	200.0	300	0.0	0	7.0	1.0	9.0	5.00	0.00
Veg, Beans, Refried	3/4 cup	2000	201	0	719	11.18	2.69	66.2	1	1.11	0	11.18	33.53	1.68	0.56	0.00
Fruit, Kiwi	1/2 cup	4000	92	0	4	4.27	0.46	51.3	128	139.92	*N/A*	1.71	22.21	0.85	0.00	0.00
Entree, Pizza,Cheese, K-8	Servings	200	353	30	637	3.67	0.88	407.1	280	1.02	4	19.44	31.2	15.72	7.72	0.00
Salad, Italian Deli, 6-8	1 Each	50	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*0.00
Sandwich, Hamburger, Ranch	1 EACH	1000	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Ham/Cheese w/chips	1 EACH	250	360	45	796	2.00	1.62	*200.0	*300	*3.0	3	21.53	37.5	15.26	4.25	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			940	86	1909	16.62	6.50	*751.3	*3138	*169.45	*6	50.29	126.20	27.94	8.55	*0.00
% of Calories											*2.5%	21.4%	53.7%	26.7%	8.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 05/07/2018</b>																
St Vrain 6-8 Lunch	Total	4000														
Entree, Bosco Stick	2 Sticks	2500	282	30	422	2.01	2.17	402.3	402	0.0	2	18.1	30.17	10.06	5.03	0.00
Condiment, Marinara (AM)	2 oz	2500	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Veg, Broccoli Blanched	3/4 cup	2000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	4000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	servings	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	750	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Turkey K-8	1 EACH	250	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			640	43	1136	10.30	3.79	670.8	2752	43.30	*21	31.45	85.34	19.33	6.25	*0.00
% of Calories											*13.4%	19.7%	53.3%	27.2%	8.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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St Vrain 6-8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 05/08/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Teriyaki Chicken	1/4 cup	2500	99	70	179	0.00	0.72	*N/A*	*N/A*	*N/A*	2	14.92	1.99	3.48	0.99	0.00
Rice, Brown, Asian Style	Servings	2500	214	0	459	2.04	*N/A*	*N/A*	*N/A*	*N/A*	3	5.1	42.85	2.04	0.51	0.00
Side, Egg roll, small	1 Each	2500	90	11	245	1.00	0.90	10.0	250	4.2	1	3.5	11.0	3.5	1.00	0.00
Dessert, Fortune Cookie	Piece	2500	20	0	0	0.00	0.00	0.0	10	0.0	2	0.7	4.0	0.0	0.00	0.00
Veg, Carrots steamed	3/4 cup	2000	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Tropical Mix	1/2 cup	4000	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Salad, Buffalo Chicken	1 EACH	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Sandwich, Cheeseburger	1 Sandwic	500	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	500	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Entree, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			738	80	1325	7.89	*3.20	*418.3	*8710	*49.89	*12	34.85	105.01	18.22	4.98	*0.00
% of Calories											*6.6%	18.9%	56.9%	22.2%	6.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/09/2018																
St Vrain 6-8 Lunch	Total	4000														
Sandwich, Chicken Filet/ Bun	1 EACH	2500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg, Potatoes, Westview Wedge	3/4 Cup	2000	217	0	335	3.19	0.97	30.1	41	10.64	*0	3.23	30.89	8.2	0.49	0.00
Fruit, Strawberries, Fresh	1/2 cup	4000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	500	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	0.00
Condiment, Green Chili	1/4 Cup	500	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Condiment, Mexican	1 OZ	500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Sandwich, American Deli w/chip	1 EACH	250	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			700	37	1333	10.34	4.00	*488.7	*2241	*50.80	*7	32.54	82.49	25.89	4.65	*0.00
% of Calories											*3.9%	18.6%	47.2%	33.3%	6.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

## Base Menu Spreadsheet

St Vrain 6-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/10/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Crispito, K-8	1 Each	2500	380	50	550	3.00	1.80	240.0	1050	0.0	1	19.0	24.01	23.0	8.00	0.00
Condiment, Green Chili	1/4 Cup	2500	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Condiment, Mexican	1 OZ	2500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Veg, Beans, Refried	1/2 cup	2500	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	2500	24	0	141	0.78	0.04	0.7	56	0.0	*1	0.44	5.08	0.17	0.00	0.00
Fruit, Kiwi	1/2 cup	4000	92	0	4	4.27	0.46	51.3	128	139.92	*N/A*	1.71	22.21	0.85	0.00	0.00
Salad, Chicken Mandarin	salad	250	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*0.00
Sandwich, Spicy Chick on Bun	serving	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Condiment, Sandwich	servings	750	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	250	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			835	52	1749	16.58	4.89	658.7	3360	163.31	*11	37.42	106.76	28.15	7.46	*0.00
% of Calories											*5.1%	17.9%	51.2%	30.4%	8.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/11/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Pizza,Cheese, K-8	Servings	1000	353	30	637	3.67	0.88	407.1	280	1.02	4	19.44	31.2	15.72	7.72	0.00
Entree, Pizza,Ham&Pine,K-8	Slices	1500	393	45	770	3.92	1.15	407.1	297	4.77	7	23.44	34.95	16.97	8.22	0.00
Veg, Beans, Green,Canned	3/4 cup	2000	24	0	213	3.04	0.00	0.0	8	0.0	2	1.52	4.56	0.0	0.00	0.00
Fruit, Oranges	1 EACH	4000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Salad, Italian Deli, 6-8	1 Each	250	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*0.00
Sandwich, Hamburger, Ranch	1 EACH	1000	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Ham/Cheese w/chips	1 EACH	250	360	45	796	2.00	1.62	*200.0	*300	*3.0	3	21.53	37.5	15.26	4.25	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			647	42	1340	10.30	2.33	*711.9	*2685	*73.29	*18	30.64	80.98	21.25	7.39	*0.00
% of Calories											*11.2%	18.9%	50.1%	29.6%	10.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 05/14/2018</b>																
St Vrain 6-8 Lunch	Total	4000														
Entree, Macaroni and Cheese	6 oz	2500	290	40	550	2.00	1.44	400.0	400	1.2	6	17.0	28.0	12.0	8.00	0.00
Bread, Dinner Roll (Dough)	Roll	2500	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Veg, Broccoli Blanched	3/4 cup	2000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	4000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	servings	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	750	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Turkey K-8	1 EACH	250	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			727	49	1232	10.63	4.01	659.8	2642	42.67	*25	33.28	97.81	20.55	8.11	*0.00
% of Calories											*13.7%	18.3%	53.8%	25.4%	10.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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**St. Vrain Valley School District**

**May 1, 2018 thru May 24, 2018**

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/15/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Turkey Corn Dog, Mini	Servings	3500	260	31	825	3.06	2.20	30.6	0	0.0	9	12.22	33.61	7.64	2.29	0.00
Condiment, Hot Dog	1 OZ	3000	17	0	312	0.00	0.00	0.0	83	1.0	*3	0.0	4.17	0.0	0.00	0.00
Veg, Sweet PotatoLattice	3/4 cup	2000	216	0	233	6.65	1.08	51.2	1796	0.76	13	1.66	34.89	13.29	1.66	0.00
Fruit, Oranges	1 EACH	4000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Salad, Buffalo Chicken	1 EACH	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Sandwich, Cheeseburger	1 Sandwic	500	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	500	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Entree, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablesp	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			753	56	1810	11.90	*4.35	*488.2	3469	*69.37	*31	31.84	101.57	25.97	6.26	*0.00
% of Calories											*16.3%	16.9%	53.9%	31.0%	7.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

Page 12

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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 - 05/16/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Nacho Supreme	1 EACH	2500	477	55	865	2.27	1.27	262.8	294	0.61	0	18.34	40.7	27.07	13.20	0.00
Veg, Beans, Refried	3/4 cup	2000	201	0	719	11.18	2.69	66.2	1	1.11	0	11.18	33.53	1.68	0.56	0.00
Fruit, Kiwi	1/2 cup	4000	92	0	4	4.27	0.46	51.3	128	139.92	*N/A*	1.71	22.21	0.85	0.00	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	500	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	0.00
Condiment, Green Chili	1/4 Cup	500	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Condiment, Mexican	1 OZ	500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Sandwich, American Deli w/chip	1 EACH	250	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			817	56	1627	15.32	4.12	*652.2	*2465	*158.35	*2	34.99	103.42	29.64	11.36	*0.00
% of Calories											*1.1%	17.1%	50.6%	32.6%	12.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

\*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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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/17/2018																
St Vrain 6-8 Lunch	Total	4000														
Entree, Beef, Breaded Tender	Servings	2500	302	35	493	2.01	2.72	40.3	0	0.0	2	15.1	19.13	18.12	4.53	0.00
Condiment, Ketchup	1 OZ	2000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Bread, Dinner Roll (Dough)	Roll	2500	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Veg, Potatoes, Mashed	3/4 cup	2000	104	0	144	1.80	0.35	20.3	3	36.65	1	2.36	22.23	1.09	0.29	0.00
Condiment, Country Gravy	2 oz	2000	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Tropical Mix	1/2 cup	4000	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Salad, Chicken Mandarin	salad	250	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*0.00
Sandwich, Spicy Chick on Bun	serving	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Condiment, Sandwich	servings	750	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	250	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			853	43	1541	8.86	4.77	457.2	2436	65.86	*16	31.74	119.80	24.30	5.52	*0.00
% of Calories											*7.4%	14.9%	56.2%	25.6%	5.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

\*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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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

## Base Menu Spreadsheet

St Vrain 6-8 Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/18/2018																
St Vrain 6-8 Lunch	Total	4000														
Manager's Choice	1 serving	5500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Strawberries, Fresh	1/2 cup	6000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Entree, Pizza,Cheese, K-8	Servings	1000	353	30	637	3.67	0.88	407.1	280	1.02	4	19.44	31.2	15.72	7.72	0.00
Salad, Italian Deli, 6-8	1 Each	250	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*0.00
Sandwich, Hamburger, Ranch	1 EACH	1000	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Ham/Cheese w/chips	1 EACH	250	360	45	796	2.00	1.62	*200.0	*300	*3.0	3	21.53	37.5	15.26	4.25	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			465	25	945	6.44	2.09	*532.3	*2363	*62.42	*9	20.67	59.80	14.98	4.31	*0.00
% of Calories											*8.0%	17.8%	51.4%	29.0%	8.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 05/21/2018																
St Vrain 6-8 Lunch	Total	4000														
Manager's Choice	1 serving	2500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Apples,Fresh	1 each	4000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	servings	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	750	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich,Turkey K-8	1 EACH	250	195	24	600	3.00	1.33	62.0	3	0.0	3	19.4	23.02	3.07	0.02	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			439	24	719	7.68	2.09	402.9	2271	23.53	*18 *16.4%	19.08 17.4%	62.09 56.6%	12.74 26.1%	2.80 5.7%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 05/22/2018																
St Vrain 6-8 Lunch	Total	4000														
Manager's Choice	2500	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0	0.0	0.0	0.00	0.00	0.00
Fruit, Oranges	1 EACH	4000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Salad, Buffalo Chicken	1 EACH	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Sandwich, Cheeseburger	1 Sandwic	500	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	500	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
	ger															
Condiment, Hamburger	1 each	750	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Entree, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Condiment, Sandwich	servings	250	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablesp	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
	oons															
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			406	30	738	5.90	*1.89	*435.9	2508	*68.24	*14 *13.4%	20.32 20.0%	51.59 50.9%	12.64 28.0%	3.42 7.6%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 05/23/2018</b>																
St Vrain 6-8 Lunch	Total	4000														
Manager's Choice	1 serving	2500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Strawberries, Fresh	1/2 cup	4000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Salad, Chicken Caesar	1 EACH	250	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Entree, Bean Burrito	SERVING	500	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	0.00
Condiment, Green Chili	1/4 Cup	500	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Condiment, Mexican	1 OZ	500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Sandwich, American Deli w/chip	1 EACH	250	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			341	22	722	5.00	1.71	*411.2	*2159	*45.48	*4 *5.1%	16.55 19.4%	42.67 50.0%	11.17 29.4%	2.84 7.5%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Thu - 05/24/2018</b>																
St Vrain 6-8 Lunch	Total	4000														
Manager's Choice	1 serving	2500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Tropical Mix	1/2 cup	4000	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Salad, Chicken Mandarin	salad	250	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*0.00
Sandwich, Spicy Chick on Bun	1 serving	500	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Sandwich, Chicken Filet/ Bun	1 EACH	500	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Condiment, Sandwich	servings	750	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	250	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Veg, Salad Bar w beans	3/4 cup	2000	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	1500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1000	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	3000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			481	21	703	5.45	2.00	411.3	2351	46.54	*8	17.99	71.79	12.12	2.23	*0.00
% of Calories											*6.3%	15.0%	59.7%	22.7%	4.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			*663	*46	1281	*9.79	*3.65	*542.0	*3103	*73.86	*15	*30.30	88.76	*21.02	*5.72	*0.00
											*20.7%	*18.3%	53.5%	*28.5%	*7.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	663		600 - 700	100%	Missing			
Cholesterol (mg)	46				Missing			
Sodium 1 (mg)	1281		1360					
Sodium 2 (mg)	1281		1035				246	Correction Required - Sodium too High
Fiber (g)	9.79				Missing			
Iron (mg)	3.65				Missing			
Calcium (mg)	542.0				Missing			
Vitamin A (IU)	3103				Missing			
Sugars (g)	15	9.21%			Missing			
Vitamin C (mg)	73.86				Missing			
Protein (g)	30.30	18.28%			Missing			
Carbohydrate (g)	88.76	53.54%						
Total Fat (g)	21.02	28.52%						
Saturated Fat (g)	5.72	7.76%	<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

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.