

St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Hamburger	1 Hamburger	1000	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Potatoes, Oven Fry	1 cup	1000	241	0	361	4.01	0.96	23.1	73	11.15	0	4.01	38.11	9.03	1.00	0.00
Fruit, Oranges	1 EACH	2500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Sandwich, Hamburger	1 Hamburger	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Sandwich, Turkey/Chs 9-12	Servings	100	357	42	847	2.17	1.50	*103.3	*217	*2.8	*2	28.67	36.5	12.5	2.25	0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Buffalo Chicken	1 EACH	100	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Entree, BYOB Bar	Burritos	100	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Entree, Pizza, Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza, Pepperoni, 9-12	Slices	100	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	100	403	45	635	2.92	1.51	447.0	312	9.56	8	25.44	35.94	16.97	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1000	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			673	48	1095	9.95	*3.66	*530.1	*3017	*80.22	*18	32.36	86.24	22.03	5.95	*0.00
% of Calories											*10.4%	19.2%	51.3%	29.5%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/02/2018																
St Vrain 9-12 Lunch	Total	2500														
Breakfast, French Toast 9-12	5 piece	1000	360	0	373	4.00	2.67	313.3	575	0.0	15	8.0	46.67	16.0	2.67	0.00
Breakfast, Sausage Patty	3 Each	1000	165	60	675	0.00	3.24	60.0	8	0.0	2	18.0	1.5	12.0	3.00	0.00
Condiment, Syrup, Pancake	each	1000	*N/A*	*N/A*	24	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	26	*N/A*	34.53	*N/A*	*N/A*	*N/A*
Veg,Veggie Patch	1 Cup	1250	46	0	51	3.38	0.90	38.2	6501	85.39	4	2.02	9.64	0.27	0.06	0.00
Fruit, Strawberries, Fresh	1 cup	2500	30	0	1	1.90	0.39	15.2	11	55.98	5	0.64	7.31	0.29	0.01	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	635	28	1976	21.43	4.97	418.8	697	9.25	*5	32.47	87.88	16.82	8.12	0.00
Condiment, Mexican	1 OZ	250	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Sandwich, Egg Salad	Serving	100	252	191	416	4.10	2.05	67.5	296	0.2	*5	12.33	27.69	10.62	2.11	*0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Asian Rice Variety HS	Serving	100	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Entree, Pizza,Buffalo, 9-12	Servings	100	409	51	1380	2.67	*1.57	*447.0	736	*5.81	5	27.8	32.65	17.54	8.68	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			*767	*65	1531	*12.62	*6.03	*679.1	*6329	*123.67	*29	*37.86	107.29	*27.62	*6.67	*0.00
% of Calories											*15.2%	*19.7%	56.0%	*32.4%	*7.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/03/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Chicken Tenders 9-12	4 Pieces	1000	292	57	418	2.54	2.28	0.0	0	0.0	3	25.35	15.21	15.21	2.54	0.00
Condiment, Barbecue Sauce	1 OZ	500	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	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	1 cup	1250	139	0	192	2.40	0.46	27.0	4	48.86	1	3.14	29.64	1.45	0.38	0.00
Condiment, Country Gravy	2 oz	1250	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Grapes,Fresh	1 Cup	2500	115	0	3	1.55	0.50	24.1	172	6.88	*N/A*	1.08	29.48	0.6	0.20	0.00
Salad, Chicken Mandarin	salad	100	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Sandwich, American Deli w/chip	1 EACH	100	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	600	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, BYOB Bar	Burritos	250	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza,Jalapeno, 9-12	Slices	200	373	30	1032	2.67	1.24	465.9	390	14.32	6	21.44	33.14	15.72	8.22	0.00
Entree, Pizza,Ch/Bac/Ran 9-12	Slices	100	437	63	548	2.27	1.47	442.2	604	7.91	*4	28.56	31.28	21.62	10.46	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			958	58	1736	11.28	5.00	*570.8	*3105	*56.99	*14	42.00	134.86	27.55	6.95	*0.00
% of Calories											*6.0%	17.5%	56.3%	25.9%	6.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/04/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Mini Tacos	2 EACH	2000	334	55	530	2.71	3.40	72.7	483	6.88	*0	24.29	42.87	9.6	1.83	0.00
Condiment, Mexican	1 OZ	2000	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Condiment, Shredded cheese	1 oz	2000	110	25	180	0.00	0.00	200.0	300	0.0	0	7.0	1.0	9.0	5.00	0.00
Veg, Beans, Refried	1 cup	1250	268	0	959	14.90	3.59	88.3	1	1.47	0	14.9	44.7	2.24	0.74	0.00
Fruit, Kiwi	1 cup	2500	185	0	9	8.54	0.92	102.5	256	279.84	*N/A*	3.42	44.42	1.71	0.00	0.00
Salad, Italian Deli, 9-12	1 Each	250	613	58	1338	8.28	3.91	432.6	2975	29.44	*5	27.11	48.88	34.55	9.15	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Sandwich, Ham/Cheese 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
Sandwich, Flatbread, Chick Ranch	1 EACH	100	409	73	678	3.28	1.81	313.9	306	6.92	*2	25.16	32.77	19.08	6.21	0.00
Entree, Pizza, Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza, Sausage, 9-12	Servings	100	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1106	91	2003	22.13	7.08	*838.1	*3022	*313.84	*7	55.81	151.90	33.46	9.96	*0.00
% of Calories											*2.7%	20.2%	54.9%	27.2%	8.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/07/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Bosco Stick	2 Sticks	2000	282	30	422	2.01	2.17	402.3	402	0.0	2	18.1	30.17	10.06	5.03	0.00
Condiment, Marinara (AM)	2 oz	2000	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Veg, Broccoli Blanched	1 cup	1250	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Fruit, Apples,Fresh	1 each	2500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian w/Chips	1 EACH	50	463	63	1098	2.44	1.77	*141.4	*392	*6.02	4	22.3	40.19	24.91	5.46	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Pizza,Meatball 9-12	Slices	75	384	39	587	2.67	1.38	450.9	295	6.04	5	23.94	32.96	16.68	8.51	0.00
Entree, Pizza,BBQ, 9-12	Servings	75	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	75	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			744	50	1323	11.61	*4.41	*778.9	*3346	*54.30	*24	36.33	97.90	23.15	7.79	*0.00
% of Calories											*13.1%	19.5%	52.6%	28.0%	9.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/08/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Teriyaki Chicken	1/4 cup	1000	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	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
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
Veg, Carrots steamed	1 cup	1250	42	0	94	3.51	1.08	38.7	16680	3.14	6	0.77	9.97	0.16	0.03	0.00
Fruit, Tropical Mix	1 cup	2500	193	0	0	2.14	0.00	0.0	0	57.83	*N/A*	0.0	47.12	0.0	0.00	0.00
Sandwich, Cheeseburger	1 Sandwic	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs 9-12	Servings	100	357	42	847	2.17	1.50	*103.3	*217	*2.8	*2	28.67	36.5	12.5	2.25	0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Buffalo Chicken	1 EACH	100	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Entree, BYOB Bar	Burritos	100	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Entree, Pizza,Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza,Pepperoni, 9-12	Slices	100	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	100	403	45	635	2.92	1.51	447.0	312	9.56	8	25.44	35.94	16.97	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1000	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			822	65	1234	10.25	*3.50	*497.8	*11230	*85.77	*14	33.38	128.96	17.69	5.18	*0.00
% of Calories											*6.9%	16.2%	62.7%	19.4%	5.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/09/2018																
St Vrain 9-12 Lunch	Total	2500														
Sandwich, Chicken Filet/ Bun	1 EACH	1000	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg, Potatoes, Westview Wedge	1 Cup	1250	289	0	446	4.25	1.29	40.2	54	14.18	*0	4.31	41.19	10.93	0.65	0.00
Fruit, Strawberries, Fresh	1 cup	2500	30	0	1	1.90	0.39	15.2	11	55.98	5	0.64	7.31	0.29	0.01	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	635	28	1976	21.43	4.97	418.8	697	9.25	*5	32.47	87.88	16.82	8.12	0.00
Condiment, Mexican	1 OZ	250	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Sandwich, Egg Salad	Serving	100	252	191	416	4.10	2.05	67.5	296	0.2	*5	12.33	27.69	10.62	2.11	*0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Asian Rice Variety HS	Serving	100	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Entree, Pizza, Buffalo, 9-12	Servings	100	409	51	1380	2.67	*1.57	*447.0	736	*5.81	5	27.8	32.65	17.54	8.68	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			838	51	1584	13.86	*5.02	*570.7	*2913	*88.07	*12	37.81	105.59	28.55	5.70	*0.00
% of Calories											*5.6%	18.0%	50.4%	30.6%	6.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/10/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Crispito, 9-12	2 Each	1000	540	50	740	6.00	3.60	80.0	1500	0.0	2	24.01	46.01	28.01	6.00	0.00
Condiment, Green Chili	1/4 Cup	1000	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Condiment, Mexican	1 OZ	1000	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Veg, Beans, Refried	1 cup	1250	268	0	959	14.90	3.59	88.3	1	1.47	0	14.9	44.7	2.24	0.74	0.00
Rice, Spanish	1/2 cup	1000	24	0	141	0.78	0.04	0.7	56	0.0	*1	0.44	5.08	0.17	0.00	0.00
Fruit, Kiwi	1 cup	2500	185	0	9	8.54	0.92	102.5	256	279.84	*N/A*	3.42	44.42	1.71	0.00	0.00
Salad, Chicken Mandarin	salad	100	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Sandwich, American Deli w/chip	1 EACH	100	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	600	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, BYOB Bar	Burritos	250	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza,Jalapeno, 9-12	Slices	200	373	30	1032	2.67	1.24	465.9	390	14.32	6	21.44	33.14	15.72	8.22	0.00
Entree, Pizza,Ch/Bac/Ran 9-12	Slices	100	437	63	548	2.27	1.47	442.2	604	7.91	*4	28.56	31.28	21.62	10.46	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1122	55	2111	26.01	7.05	*713.2	*3858	*308.06	*12	48.43	156.18	34.03	8.12	*0.00
% of Calories											*4.1%	17.3%	55.7%	27.3%	6.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/11/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Pizza,Cheese, 9-12	Slices	500	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	500	403	45	635	2.92	1.51	447.0	312	9.56	8	25.44	35.94	16.97	8.72	0.00
Veg, Beans, Green,Canned	1 cup	1250	32	0	283	4.05	0.00	0.0	10	0.0	2	2.03	6.07	0.0	0.00	0.00
Fruit, Oranges	1 EACH	2500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Salad, Italian Deli, 9-12	1 Each	250	613	58	1338	8.28	3.91	432.6	2975	29.44	*5	27.11	48.88	34.55	9.15	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Sandwich, Ham/Cheese 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
Sandwich, Flatbread,ChickRanch	1 EACH	100	409	73	678	3.28	1.81	313.9	306	6.92	*2	25.16	32.77	19.08	6.21	0.00
Entree, Pizza,Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza,Sausage, 9-12	Servings	100	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			635	42	1165	9.07	2.09	*683.7	*2322	*78.07	*19	30.85	75.92	22.41	7.53	*0.00
% of Calories											*11.9%	19.4%	47.8%	31.7%	10.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/14/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Macaroni and Cheese	6 oz	1000	290	40	550	2.00	1.44	400.0	400	1.2	6	17.0	28.0	12.0	8.00	0.00
Bread, Dinner Roll (Dough)	Roll	1000	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Veg, Broccoli Blanched	1 cup	1250	18	0	18	1.19	0.33	18.4	321	49.04	0	1.19	3.58	0.0	0.00	0.00
Fruit, Apples,Fresh	1 each	2500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian w/Chips	1 EACH	50	463	63	1098	2.44	1.77	*141.4	*392	*6.02	4	22.3	40.19	24.91	5.46	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Pizza,Meatball 9-12	Slices	75	384	39	587	2.67	1.38	450.9	295	6.04	5	23.94	32.96	16.68	8.51	0.00
Entree, Pizza,BBQ, 9-12	Servings	75	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	75	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			675	41	1122	10.43	*3.55	*604.7	*3045	*53.01	*24	29.87	91.87	19.71	6.78	*0.00
% of Calories											*14.5%	17.7%	54.4%	26.3%	9.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/15/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Turkey Corn Dog, Mini	Servings	2000	260	31	825	3.06	2.20	30.6	0	0.0	9	12.22	33.61	7.64	2.29	0.00
Side, Mac & Cheese	3 ounces	2000	149	21	282	1.03	0.74	205.1	205	0.61	3	8.72	14.36	6.15	4.10	0.00
Condiment, Hot Dog	1 OZ	2000	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	1 cup	1250	288	0	310	8.86	1.44	68.3	2394	1.02	18	2.22	46.52	17.72	2.22	0.00
Fruit, Oranges	1 EACH	2500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Sandwich, Cheeseburger	1 Sandwic	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hambur	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs 9-12	Servings	100	357	42	847	2.17	1.50	*103.3	*217	*2.8	*2	28.67	36.5	12.5	2.25	0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Buffalo Chicken	1 EACH	100	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Entree, BYOB Bar	Burritos	100	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Entree, Pizza, Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza, Pepperoni, 9-12	Slices	100	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	100	403	45	635	2.92	1.51	447.0	312	9.56	8	25.44	35.94	16.97	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1000	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablesp	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			968	74	2124	15.14	*5.48	*735.5	*4430	*77.56	*38	42.07	129.17	34.01	10.40	*0.00
% of Calories											*15.7%	17.4%	53.4%	31.6%	9.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/16/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Nacho Supreme	1 EACH	1000	477	55	865	2.27	1.27	262.8	294	0.61	0	18.34	40.7	27.07	13.20	0.00
Veg, Beans, Refried	1 cup	1250	268	0	959	14.90	3.59	88.3	1	1.47	0	14.9	44.7	2.24	0.74	0.00
Fruit, Kiwi	1 cup	2500	185	0	9	8.54	0.92	102.5	256	279.84	*N/A*	3.42	44.42	1.71	0.00	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	635	28	1976	21.43	4.97	418.8	697	9.25	*5	32.47	87.88	16.82	8.12	0.00
Condiment, Mexican	1 OZ	250	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Sandwich, Egg Salad	Serving	100	252	191	416	4.10	2.05	67.5	296	0.2	*5	12.33	27.69	10.62	2.11	*0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Asian Rice Variety HS	Serving	100	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Entree, Pizza, Buffalo, 9-12	Servings	100	409	51	1380	2.67	*1.57	*447.0	736	*5.81	5	27.8	32.65	17.54	8.68	0.00
Entree, Pizza, Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1013	62	1910	24.33	*6.06	*747.2	*3209	*305.82	*6	44.01	145.13	29.65	10.02	*0.00
% of Calories											*2.2%	17.4%	57.3%	26.3%	8.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/17/2018																
St Vrain 9-12 Lunch	Total	2500														
Entree, Beef, Breaded Tender	Servings	1000	302	35	493	2.01	2.72	40.3	0	0.0	2	15.1	19.13	18.12	4.53	0.00
Condiment, Ketchup	1 OZ	1000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Bread, Dinner Roll (Dough)	Roll	1000	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Veg, Potatoes, Mashed	1 cup	1000	139	0	192	2.40	0.46	27.0	4	48.86	1	3.14	29.64	1.45	0.38	0.00
Condiment, Country Gravy	2 oz	1000	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 cup	2500	193	0	0	2.14	0.00	0.0	0	57.83	*N/A*	0.0	47.12	0.0	0.00	0.00
Salad, Chicken Mandarin	salad	100	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Sandwich, American Deli w/chip	1 EACH	100	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	600	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, BYOB Bar	Burritos	250	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza,Jalapeno, 9-12	Slices	200	373	30	1032	2.67	1.24	465.9	390	14.32	6	21.44	33.14	15.72	8.22	0.00
Entree, Pizza,Ch/Bac/Ran 9-12	Slices	100	437	63	548	2.27	1.47	442.2	604	7.91	*4	28.56	31.28	21.62	10.46	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1022	49	1686	11.43	4.63	*558.0	*2926	*102.26	*15	36.50	150.19	27.96	7.52	*0.00
% of Calories											*5.9%	14.3%	58.8%	24.6%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/18/2018																
St Vrain 9-12 Lunch	Total	2500														
Manager's Choice	1000 serving	1000	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 cup	2500	30	0	1	1.90	0.39	15.2	11	55.98	5	0.64	7.31	0.29	0.01	0.00
Salad, Italian Deli, 9-12	1 Each	250	613	58	1338	8.28	3.91	432.6	2975	29.44	*5	27.11	48.88	34.55	9.15	*0.00
Sandwich, Hamburger, Ranch	1 EACH	250	364	0	787	5.97	2.15	159.0	128	6.22	9	9.97	56.49	9.92	1.49	0.00
Sandwich, Ham/Cheese 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
Sandwich, Flatbread,ChickRanch	1 EACH	100	409	73	678	3.28	1.81	313.9	306	6.92	*2	25.16	32.77	19.08	6.21	0.00
Entree, Pizza,Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza,Sausage, 9-12	Servings	100	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	250	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar no beans	1 cup	1250	34	0	137	1.81	0.60	30.4	2118	32.32	*3	1.13	6.74	0.58	0.08	0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			451	27	797	5.52	1.83	*481.7	*1991	*79.90	*11	20.20	55.29	16.04	4.14	*0.00
% of Calories											*9.9%	17.9%	49.0%	32.0%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/21/2018																
St Vrain 9-12 Lunch	Total	2500														
Manager's Choice	serving	1000	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	2500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Italian w/Chips	1 EACH	50	463	63	1098	2.44	1.77	*141.4	*392	*6.02	4	22.3	40.19	24.91	5.46	0.00
Salad, Taco	salad	50	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Condiment, Sandwich	servings	500	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Pizza,Meatball 9-12	Slices	75	384	39	587	2.67	1.38	450.9	295	6.04	5	23.94	32.96	16.68	8.51	0.00
Entree, Pizza,BBQ, 9-12	Servings	75	445	50	921	2.00	1.41	439.9	465	12.29	4	27.35	41.65	17.31	8.45	0.00
Entree, Pizza,Cheese, 9-12	Slices	75	363	30	503	2.67	1.24	447.0	295	5.81	5	21.44	32.19	15.72	8.22	0.00
Entree, Asian Rice Variety HS	Serving	50	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	150	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			486	25	789	8.24	*2.23	*435.5	*2724	*28.01	*20	20.47	68.08	14.71	3.38	*0.00
% of Calories											*16.5%	16.8%	56.0%	27.2%	6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018																
St Vrain 9-12 Lunch	Total	2500														
Manager's Choice	1 serving	1000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Oranges	1 EACH	2500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Sandwich, Cheeseburger	1 Sandwich	250	355	62	530	3.00	2.88	160.0	150	0.0	4	26.5	24.0	17.0	6.25	0.00
Sandwich, Hamburger	1 Hamburger	250	320	55	425	3.00	2.88	60.0	0	0.0	3	23.0	23.0	15.0	5.00	0.00
Condiment, Hamburger	1 each	500	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Sandwich, Turkey/Chs 9-12	Servings	100	357	42	847	2.17	1.50	*103.3	*217	*2.8	*2	28.67	36.5	12.5	2.25	0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Salad, Buffalo Chicken	1 EACH	100	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Entree, BYOB Bar	Burritos	100	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Entree, Pizza, Vegetable, 9-12	Slices	100	382	30	508	3.78	1.46	457.7	850	46.29	6	22.16	36.27	15.8	8.24	0.00
Entree, Pizza, Pepperoni, 9-12	Slices	100	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza, Ham/Pine, 9-12	Slices	100	403	45	635	2.92	1.51	447.0	312	9.56	8	25.44	35.94	16.97	8.72	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1000	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			484	33	834	7.44	*2.41	*512.8	*3002	*75.76	*17 *13.9%	24.21 20.0%	64.20 53.1%	14.12 26.3%	4.18 7.8%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/23/2018																
St Vrain 9-12 Lunch	Total	2500														
Manager's Choice	1000 serving	1000	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 cup	2500	30	0	1	1.90	0.39	15.2	11	55.98	5	0.64	7.31	0.29	0.01	0.00
Salad, Chicken Caesar	1 EACH	100	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Sandwich, Hamburger, Mexican	1 EACH	250	635	28	1976	21.43	4.97	418.8	697	9.25	*5	32.47	87.88	16.82	8.12	0.00
Condiment, Mexican	1 OZ	250	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Sandwich, Egg Salad	Serving	100	252	191	416	4.10	2.05	67.5	296	0.2	*5	12.33	27.69	10.62	2.11	*0.00
Condiment, Sandwich	servings	100	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, Asian Rice Variety HS	Serving	100	456	82	981	3.32	*1.83	*24.4	*2198	*5.51	*11	25.21	65.65	9.63	2.48	0.00
Entree, Chicken Tender Basket	1 Each	250	746	56	1211	12.50	6.23	153.4	44	13.49	*2	40.77	93.1	23.88	2.47	0.00
Condiment, Barbecue Sauce	1 OZ	150	40	0	390	0.00	0.00	0.0	200	6.0	1	0.0	9.0	0.0	0.00	0.00
Condiment, Ketchup	1 OZ	100	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Entree, Pizza,Sausage, 9-12	Servings	200	409	51	626	2.71	1.59	456.5	369	6.37	*5	27.37	32.33	17.77	8.91	0.00
Entree, Pizza,Buffalo, 9-12	Servings	100	409	51	1380	2.67	*1.57	*447.0	736	*5.81	5	27.8	32.65	17.54	8.68	0.00
Entree, Pizza,Mexican, 9-12	Servings	100	459	60	948	3.53	1.89	462.6	905	13.84	5	25.59	38.83	22.7	11.34	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	100	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			534	41	1076	9.33	*3.22	*510.7	*2846	*80.97	*10	26.45	69.39	16.28	4.38	*0.00
% of Calories											*7.5%	19.8%	52.0%	27.4%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/24/2018																
St Vrain 9-12 Lunch	Total	2500														
Manager's Choice	serving	1000	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 cup	2500	193	0	0	2.14	0.00	0.0	0	57.83	*N/A*	0.0	47.12	0.0	0.00	0.00
Salad, Chicken Mandarin	salad	100	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*0.00
Sandwich, Chicken Filet/ Bun	1 EACH	250	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Sandwich, Spicy Chick on Bun	serving	250	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Sandwich, American Deli w/chip	1 EACH	100	397	60	987	2.00	1.77	*200.0	*300	*2.96	3	29.94	37.47	15.86	4.21	0.00
Condiment, Sandwich	servings	600	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, BYOB Bar	Burritos	250	647	56	1391	11.61	3.70	202.4	458	8.17	*1	30.11	81.69	21.52	9.00	0.00
Sandwich, Strawberry PBJ 9-12	Sandwich	200	631	0	621	7.01	1.80	60.1	*N/A*	0.0	28	19.03	64.11	33.06	7.01	0.00
Entree, Pizza,Pepperoni, 9-12	Servings	200	382	40	578	2.67	1.24	447.0	295	5.81	5	23.71	32.57	16.66	8.60	0.00
Entree, Pizza,Jalapeno, 9-12	Slices	200	373	30	1032	2.67	1.24	465.9	390	14.32	6	21.44	33.14	15.72	8.22	0.00
Entree, Pizza,Ch/Bac/Ran 9-12	Slices	100	437	63	548	2.27	1.47	442.2	604	7.91	*4	28.56	31.28	21.62	10.46	0.00
Veg, Salad Bar w beans	1 cup	1250	105	0	223	5.21	2.02	66.2	3923	36.25	*3	4.95	18.74	1.75	0.09	*0.00
Condiment, Ranch, low fat	1 OZ	1250	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	500	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Dairy, Milk, Chocolate Skim	Carton	2000	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			757	35	1072	8.86	2.78	*522.6	*2858	*81.92	*9	27.20	113.43	19.93	5.35	*0.00
% of Calories											*4.8%	14.4%	60.0%	23.7%	6.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			*781	*51	1400	*12.64	*4.22	*609.5	*3676	*115.23	*17	*34.77	107.31	*23.83	*6.67	*0.00
											*19.2%	*17.8%	55.0%	*27.5%	*7.7%	*0.0%

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain 9-12 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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	781		750 - 850	100%	Missing												
Cholesterol (mg)	51				Missing												
Sodium 1 (mg)	1400		1420						320	Correction Required - Sodium too High							
Sodium 2 (mg)	1400		1080														
Fiber (g)	12.64				Missing												
Iron (mg)	4.22				Missing												
Calcium (mg)	609.5				Missing												
Vitamin A (IU)	3676				Missing												
Sugars (g)	17	8.52%			Missing												
Vitamin C (mg)	115.23				Missing												
Protein (g)	34.77	17.81%			Missing												
Carbohydrate (g)	107.31	54.97%															
Total Fat (g)	23.83	27.46%			Missing												
Saturated Fat (g)	6.67	7.68%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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