

# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

## Base Menu Spreadsheet

K-8 Breakfast

### 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)
Tue - 05/01/2018																
K-8 Breakfast	Total	1200														
Breakfast, French Toast Sticks	4 Piece	900	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	1 Each	900	55	20	225	0.00	1.08	20.0	3	0.0	1	6.0	0.5	4.0	1.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			494	48	572	4.68	3.25	562.9	1049	37.32	*19	19.80	67.85	15.99	4.38	*0.00
% of Calories											*15.1%	16.0%	55.0%	29.1%	8.0%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Wed - 05/02/2018																
K-8 Breakfast	Total	1200														
Breakfast, Pizza	Servings	900	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			394	44	539	3.78	2.19	434.9	852	37.32	*16	17.25	58.98	8.64	3.53	*0.00
% of Calories											*16.5%	17.5%	59.9%	19.7%	8.1%	*0.0%
Nutrient Guideline			400-500		540										<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

K-8 Breakfast

### 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 - 05/03/2018																
K-8 Breakfast	Total	1200														
Breakfast, Bread Variety	Each	900	273	0	225	3.00	1.49	78.2	302	0.3	*19	5.0	43.5	9.5	2.25	0.00
BIC, Yogurt (4oz. cup)	1 Each	300	100	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	22.0	0.0	0.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			466	33	367	4.52	1.95	493.6	929	37.85	*23	15.00	77.60	10.51	3.72	*0.00
% of Calories											*20.0%	12.9%	66.6%	20.3%	7.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	
Fri - 05/04/2018																
K-8 Breakfast	Total	1200														
Breakfast, Sandwich/Biscuit	Sandwich	900	326	121	818	2.97	2.72	170.1	292	0.06	5	16.63	25.5	18.6	7.95	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			481	124	793	4.51	2.88	487.5	922	37.37	*13	22.97	58.60	17.34	7.99	*0.00
% of Calories											*10.9%	19.1%	48.7%	32.4%	15.0%	*0.0%
Nutrient Guideline			400-500		540										<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

K-8 Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/30/2018 11:26:12 AM

	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>Mon - 05/07/2018</b>																
K-8 Breakfast	Total	1200														
BIC, Muffin Blueberry	1 Each	900	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Dairy, String Cheese	1 OZ	400	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			383	66	336	3.61	1.56	439.9	802	37.32	*20 *21.0%	15.17 15.8%	59.81 62.4%	8.22 19.3%	4.03 9.5%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

<b>Tue - 05/08/2018</b>																
K-8 Breakfast	Total	1200														
Breakfast, French Toast Sticks	4 Piece	900	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	1 Each	900	55	20	225	0.00	1.08	20.0	3	0.0	1	6.0	0.5	4.0	1.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			494	48	572	4.68	3.25	562.9	1049	37.32	*19 *15.1%	19.80 16.0%	67.85 55.0%	15.99 29.1%	4.38 8.0%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

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May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 4

Generated on: 4/30/2018 11:26:12 AM

	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)
Wed - 05/09/2018																
K-8 Breakfast	Total	1200														
Breakfast, Pizza	Servings	900	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			394	44	539	3.78	2.19	434.9	852	37.32	*16 *16.5%	17.25 17.5%	58.98 59.9%	8.64 19.7%	3.53 8.1%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

Thu - 05/10/2018																
K-8 Breakfast	Total	1200														
Breakfast, Bread Variety	Each	900	273	0	225	3.00	1.49	78.2	302	0.3	*19	5.0	43.5	9.5	2.25	0.00
BIC, Yogurt (4oz. cup)	1 Each	300	100	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	22.0	0.0	0.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			466	33	367	4.52	1.95	493.6	929	37.85	*23 *20.0%	15.00 12.9%	77.60 66.6%	10.51 20.3%	3.72 7.2%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

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Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 5

Generated on: 4/30/2018 11:26:12 AM

	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)
Fri - 05/11/2018																
K-8 Breakfast	Total	1200														
Breakfast, Sandwich/Biscuit	Sandwich	900	326	121	818	2.97	2.72	170.1	292	0.06	5	16.63	25.5	18.6	7.95	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			481	124	793	4.51	2.88	487.5	922	37.37	*13 *10.9%	22.97 19.1%	58.60 48.7%	17.34 32.4%	7.99 15.0%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

Mon - 05/14/2018																
K-8 Breakfast	Total	1200														
BIC, Mini Bagel, Strawberry	Each	900	240	10	180	2.00	1.08	20.0	100	0.0	13	5.99	40.92	5.99	2.49	0.00
Dairy, String Cheese	1 OZ	400	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			420	40	373	3.61	1.56	439.9	802	37.32	*18 *17.0%	17.41 16.6%	67.99 64.7%	8.21 17.6%	4.40 9.4%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 6

Generated on: 4/30/2018 11:26:12 AM

	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																
K-8 Breakfast	Total	1200														
Breakfast, French Toast Sticks	4 Piece	900	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	1 Each	900	55	20	225	0.00	1.08	20.0	3	0.0	1	6.0	0.5	4.0	1.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			494	48	572	4.68	3.25	562.9	1049	37.32	*19	19.80	67.85	15.99	4.38	*0.00
% of Calories											*15.1%	16.0%	55.0%	29.1%	8.0%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Wed - 05/16/2018																
K-8 Breakfast	Total	1200														
Breakfast, Pizza	Servings	900	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			394	44	539	3.78	2.19	434.9	852	37.32	*16	17.25	58.98	8.64	3.53	*0.00
% of Calories											*16.5%	17.5%	59.9%	19.7%	8.1%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 7

Generated on: 4/30/2018 11:26:12 AM

	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																
K-8 Breakfast	Total	1200														
Breakfast, Bread Variety	Each	900	273	0	225	3.00	1.49	78.2	302	0.3	*19	5.0	43.5	9.5	2.25	0.00
BIC, Yogurt (4oz. cup)	1 Each	300	100	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	22.0	0.0	0.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			466	33	367	4.52	1.95	493.6	929	37.85	*23	15.00	77.60	10.51	3.72	*0.00
% of Calories											*20.0%	12.9%	66.6%	20.3%	7.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Fri - 05/18/2018																
K-8 Breakfast	Total	1200														
Breakfast, Sandwich/Biscuit	Sandwich	900	326	121	818	2.97	2.72	170.1	292	0.06	5	16.63	25.5	18.6	7.95	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average			481	124	793	4.51	2.88	487.5	922	37.37	*13	22.97	58.60	17.34	7.99	*0.00
% of Calories											*10.9%	19.1%	48.7%	32.4%	15.0%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 8

Generated on: 4/30/2018 11:26:12 AM

	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>Mon - 05/21/2018</b>																
K-8 Breakfast	Total	1200														
BIC, Muffin Blueberry	1 Each	900	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Dairy, String Cheese	1 OZ	400	60	10	210	0.00	0.00	200.0	100	0.0	0	8.0	1.0	2.5	2.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			383	66	336	3.61	1.56	439.9	802	37.32	*20 *21.0%	15.17 15.8%	59.81 62.4%	8.22 19.3%	4.03 9.5%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

<b>Tue - 05/22/2018</b>																
K-8 Breakfast	Total	1200														
Breakfast, French Toast Sticks	4 Piece	900	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	1 Each	900	55	20	225	0.00	1.08	20.0	3	0.0	1	6.0	0.5	4.0	1.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			494	48	572	4.68	3.25	562.9	1049	37.32	*19 *15.1%	19.80 16.0%	67.85 55.0%	15.99 29.1%	4.38 8.0%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

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# St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

## Base Menu Spreadsheet

K-8 Breakfast

### 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)
Wed - 05/23/2018																
K-8 Breakfast	Total	1200														
Breakfast, Pizza	Servings	900	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			394	44	539	3.78	2.19	434.9	852	37.32	*16 *16.5%	17.25 17.5%	58.98 59.9%	8.64 19.7%	3.53 8.1%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

Thu - 05/24/2018																
K-8 Breakfast	Total	1200														
Breakfast, Bread Variety	Each	900	273	0	225	3.00	1.49	78.2	302	0.3	*19	5.0	43.5	9.5	2.25	0.00
BIC, Yogurt (4oz. cup)	1 Each	300	100	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	22.0	0.0	0.00	0.00
Breakfast, Cereal, Oatmeal	1 Cup	100	109	0	10	2.00	0.96	14.6	3	0.0	9	2.51	22.33	1.5	0.25	*0.00
Breakfast, Cereal, Variety	1 each	100	100	0	163	1.80	4.86	96.0	420	6.12	*5	1.4	21.6	1.4	0.10	0.00
BIC, Muffin Blueberry	1 Each	100	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
Breakfast, Basket, Yogurt/Muff	1 EACH	100	290	42	205	2.00	0.96	333.3	100	2.0	*16	6.0	52.67	6.0	2.00	0.00
Egg, Hard Boiled	1 EACH	100	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit, Fresh, Variety	1 each	800	64	0	1	2.44	0.20	23.8	193	35.92	*8	0.85	16.19	0.31	0.05	0.00
Fruit, Juice, 100%	servings	400	60	0	2	0.00	0.00	10.0	0	30.9	*N/A*	1.0	15.25	0.0	0.00	0.00
Dairy, Milk, White 1%	HALF PIN	1200	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	8.0	13.0	1.5	1.50	0.00
Weighted Daily Average % of Calories			466	33	367	4.52	1.95	493.6	929	37.85	*23 *20.0%	15.00 12.9%	77.60 66.6%	10.51 20.3%	3.72 7.2%	*0.00 *0.0%
Nutrient Guideline			400-500		540										<10.00	

Weighted Average			447	58	519	4.24	2.38	486.0	916	37.45	*18 *36.9%	18.05 16.2%	65.62 58.7%	12.07 24.3%	4.61 9.3%	*0.00 *0.0%
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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

K-8 Breakfast

Portion Values - Detailed

Page 10

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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)	
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	447		400 - 500	100%													
Cholesterol (mg)	58																
Sodium 1 (mg)	519		540														
Sodium 2 (mg)	519		485					34	Correction Required - Sodium too High								
Fiber (g)	4.24																
Iron (mg)	2.38																
Calcium (mg)	486.0																
Vitamin A (IU)	916																
Sugars (g)	18	16.41%			Missing												
Vitamin C (mg)	37.45																
Protein (g)	18.05	16.16%															
Carbohydrate (g)	65.62	58.74%															
Total Fat (g)	12.07	24.31%															
Saturated Fat (g)	4.61	9.28%	<10.00%														
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.