

St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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 - 05/01/2018																
K-12 Lunch	Total	1500														
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	1000	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Potatoes, Oven Fry	3/4 cup	750	181	0	271	3.01	0.72	17.4	55	8.37	0	3.01	28.58	6.77	0.75	0.00
Fruit, Oranges	1 EACH	1500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	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
Sandwich, Cheeseburger	1 Sandwic	200	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	100	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Salad Bar w beans	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			691	61	1259	9.45	*4.01	*505.8	2277	*73.44	*21	35.43	87.62	22.08	6.06	*0.00
% of Calories											*12.4%	20.5%	50.7%	28.8%	7.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

Page 2

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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 - 05/02/2018																
K-12 Lunch	Total	1500														
Breakfast, French Toast Sticks	4 Piece	1000	288	0	299	3.20	2.13	250.7	460	0.0	12	6.4	37.33	12.8	2.13	0.00
Breakfast, Sausage Patty	2 Each	1000	110	40	450	0.00	2.16	40.0	5	0.0	1	12.0	1.0	8.0	2.00	0.00
Condiment, Syrup, Pancake	each	1000	*N/A*	*N/A*	24	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	26	*N/A*	34.53	*N/A*	*N/A*	*N/A*
Veg, Veggie Patch	3/4 Cup	750	35	0	38	2.54	0.67	28.6	4875	64.04	3	1.51	7.23	0.2	0.04	0.00
Fruit, Strawberries, Fresh	1/2 cup	1500	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Entree, Cheese Quesadilla	Quesadilla	100	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	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
Entree, Bean Burrito	SERVING	200	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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
Veg, Salad Bar no beans	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			*595	*58	1102	*7.13	*4.40	*616.3	*3982	*70.69	*31	*28.25	91.17	*24.11	*5.83	*0.00
% of Calories											*21.0%	*19.0%	61.3%	*36.5%	*8.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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 - 05/03/2018																
K-12 Lunch	Total	1500														
Entree, Chicken Tenders K-8 gr	3 Pieces	1000	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	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	3/4 cup	750	104	0	144	1.80	0.35	20.3	3	36.65	1	2.36	22.23	1.09	0.29	0.00
Condiment, Country Gravy	2 oz	750	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Grapes, Fresh	0.5 Cup	1500	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Salad, Chef K-8	salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*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, Spicy Chick on Bun	serving	100	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	200	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Condiment, Sandwich	servings	400	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Salad Bar w beans	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			766	50	1564	7.90	*4.12	*416.9	2305	38.02	*13	36.21	104.90	20.70	4.19	*0.00
% of Calories											*6.6%	18.9%	54.8%	24.3%	4.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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 - 05/04/2018																
K-12 Lunch	Total	1500														
Entree, Mini Tacos	2 EACH	1000	334	55	530	2.71	3.40	72.7	483	6.88	*0	24.29	42.87	9.6	1.83	0.00
Condiment, Mexican	1 OZ	700	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Condiment, Shredded cheese	1 oz	700	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	750	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	1500	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	100	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	100	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	300	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Salad Bar no beans	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			765	63	1531	14.31	5.03	635.2	2033	161.61	*5	40.24	107.95	20.41	5.92	*0.00
% of Calories											*2.5%	21.0%	56.4%	24.0%	7.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

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Mon - 05/07/2018																
K-12 Lunch	Total	1500														
Entree, Bosco Stick	2 Sticks	1000	282	30	422	2.01	2.17	402.3	402	0.0	2	18.1	30.17	10.06	5.03	0.00
Condiment, Marinara (AM)	2 oz	1000	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Veg, Broccoli Blanched	3/4 cup	750	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	1500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Taco	salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Grilled Cheese	Sandwich	100	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	300	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	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	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg, Salad Bar w beans	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			624	42	1037	9.74	3.62	702.3	2322	38.81	*21	31.19	86.37	17.22	6.37	*0.00
% of Calories											*13.6%	20.0%	55.4%	24.8%	9.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Portion Values - Detailed

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Tue - 05/08/2018																
K-12 Lunch	Total	1500														
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	3/4 cup	750	32	0	71	2.63	0.81	29.0	12510	2.36	4	0.58	7.48	0.12	0.02	0.00
Fruit, Tropical Mix	1/2 cup	1500	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Entree, 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
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
Sandwich, Cheeseburger	1 Sandwic	200	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	100	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Salad Bar w beans	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablesp	100	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	200	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	1300	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			712	77	1231	7.39	*3.00	*432.1	*8246	*45.94	*15	33.68	108.01	14.59	4.00	*0.00
% of Calories											*8.2%	18.9%	60.6%	18.4%	5.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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 - 05/09/2018																
K-12 Lunch	Total	1500														
Sandwich, Chicken Filet/ Bun	1 EACH	1000	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg, Potatoes, Westview Wedge	3/4 Cup	750	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	1500	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Entree, Cheese Quesadilla	Quesadilla	100	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	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
Entree, Bean Burrito	SERVING	200	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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
Veg, Salad Bar no beans	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			688	48	1208	9.32	3.61	489.9	1322	43.98	*6	32.17	80.43	25.58	4.97	*0.00
% of Calories											*3.7%	18.7%	46.8%	33.5%	6.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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																
K-12 Lunch	Total	1500														
Entree, Crispito, K-8	1 Each	1000	380	50	550	3.00	1.80	240.0	1050	0.0	1	19.0	24.01	23.0	8.00	0.00
Condiment, Green Chili	1/4 Cup	1000	21	0	308	1.03	0.00	20.5	103	3.69	2	1.03	4.1	0.0	0.00	0.00
Condiment, Mexican	1 OZ	1000	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Veg, Mexican Pintos	3/4 cup	750	176	0	646	10.01	2.13	59.3	308	4.04	*4	8.47	33.72	0.1	0.01	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	1/2 cup	1500	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, Chef K-8	salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*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, Spicy Chick on Bun	serving	100	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	200	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Condiment, Sandwich	servings	400	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Salad Bar w beans	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			839	55	1847	16.40	*4.53	*644.9	3317	161.19	*10	38.43	106.71	28.31	7.70	*0.00
% of Calories											*4.9%	18.3%	50.9%	30.4%	8.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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																
K-12 Lunch	Total	1500														
Entree, Pizza,Cheese, K-8	Servings	500	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	500	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	750	24	0	213	3.04	0.00	0.0	8	0.0	2	1.52	4.56	0.0	0.00	0.00
Fruit, Oranges	1 EACH	1500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Entree, Egg Protein Box	Servings	100	307	373	322	4.82	2.72	160.2	5540	3.01	5	17.24	31.75	11.77	3.29	*0.00
Salad, Italian Deli, 6-8	1 Each	100	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	300	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Salad Bar no beans	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			595	63	1196	8.87	1.73	698.4	2112	67.44	*17 *11.8%	29.09 19.6%	74.37 50.0%	18.87 28.6%	7.12 10.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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 - 05/14/2018																
K-12 Lunch	Total	1500														
Entree, Macaroni and Cheese	6 oz	1000	290	40	550	2.00	1.44	400.0	400	1.2	6	17.0	28.0	12.0	8.00	0.00
Bread, Dinner Roll (Dough)	Roll	1000	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Veg, Broccoli Blanched	3/4 cup	750	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	1500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Taco	salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Grilled Cheese	Sandwich	100	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	300	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	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	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg, Salad Bar w beans	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			717	48	1139	10.09	3.86	690.5	2205	38.13	*25	33.14	99.67	18.53	8.36	*0.00
% of Calories											*13.9%	18.5%	55.6%	23.3%	10.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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 - 05/15/2018																
K-12 Lunch	Total	1500														
Entree, Turkey Corn Dog, Mini	Servings	1000	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	800	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	1000	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	750	216	0	233	6.65	1.08	51.2	1796	0.76	13	1.66	34.89	13.29	1.66	0.00
Fruit, Oranges	1 EACH	1500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	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
Sandwich, Cheeseburger	1 Sandwic	200	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	100	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Salad Bar w beans	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablesp	100	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	200	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	1300	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			734	55	1631	11.19	*4.02	*604.6	3097	*65.49	*32	31.77	102.39	23.65	6.88	*0.00
% of Calories											*17.6%	17.3%	55.8%	29.0%	8.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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 - 05/16/2018																
K-12 Lunch	Total	1500														
Entree, Nacho Supreme	1 EACH	1000	477	55	865	2.27	1.27	262.8	294	0.61	0	18.34	40.7	27.07	13.20	0.00
Veg, Beans, Refried	3/4 cup	750	201	0	719	11.18	2.69	66.2	1	1.11	0	11.18	33.53	1.68	0.56	0.00
Fruit, Kiwi	1/2 cup	1500	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, Cheese Quesadilla	Quesadilla	100	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	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
Entree, Bean Burrito	SERVING	200	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	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
Veg, Salad Bar no beans	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			808	68	1508	14.15	3.66	660.1	1553	151.56	*2 *0.8%	34.42 17.0%	101.43 50.2%	29.75 33.1%	12.13 13.5%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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																
K-12 Lunch	Total	1500														
Entree, Beef, Breaded Tender	Servings	1000	302	35	493	2.01	2.72	40.3	0	0.0	2	15.1	19.13	18.12	4.53	0.00
Condiment, Ketchup	1 OZ	500	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Bread, Dinner Roll (Dough)	Roll	1000	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Veg, Potatoes, Mashed	3/4 cup	750	104	0	144	1.80	0.35	20.3	3	36.65	1	2.36	22.23	1.09	0.29	0.00
Condiment, Country Gravy	2 oz	750	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Fruit, Tropical Mix	1/2 cup	1500	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Salad, Chef K-8	salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*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, Spicy Chick on Bun	serving	100	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	200	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Condiment, Sandwich	servings	400	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, PBJ Basket	1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Salad Bar w beans	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			848	46	1553	8.28	*4.55	*431.7	2153	61.50	*12	33.13	115.90	24.91	5.85	*0.00
% of Calories											*5.9%	15.6%	54.7%	26.4%	6.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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)
Fri - 05/18/2018																
K-12 Lunch	Total	1500														
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	1/2 cup	1500	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Entree, Egg Protein Box	Servings	100	307	373	322	4.82	2.72	160.2	5540	3.01	5	17.24	31.75	11.77	3.29	*0.00
Salad, Italian Deli, 6-8	1 Each	100	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	300	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Salad Bar no beans	3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			304	37	621	3.47	1.15	396.2	1706	42.43	*7	13.45	42.42	8.00	1.80	*0.00
% of Calories											*8.7%	17.7%	55.9%	23.7%	5.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 05/21/2018																
K-12 Lunch	Total	1500														
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, Apples, Fresh	1 each	1500	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Salad, Taco	salad	100	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Sandwich, Grilled Cheese	Sandwich	100	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Bread, Goldfish Cracker	Package	300	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Sandwich, Spicy Chick on Bun	serving	200	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	100	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Veg, Salad Bar w beans	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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

K-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)
Weighted Daily Average % of Calories			410	21	592	6.98	1.81	417.0	1817	18.95	*18 *17.2%	18.02 17.6%	61.66 60.2%	10.19 22.4%	2.69 5.9%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 05/22/2018																
K-12 Lunch	Total	1500														
Manager's Choice	1000 serving	1000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00
Fruit, Oranges	1 EACH	1500	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Entree, Parfait Fruit & Yogurt	1 EACH	100	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	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
Sandwich, Cheeseburger	1 Sandwic	200	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	100	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	300	37	0	350	0.99	0.16	11.7	323	7.71	*6	0.67	8.84	0.09	0.02	0.00
Veg, Salad Bar w beans	3/4 cup	500	79	0	168	3.91	1.51	49.6	2942	27.19	*2	3.71	14.05	1.32	0.07	*0.00
Condiment, Ranch, low fat	1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	100	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	200	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	1300	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			363	24	607	5.28	*1.62	*449.3	2034	*64.12	*16 *17.3%	18.14 20.0%	52.10 57.5%	8.63 21.4%	2.33 5.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-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 - 05/23/2018																
K-12 Lunch	Total	1500														
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	1500 1/2 cup	1500	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Entree, Cheese Quesadilla	100 Quesadilla	100	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Salad, Chicken Caesar	100 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
Entree, Bean Burrito	200 SERVING	200	413	25	737	9.98	2.65	264.5	298	0.79	*0	18.92	50.94	15.11	7.35	0.00
Sandwich, Egg Salad	100 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	100 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
Veg, Salad Bar no beans	500 3/4 cup	500	26	0	103	1.36	0.45	22.8	1588	24.24	*2	0.84	5.05	0.44	0.06	0.00
Condiment, Ranch, low fat	500 1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	100 2 Tablespoons	100	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%	200 HALF PIN	200	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	1300 Carton	1300	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			313	31	567	3.73	1.20	408.2	1234	38.66	*4 *4.8%	15.22 19.5%	38.98 49.9%	10.15 29.2%	3.06 8.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 05/24/2018																
K-12 Lunch	Total	1500														
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, Tropical Mix	1500 1/2 cup	1500	96	0	0	1.07	0.00	0.0	0	28.92	*N/A*	0.0	23.56	0.0	0.00	0.00
Salad, Chef K-8	100 salad	100	238	47	704	3.98	2.09	231.8	3242	13.48	*4	22.7	23.22	7.2	3.05	*0.00
Salad, Chicken Mandarin	100 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, Spicy Chick on Bun	100 serving	100	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	200 1 EACH	200	400	25	710	6.00	2.88	100.0	100	0.0	4	23.0	39.0	17.0	2.50	0.00
Condiment, Sandwich	400 servings	400	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Entree, PBJ Basket	100 1 Each	100	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Salad Bar w beans	500 3/4 cup	500	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	500 1 OZ	500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	100 2 Tablespoons	100	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%	200 HALF PIN	200	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	1300 Carton	1300	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

K-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)
Weighted Daily Average			462	22	728	4.70	*1.61	*384.1	2096	42.51	*5	18.55	67.36	11.96	2.36	*0.00
% of Calories											*4.3%	16.1%	58.3%	23.3%	4.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			*624	*48	1162	*8.80	*3.20	*532.4	*2545	*68.03	*14	*28.92	84.97	*18.76	*5.42	*0.00
											*20.8%	*18.5%	54.5%	*27.0%	*7.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	624		600 - 650	100%	Missing			
Cholesterol (mg)	48				Missing			
Sodium 1 (mg)	1162		1230					
Sodium 2 (mg)	1162		935				227	Correction Required - Sodium too High
Fiber (g)	8.80				Missing			
Iron (mg)	3.20				Missing			
Calcium (mg)	532.4				Missing			
Vitamin A (IU)	2545				Missing			
Sugars (g)	14	9.25%			Missing			
Vitamin C (mg)	68.03				Missing			
Protein (g)	28.92	18.53%			Missing			
Carbohydrate (g)	84.97	54.45%						
Total Fat (g)	18.76	27.05%			Missing			
Saturated Fat (g)	5.42	7.82%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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