

St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain K-5 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 K-5 Lunch	Total	6000														
Sandwich, Hamburger	1 Hamburger	5500	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	5500	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	3000	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	6000	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	500	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			673	61	1174	8.95	3.79	491.6	1798	71.21	*22 *13.0%	34.27 20.4%	85.52 50.8%	21.56 28.8%	5.98 8.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/02/2018																
St Vrain K-5 Lunch	Total	6000														
Breakfast, French Toast Sticks	4 Piece	5500	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	5500	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	5500	*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	3000	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	6000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Entree, Cheese Quesadilla	Quesadilla	500	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			*600	*50	1088	*6.32	*4.92	*649.9	*4183	*68.37	*40 *26.9%	*28.61 *19.1%	99.33 66.2%	*24.92 *37.4%	*5.68 *8.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain K-5 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																
St Vrain K-5 Lunch	Total	6000														
Entree, Chicken Tenders K-8 gr	3 Pieces	5500	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	2500	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	2500	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	5500	160	0	260	2.00	1.44	0.0	0	0.0	5	5.0	27.0	0.5	0.50	0.00
Fruit, Grapes,Fresh	0.5 Cup	6000	58	0	2	0.77	0.25	12.0	86	3.44	*N/A*	0.54	14.74	0.3	0.10	0.00
Veg, Potatoes, Mashed	3/4 cup	3000	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	3000	29	0	323	0.00	0.00	21.3	0	0.0	*0	0.0	7.8	0.0	0.00	0.00
Entree, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			693	50	1382	6.39	*3.70	*368.5	1496	33.45	*11 *6.5%	33.68 19.4%	97.00 56.0%	16.57 21.5%	3.66 4.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/04/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Mini Tacos	2 EACH	5500	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	5000	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	5000	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	3000	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	6000	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	1000	353	30	637	3.67	0.88	407.1	280	1.02	4	19.44	31.2	15.72	7.72	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain K-5 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			833	86	1581	14.29	5.66	719.2	2286	159.30	*2	48.13	109.26	24.46	8.36	*0.00
% of Calories											*1.0%	23.1%	52.5%	26.4%	9.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/07/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Bosco Stick	2 Sticks	2500	282	30	422	2.01	2.17	402.3	402	0.0	2	18.1	30.17	10.06	5.03	0.00
Condiment, Marinara (AM)	2 oz	2500	29	0	234	1.46	0.35	15.4	174	2.21	3	0.97	4.88	0.49	0.49	0.00
Veg, Broccoli Blanched	3/4 cup	2000	14	0	14	0.90	0.25	13.8	241	36.78	0	0.9	2.69	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	6000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Grilled Cheese	Sandwich	500	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Soup, Campbells Tomato Soup	4 oz	500	51	0	275	0.57	0.00	1.9	227	3.41	7	1.14	11.36	0.0	0.00	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			409	25	672	6.52	1.82	555.8	1714	28.78	*19	19.41	61.99	9.32	3.75	*0.00
% of Calories											*18.7%	19.0%	60.7%	20.5%	8.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain K-5 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 - 05/08/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Teriyaki Chicken	1/4 cup	5000	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	5000	214	0	459	2.04	*N/A*	*N/A*	*N/A*	3	5.1	42.85	2.04	0.51	0.00	0.00
Side, Egg roll, small	1 Each	5000	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	5000	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	3000	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	6000	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	500	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			676	77	1099	6.41	*2.29	*401.6	*7730	*42.48	*14 *8.4%	30.64 18.1%	107.92 63.9%	11.80 15.7%	3.08 4.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 05/09/2018																
St Vrain K-5 Lunch	Total	6000														
Sandwich, Chicken Filet/ Bun	1 EACH	5000	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	3000	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	6000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Entree, Cheese Quesadilla	Quesadilla	500	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			659	34	1120	8.71	3.54	467.5	1423	41.67	*6 *3.9%	31.77 19.3%	76.87 46.6%	24.02 32.8%	4.19 5.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Base Menu Spreadsheet

St Vrain K-5 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)
Thu - 05/10/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Crispito, K-8	1 Each	5500	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	5500	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	5500	14	0	188	0.43	0.25	8.6	199	4.79	*1	0.43	2.57	0.0	0.00	0.00
Veg, Beans, Refried	1/2 cup	3000	134	0	479	7.45	1.80	44.1	1	0.74	0	7.45	22.35	1.12	0.37	0.00
Rice, Spanish	1/2 cup	5500	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	6000	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, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			754	57	1681	13.95	*3.67	*656.4	2675	156.42	*6 *3.1%	34.64 18.4%	91.04 48.3%	27.52 32.8%	8.74 10.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/11/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Pizza,Cheese, K-8	Servings	2750	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	2750	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	3000	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	6000	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	1000	307	373	322	4.82	2.72	160.2	5540	3.01	5	17.24	31.75	11.77	3.29	*0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain K-5 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			622	107	1123	9.08	1.86	764.8	2659	62.59	*16	33.32	71.98	20.91	8.82	*0.00
% of Calories											*10.3%	21.4%	46.3%	30.3%	12.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/14/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Macaroni and Cheese	6 oz	5500	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	5500	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	3000	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	6000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Grilled Cheese	Sandwich	500	280	32	580	3.00	1.64	466.0	524	0.0	6	18.56	30.97	9.91	5.56	0.00
Soup, Campbells Tomato Soup	4 oz	500	51	0	275	0.57	0.00	1.9	227	3.41	7	1.14	11.36	0.0	0.00	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			694	49	1144	8.89	3.45	750.7	1881	35.09	*27	31.78	98.25	16.39	9.24	*0.00
% of Calories											*15.5%	18.3%	56.6%	21.2%	12.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain K-5 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 - 05/15/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Turkey Corn Dog, Mini	Servings	5500	260	31	825	3.06	2.20	30.6	0	0.0	9	12.22	33.61	7.64	2.29	0.00
Condiment, Hot Dog	1 OZ	5500	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	3000	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	6000	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	500	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			617	38	1486	9.91	3.20	470.7	2449	61.25	*32 *20.8%	23.10 15.0%	94.11 61.0%	17.98 26.2%	3.93 5.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 05/16/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Nacho Supreme	1 EACH	5500	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	3000	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	6000	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	500	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			833	64	1517	13.11	3.43	686.8	1712	149.39	*1 *0.4%	34.77 16.7%	101.54 48.8%	32.12 34.7%	14.24 15.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain K-5 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 - 05/17/2018																
St Vrain K-5 Lunch	Total	6000														
Entree, Beef, Breaded Tender	Servings	5500	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	5500	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	5500	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	3000	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	3000	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	6000	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, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			810	43	1517	6.80	*4.38	*393.4	1410	57.43	*14 *7.1%	29.65 14.6%	113.37 56.0%	22.48 25.0%	5.98 6.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 05/18/2018																
St Vrain K-5 Lunch	Total	6000														
Manager's Choice	servings	5500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Strawberries, Fresh	1/2 cup	6000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Entree, Pizza,Cheese, K-8	Servings	1000	353	30	637	3.67	0.88	407.1	280	1.02	4	19.44	31.2	15.72	7.72	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			245	15	425	2.54	0.72	402.0	1304	36.52	*4 *5.9%	12.69 20.7%	31.67 51.6%	6.62 24.3%	2.24 8.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain K-5 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 - 05/21/2018																
St Vrain K-5 Lunch	Total	6000														
Manager's Choice	1 serving	5500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Apples, Fresh	1 each	6000	76	0	5	3.50	0.18	11.6	79	6.96	15	0.39	20.15	0.25	0.04	0.00
Sandwich, Grilled Cheese	Sandwich	500	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	500	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			279	13	386	4.81	0.72	378.7	1374	15.31	*16	11.32	46.71	5.22	1.53	*0.00
% of Calories											*23.3%	16.2%	67.0%	16.9%	4.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 05/22/2018																
St Vrain K-5 Lunch	Total	6000														
Manager's Choice	1 serving	5500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Oranges	1 EACH	6000	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	500	470	5	109	6.08	2.00	626.7	79	6.28	*52	12.37	95.38	4.39	0.53	0.00
Veg, Salad Bar w beans	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			256	10	327	3.79	0.64	417.1	1474	59.95	*14	11.07	42.04	4.33	1.00	*0.00
% of Calories											*21.8%	17.3%	65.8%	15.3%	3.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain K-5 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																
St Vrain K-5 Lunch	Total	6000														
Manager's Choice	1/2 cup	5500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Strawberries, Fresh	1/2 cup	6000	15	0	0	0.95	0.20	7.6	6	27.99	2	0.32	3.66	0.14	0.01	0.00
Entree, Cheese Quesadilla	Quesadilla	500	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			218	14	361	2.12	0.65	369.2	1320	36.35	*3 *5.6%	10.98 20.2%	28.92 53.1%	5.75 23.8%	1.87 7.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 05/24/2018																
St Vrain K-5 Lunch	Total	6000														
Manager's Choice	1/2 cup	5500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Tropical Mix	1/2 cup	6000	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, PBJ Basket	1 Each	250	505	15	725	4.23	*0.36	*220.0	100	0.0	14	21.77	49.46	24.31	6.77	0.00
Veg, Salad Bar w beans	3/4 cup	1500	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	2500	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	500	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	1500	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	4500	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			289	11	349	2.23	*0.39	*335.7	1256	37.27	*1 *1.7%	10.04 13.9%	48.43 67.1%	4.87 15.2%	1.22 3.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			*564	*45	1024	*7.49	*2.71	*515.5	*2230	*64.05	*14 *22.1%	*26.10 *18.5%	78.11 55.4%	*16.49 *26.3%	*5.20 *8.3%	*0.00 *0.0%
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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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

St Vrain K-5 Lunch

Portion Values - Detailed

Nutrient	Menu AVG	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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	564		550 - 650	100%	Missing													
Cholesterol (mg)	45				Missing													
Sodium 1 (mg)	1024		1230						89	Correction Required - Sodium too High								
Sodium 2 (mg)	1024		935															
Fiber (g)	7.49				Missing													
Iron (mg)	2.71				Missing													
Calcium (mg)	515.5				Missing													
Vitamin A (IU)	2230				Missing													
Sugars (g)	14	9.82%			Missing													
Vitamin C (mg)	64.05				Missing													
Protein (g)	26.10	18.50%			Missing													
Carbohydrate (g)	78.11	55.37%																
Total Fat (g)	16.49	26.30%			Missing													
Saturated Fat (g)	5.20	8.29%	<10.00%		Missing													
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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