

St. Vrain Valley School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

K-8 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 - 05/01/2018																
K-8 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	250	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	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			753	56	1355	10.62	*4.27	*577.0	3042	*78.01	*26 *13.9%	34.80 18.5%	98.20 52.2%	24.25 29.0%	6.06 7.2%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 05/02/2018																
K-8 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	50	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Sandwich, Spicy Chick on Bun	servings	300	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Salad, Chicken Caesar	1 EACH	150	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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

* - 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

K-8 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			*661	*49	1225	*8.45	*5.40	*614.3	*4896	*76.65	*32 *19.6%	*31.24 *18.9%	96.45 58.3%	*27.60 *37.6%	*5.57 *7.6%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 05/03/2018																
K-8 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, Chicken Mandarin	salad	50	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			663	41	1322	6.79	*3.45	*394.2	2378	40.58	*11 *6.7%	29.95 18.1%	94.46 57.0%	16.63 22.6%	3.51 4.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Base Menu Spreadsheet

K-8 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)
Fri - 05/04/2018																
K-8 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	150	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	150	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	200	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			827	72	1612	15.52	5.67	665.2	3009	165.39	*3	44.10	107.86	25.82	7.08	*0.00
% of Calories											*1.6%	21.3%	52.2%	28.1%	7.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 05/07/2018																
K-8 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
Sandwich, Grilled Cheese	Sandwich	250	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	250	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Veg, Salad Bar w beans	3/4 cup	750	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	750	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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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K-8 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)
Weighted Daily Average			670	49	1138	10.32	3.71	780.8	3136	45.68	*22	32.03	89.96	20.61	8.13	*0.00
% of Calories											*13.3%	19.1%	53.7%	27.7%	10.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 05/08/2018																
K-8 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	250	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	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			774	72	1327	8.56	*3.27	*503.2	*9011	*50.51	*19	33.05	118.59	16.76	4.00	*0.00
% of Calories											*9.9%	17.1%	61.3%	19.5%	4.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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-8 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	50	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Sandwich, Spicy Chick on Bun	servings	300	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Salad, Chicken Caesar	1 EACH	150	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			754	39	1332	10.64	4.61	487.9	2236	49.95	*8	35.16	85.70	29.07	4.70	*0.00
% of Calories											*4.0%	18.7%	45.5%	34.7%	5.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 05/10/2018																
K-8 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, 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
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, Chicken Mandarin	salad	50	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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-8 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			748	46	1641	15.88	*4.13	*625.6	3235	162.28	*7	33.52	96.17	25.03	7.29	*0.00
% of Calories											*3.6%	17.9%	51.4%	30.1%	8.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/11/2018																
K-8 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	150	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	150	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	200	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			655	84	1266	10.12	2.43	720.1	3263	71.29	*16	32.88	74.30	24.15	8.14	*0.00
% of Calories											*9.8%	20.1%	45.4%	33.2%	11.2%	*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-8 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/14/2018																
K-8 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
Sandwich, Grilled Cheese	Sandwich	250	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	250	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00
Veg, Salad Bar w beans	3/4 cup	750	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	750	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			763	55	1241	10.67	3.95	768.9	3018	45.01	*26 *13.6%	33.98 17.8%	103.26 54.2%	21.91 25.9%	10.12 11.9%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 05/15/2018																
K-8 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 Potato Lattice	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	250	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	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			796	50	1727	12.36	*4.28	*675.8	3862	*70.06	*37 *18.6%	31.14 15.7%	112.97 56.8%	25.82 29.2%	6.88 7.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 05/16/2018																
K-8 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	50	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Sandwich, Spicy Chick on Bun	servings	300	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Salad, Chicken Caesar	1 EACH	150	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			874	58	1631	15.46	4.66	658.2	2468	157.52	*3 *1.2%	37.41 17.1%	106.71 48.8%	33.23 34.2%	11.86 12.2%	*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-8 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																
K-8 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, Chicken Mandarin	salad	50	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*0.00
Entree, PB&J 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	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			745	36	1311	7.17	*3.88	*409.0	2225	64.06	*11 *5.8%	26.87 14.4%	105.47 56.7%	20.85 25.2%	5.18 6.3%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/18/2018																
K-8 Lunch	Total	1500														
Manager's Choice	serving	1000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, 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, Pizza,Cheese, K-8	Servings	150	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	150	503	58	1158	5.28	2.46	372.6	2975	29.44	*5	21.11	29.88	33.05	9.15	*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	200	66	9	368	0.01	0.00	0.2	19	0.02	*0	0.01	1.92	6.61	0.94	0.00
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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-8 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)
Weighted Daily Average % of Calories			369	24	723	4.60	1.67	442.6	2331	46.08	*5 *5.5%	17.46 18.9%	42.29 45.9%	13.67 33.4%	3.26 7.9%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Mon - 05/21/2018																	
K-8 Lunch	Total	1500															
Manager's Choice	1 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	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	
Sandwich, Grilled Cheese	Sandwich	250	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	250	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00	
Salad, Taco	salad	250	624	66	840	8.62	3.82	335.7	2846	22.78	*8	28.71	61.42	30.13	12.73	*0.00	
Veg, Salad Bar w beans	3/4 cup	750	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	750	40	5	148	0.00	0.00	18.7	39	0.15	*0	0.5	1.76	3.4	0.57	0.00	
Condiment, Italian Dressing	2 Tablespoons	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00	
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			456	29	694	7.56	1.90	495.4	2631	25.82	*19 *16.4%	18.87 16.6%	65.25 57.3%	13.58 26.8%	4.45 8.8%	*0.00 *0.0%	
Nutrient Guideline			600-650		1230											<10.00	

Tue - 05/22/2018																	
K-8 Lunch	Total	1500															
Manager's Choice	1 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	250	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	250	570	44	1711	7.06	*4.18	*203.7	3515	*9.16	*9	27.17	50.57	26.69	6.76	*0.00	
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00	
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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-8 Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			424	19	703	6.45	*1.88	*520.5	2799	*68.69	*20	17.51	62.68	10.80	2.33	*0.00
% of Calories											*19.2%	16.5%	59.1%	22.9%	4.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 05/23/2018																
K-8 Lunch	Total	1500														
Manager's Choice	1000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.00
Fruit, 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	50	374	43	504	2.31	0.93	420.2	748	0.0	*0	18.33	29.45	21.06	11.02	0.00
Sandwich, Spicy Chick on Bun	servings	300	412	25	714	6.03	3.80	100.4	101	0.0	4	22.14	40.15	17.14	3.03	0.00
Salad, Chicken Caesar	1 EACH	150	627	47	1318	8.54	4.59	208.4	1139	15.98	*4	28.33	45.14	38.56	7.07	*0.00
Veg, Salad Bar w beans	3/4 cup	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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			379	22	691	5.04	2.20	406.2	2149	44.63	*5	18.21	44.26	13.63	2.79	*0.00
% of Calories											*5.1%	19.2%	46.7%	32.4%	6.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 05/24/2018																
K-8 Lunch	Total	1500														
Manager's Choice	1000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.00
Fruit, 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, Chicken Mandarin	salad	50	685	25	1146	8.62	4.49	91.3	5316	33.23	*33	24.54	89.65	22.86	3.77	*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	750	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	250	208	19	567	0.00	0.00	75.6	0	0.0	2	0.0	3.78	20.79	3.78	0.00
Dairy, Milk, White 1%	HALF PIN	250	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	1250	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-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			359	13	486	3.60	*0.93	*361.4	2168	45.07	*3	12.29	56.92	7.89	1.68	*0.00
% of Calories											*3.8%	13.7%	63.5%	19.8%	4.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			*648	*45	1190	*9.43	*3.46	*561.5	*3214	*72.63	*15	*28.92	86.75	*20.63	*5.72	*0.00
											*21.1%	*17.8%	53.5%	*28.6%	*7.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	648		600 - 650	100%	Missing			
Cholesterol (mg)	45				Missing			
Sodium 1 (mg)	1190		1230					
Sodium 2 (mg)	1190		935				255	Correction Required - Sodium too High
Fiber (g)	9.43				Missing			
Iron (mg)	3.46				Missing			
Calcium (mg)	561.5				Missing			
Vitamin A (IU)	3214				Missing			
Sugars (g)	15	9.37%			Missing			
Vitamin C (mg)	72.63				Missing			
Protein (g)	28.92	17.84%			Missing			
Carbohydrate (g)	86.75	53.53%						
Total Fat (g)	20.63	28.64%						
Saturated Fat (g)	5.72	7.95%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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