

Boulder Valley School District

Lunch 4-12

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Tue - 08/19/2008														
Lunch 4-12	Total													
Pizza, Brunos, Cheese	slice	390	25	890	3.00	2.70	400.00	500	0.00	22.00	53.00	10.00	4.50	0.00
Pizza, Brunos, Pepperoni	slice	410	30	940	3.00	2.70	400.00	500	0.00	23.00	53.00	11.00	4.50	0.00
Carrot Coins, Glazed	1/2 cup	66	0	76	2.04	0.37	27.55	7076	1.55	0.51	9.78	3.05	0.57	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
Turnovers:comm cutie pie assor	1 Each	307	0	350	2.16	1.58	23.40	794	1.80	4.08	52.17	9.20	2.14	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		947	38	1524	8.20	5.02	755.38	8901	11.09	35.64	143.85	25.63	8.73	*0.00
% of Calories										15.1%	60.8%	24.4%	8.3%	0.0%

Wed - 08/20/2008														
Lunch 4-12	Total													
NACHOS GRANDE: 4-12 may 08	1 each	397	41	516	2.44	1.81	226.62	569	2.72	14.29	30.42	24.45	9.72	*0.00
Refried Beans, canned	1/2 cup	127	10	766	6.94	2.17	45.81	0	7.87	7.17	21.47	1.66	0.62	*0.00
SALAD,TOSSED w/spinach	1 CUP	20	0	40	1.79	1.06	44.42	4752	15.53	1.41	4.05	0.20	0.03	*0.00
JUICE BAR	1 Each	70	0	7	0.00	0.23	4.00	0	60.00	0.04	17.00	0.07	0.00	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Salsa, Mesa Grande	1.5 Tbsp	5	0	202	0.00	0.00	0.00	0	0.00	0.00	1.35	0.00	0.00	*0.00
DRESSINGS,COMBINATION OF	1.5 oz	133	11	311	0.00	0.00	0.00	0	0.00	0.00	4.56	11.58	1.90	*0.00
Weighted Daily Average		900	72	2009	11.59	5.57	620.85	5821	88.87	30.91	102.75	40.46	13.76	*0.00
% of Calories										13.7%	45.7%	40.5%	13.8%	0.0%

Thu - 08/21/2008														
Lunch 4-12	Total													
TURK HAM&CHEESE SAND:4-12 5/	Sandwich	321	47	1322	1.01	3.90	142.89	154	0.00	23.10	38.12	8.17	3.06	*0.00
Goldfish Crackers	package	130	10	180	0.00	0.00	20.00	0	0.00	3.00	18.00	5.00	1.50	*0.00
BROCCOLI SALAD	1/2 CUP	154	7	172	1.99	0.82	29.00	503	30.30	1.76	31.05	3.67	0.61	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		772	72	1841	4.00	5.09	496.32	1188	38.03	36.11	116.08	19.41	6.68	*0.00
% of Calories										18.7%	60.1%	22.6%	7.8%	0.0%

Fri - 08/22/2008														
Lunch 4-12	Total													
Chicken Nugget Honey BBQ	5 Each	212	66	398	0.00	1.50	43.00	0	0.00	13.00	7.80	14.30	3.70	*0.00
Oven Fries: 6-A	9-10 fries	139	0	280	2.45	0.36	0.00	0	1.14	1.89	17.40	6.96	1.72	*0.00
Biscuit, Bridgford 6185, 2.25	1 each	180	0	620	1.00	1.80	200.00	0	0.00	4.00	28.00	6.00	3.00	0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
KETCHUP	1.5 oz	51	0	510	0.00	0.00	0.00	0	0.00	0.00	11.34	0.00	0.00	*0.00
Weighted Daily Average		750	75	1975	4.45	4.02	547.44	531	8.87	27.14	93.44	29.84	9.94	*0.00
% of Calories										14.5%	49.8%	35.8%	11.9%	0.0%

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	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Mon - 08/25/2008														
Lunch 4-12	Total													
Hot Pocket Pepperoni Pizza	1 each	320	10	600	4.00	3.60	350.00	500	0.00	16.00	42.00	10.00	3.00	*0.00
Peas, Green	1/2 cup	49	0	228	2.93	2.27	55.75	1239	20.79	3.31	8.52	0.36	0.07	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
Applesauce Cups Variety	1 Each	105	0	19	1.25	0.00	15.00	0	0.90	0.00	24.75	0.00	0.00	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		642	19	1014	9.17	6.24	725.19	2270	29.42	27.55	104.18	12.93	4.59	*0.00
% of Calories										17.2%	64.9%	18.1%	6.4%	0.0%

Tue - 08/26/2008														
Lunch 4-12	Total													
Burrito, Phil's Bean & Cheese	1 each	380	10	710	6.00	3.60	200.00	*0	4.80	13.00	58.00	10.00	3.50	0.00
MEXICALI CORN	1/2 CUP	84	0	264	1.80	0.82	8.00	408	15.60	2.19	15.44	2.66	0.50	*0.00
VEG. RELISH:CARROTS/CELERY	1/2 CUP	15	0	41	1.20	0.14	20.23	4567	2.45	0.44	3.38	0.11	0.02	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Salsa, Mesa Grande	1.5 Tbsp	5	0	202	0.00	0.00	0.00	0	0.00	0.00	1.35	0.00	0.00	*0.00
DRESSING, RED.CAL BUTTERMILK	1.5 TBSP	53	11	112	0.00	0.00	0.00	0	0.00	0.00	0.00	5.25	0.00	*0.00
Weighted Daily Average		704	30	1498	9.99	4.92	532.67	*5506	30.58	23.88	107.07	20.59	5.54	*0.00
% of Calories										13.6%	60.8%	26.3%	7.1%	0.0%

Wed - 08/27/2008														
Lunch 4-12	Total													
CHEESEBURGER ON ROLL	SERVING	301	46	658	2.65	2.63	193.33	180	0.00	23.56	24.62	12.02	4.85	*0.00
Oven Fries: 6-A	9-10 fries	139	0	280	2.45	0.36	0.00	0	1.14	1.89	17.40	6.96	1.72	*0.00
LETTUCE AND TOMATO	1/2 CUP	10	0	10	0.76	0.34	13.91	2491	9.28	0.68	2.03	0.11	0.02	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
KETCHUP	1.5 oz	51	0	510	0.00	0.00	0.00	0	0.00	0.00	11.34	0.00	0.00	*0.00
Weighted Daily Average		669	55	1625	6.85	3.69	511.68	3203	18.15	34.37	84.29	21.66	8.11	*0.00
% of Calories										20.6%	50.4%	29.2%	10.9%	0.0%

Thu - 08/28/2008														
Lunch 4-12	Total													
Pancakes, Mini	2 each	296	0	514	1.98	5.33	79.03	0	0.00	5.93	41.49	9.88	1.98	*0.00
CHEESY EGGS update 05/08	1/4 cup	122	282	201	0.00	0.02	57.32	111	0.00	9.10	1.47	8.40	1.14	*0.00
POTATO ROUNDS	1/2 cup	130	0	307	1.26	0.30	0.00	0	0.00	0.84	16.80	5.88	1.26	*0.00
ORANGE JUICE: 1/2 CUP	SERVING	60	0	10	0.00	0.00	600.00	0	36.00	1.00	14.00	0.00	0.00	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
SYRUP	1.5 TBSP	74	0	8	0.00	0.00	0.00	0	0.00	0.00	18.37	0.00	0.00	*0.00
KETCHUP	1.5 oz	51	0	510	0.00	0.00	0.00	0	0.00	0.00	11.34	0.00	0.00	*0.00

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Weighted Daily Average		901	290	1716	4.23	6.02	1040.7	642	43.73	25.11	132.38	26.73	5.90	*0.00
% of Calories							9			11.1%	58.7%	26.7%	5.9%	0.0%

Fri - 08/29/2008														
Lunch 4-12	Total													
Chicken Strips, Breaded	3 Each	186	35	266	*0.00	*0.00	*0.00	*0	*0.00	11.25	9.00	11.62	*0.00	*0.00
MASHED POTATOES :Excel w/gravy	1/2 cup	97	1	631	1.66	0.43	11.67	0	3.65	2.36	18.59	1.48	0.43	*0.00
SALAD,TOSSED w/spinach	1 CUP	20	0	40	1.79	1.06	44.42	4752	15.53	1.41	4.05	0.20	0.03	*0.00
BROWNIES	1 EACH	152	30	99	1.36	0.97	9.29	44	0.00	2.42	23.22	6.35	1.78	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
DRESSINGS,COMBINATION OF	1.5 oz	133	11	311	0.00	0.00	0.00	0	0.00	0.00	4.56	11.58	1.90	*0.00
Weighted Daily Average		735	86	1514	*5.23	*2.77	*365.38	*5297	*21.93	25.43	83.31	33.74	*5.63	*0.00
% of Calories										13.8%	45.3%	41.3%	6.9%	0.0%

Tue - 09/02/2008														
Lunch 4-12	Total													
Pizza, Brunos, Cheese	slice	390	25	890	3.00	2.70	400.00	500	0.00	22.00	53.00	10.00	4.50	0.00
Pizza, Brunos, Pepperoni	slice	410	30	940	3.00	2.70	400.00	500	0.00	23.00	53.00	11.00	4.50	0.00
Mixed Vegetables	1/2 CUP	59	0	32	4.00	0.75	22.75	3892	2.91	2.60	11.91	0.14	0.03	*0.00
Raisins	1.333 oz	114	0	5	1.51	0.68	20.03	0	1.21	1.28	30.05	0.17	0.06	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		747	38	1134	9.51	4.49	747.21	4923	11.85	34.93	123.86	13.69	6.11	*0.00
% of Calories										18.7%	66.3%	16.5%	7.4%	0.0%

Wed - 09/03/2008														
Lunch 4-12	Total													
Enchilada, Beef, Phil's Fresh	1 each	270	60	210	1.00	1.44	200.00	500	1.20	16.00	16.00	16.00	7.00	0.00
Black Beans, Seasoned 1/2 c sv	1/2 cup	149	0	438	8.10	1.98	10.00	0	0.00	7.80	25.00	2.00	0.40	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
SALAD,TOSSED w/spinach	1 CUP	20	0	40	1.79	1.06	44.42	4752	15.53	1.41	4.05	0.20	0.03	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Salsa, Mesa Grande	1.5 Tbsp	5	0	202	0.00	0.00	0.00	0	0.00	0.00	1.35	0.00	0.00	*0.00
DRESSINGS,COMBINATION OF	1.5 oz	133	11	311	0.00	0.00	0.00	0	0.00	0.00	4.56	11.58	1.90	*0.00
Weighted Daily Average		745	80	1369	11.88	4.85	558.86	5783	24.46	33.45	79.86	32.35	10.85	*0.00
% of Calories										18.0%	42.9%	39.1%	13.1%	0.0%

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	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Thu - 09/04/2008														
Lunch 4-12	Total													
Rotini & Meatballs: 4-12	1 serving	400	36	958	5.40	4.67	97.58	239	9.24	21.12	55.29	9.71	3.62	*0.59
Honey Wheat Roll, Bridgford	1 each	140	0	240	3.00	0.00	40.00	0	0.00	5.00	27.00	2.00	0.50	0.00
SALAD,TOSSED w/spinach	1 CUP	20	0	40	1.79	1.06	44.42	4752	15.53	1.41	4.05	0.20	0.03	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
DRESSINGS,COMBINATION OF	1.5 oz	133	11	311	0.00	0.00	0.00	0	0.00	0.00	4.56	11.58	1.90	*0.00
Weighted Daily Average		860	56	1716	11.18	6.10	486.43	5522	32.50	35.77	119.79	26.06	7.57	*0.59
% of Calories										16.6%	55.7%	27.3%	7.9%	0.6%

Fri - 09/05/2008														
Lunch 4-12	Total													
Chicken Nuggets, GK61145	5 Each	248	47	355	0.00	1.20	2.80	98	1.00	15.00	12.00	15.50	2.50	*0.00
Oven Fries: 6-A	9-10 fries	139	0	280	2.45	0.36	0.00	0	1.14	1.89	17.40	6.96	1.72	*0.00
Biscuit, Bridgford 6185, 2.25	1 each	180	0	620	1.00	1.80	200.00	0	0.00	4.00	28.00	6.00	3.00	0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
KETCHUP	1.5 oz	51	0	510	0.00	0.00	0.00	0	0.00	0.00	11.34	0.00	0.00	*0.00
Weighted Daily Average		786	56	1932	4.45	3.72	507.24	629	9.87	29.14	97.64	31.04	8.74	*0.00
% of Calories										14.8%	49.7%	35.5%	10.0%	0.0%

Mon - 09/08/2008														
Lunch 4-12	Total													
CHEESE STICKS, BREADED Tony's	1.5 EACH	480	67	855	1.50	3.10	525.00	450	0.00	27.00	48.00	21.00	10.50	*0.00
BLUE PARROT SPAG. SAUCE:1/4C	1/2 cup	38	0	444	2.83	1.19	28.35	236	8.50	1.89	7.56	0.00	0.00	*0.00
Carrot Coins, Glazed	1/2 cup	66	0	76	2.04	0.37	27.55	7076	1.55	0.51	9.78	3.05	0.57	*0.00
Applesauce Cups Variety	1 Each	105	0	19	1.25	0.00	15.00	0	0.90	0.00	24.75	0.00	0.00	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		837	76	1561	8.05	4.97	895.90	8263	13.71	37.41	114.00	26.55	12.57	*0.00
% of Calories										17.9%	54.5%	28.6%	13.5%	0.0%

Tue - 09/09/2008														
Lunch 4-12	Total													
TACO,BEEF 4-12	2 EACH	275	41	468	1.77	2.34	147.52	453	2.55	15.79	17.73	16.15	6.52	*0.00
Mexican Brown Rice	1/2 CUP	112	0	194	1.35	0.91	18.30	442	6.78	3.43	21.31	1.54	0.15	*0.00
LETTUCE AND TOMATO	1/2 CUP	10	0	10	0.76	0.34	13.91	2491	9.28	0.68	2.03	0.11	0.02	*0.00
BANANA,Fresh: 1 WHOLE	1 EACH	101	0	1	2.96	0.30	5.70	73	9.92	1.24	26.04	0.38	0.13	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Salsa, Mesa Grande	1.5 Tbsp	5	0	202	0.00	0.00	0.00	0	0.00	0.00	1.35	0.00	0.00	*0.00
DRESSINGS,COMBINATION OF	1.5 oz	133	11	311	0.00	0.00	0.00	0	0.00	0.00	4.56	11.58	1.90	*0.00
Weighted Daily Average		785	61	1354	7.27	4.19	485.43	3959	31.28	29.15	96.91	32.25	10.21	*0.00
% of Calories										14.8%	49.4%	37.0%	11.7%	0.0%

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	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Wed - 09/10/2008														
Lunch 4-12	Total													
HOT DOG w/ROLL	SERVING	240	40	690	2.00	1.08	100.00	0	0.00	11.00	22.00	12.00	3.50	*0.00
Oven Fries: 6-A	9-10 fries	139	0	280	2.45	0.36	0.00	0	1.14	1.89	17.40	6.96	1.72	*0.00
RANCH BEANS:PINTO'S W/SALSA	1/2 CUP	104	0	683	5.05	1.60	47.24	0	0.99	5.34	19.15	0.89	0.18	*0.00
ORANGE JUICE: 1/2 CUP	SERVING	60	0	10	0.00	0.00	600.00	0	36.00	1.00	14.00	0.00	0.00	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
KETCHUP	1.5 oz	51	0	510	0.00	0.00	0.00	0	0.00	0.00	11.34	0.00	0.00	*0.00
Weighted Daily Average		742	49	2340	9.92	3.35	1047.2	500	40.87	27.23	107.79	22.35	6.89	*0.00
% of Calories							4			14.7%	58.1%	27.1%	8.4%	0.0%

Thu - 09/11/2008														
Lunch 4-12	Total													
Mac and Cheese, Land o Lakes	serving	290	30	980	1.00	1.08	400.00	750	0.00	16.00	32.00	11.00	6.00	0.00
SALAD, spinach	1 CUP	22	0	60	2.24	1.76	68.91	6631	23.18	2.00	4.21	0.26	0.04	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
Breadstick, French Dough	2 each	130	0	260	1.00	1.44	0.00	0	0.00	4.00	25.00	1.50	0.00	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
DRESSINGS,COMBINATION OF	1.5 oz	133	11	311	0.00	0.00	0.00	0	0.00	0.00	4.56	11.58	1.90	*0.00
Weighted Daily Average		743	50	1779	5.23	4.65	773.35	7912	30.91	30.24	94.67	26.92	9.46	*0.00
% of Calories										16.3%	51.0%	32.6%	11.5%	0.0%

Fri - 09/12/2008														
Lunch 4-12	Total													
Chicken Drumstick, Tyson	1 each	130	45	330	0.00	1.08	20.00	0	0.00	13.00	2.00	8.00	2.00	0.00
MASHED POTATOES :Excel w/gravy	1/2 cup	97	1	631	1.66	0.43	11.67	0	3.65	2.36	18.59	1.48	0.43	*0.00
Broccoli, cooked	1/2 cup	27	0	32	2.57	0.52	31.20	1207	50.62	1.86	5.60	0.32	0.05	*0.00
Turnovers:comm cutie pie assor	1 Each	307	0	350	2.16	1.58	23.40	794	1.80	4.08	52.17	9.20	2.14	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		710	54	1510	6.81	3.92	386.27	2501	58.82	29.30	102.26	21.50	6.12	*0.00
% of Calories										16.5%	57.6%	27.3%	7.8%	0.0%

Mon - 09/15/2008														
Lunch 4-12	Total													
Pizza, Brunos, Cheese	slice	390	25	890	3.00	2.70	400.00	500	0.00	22.00	53.00	10.00	4.50	0.00
Pizza, Brunos, Pepperoni	slice	410	30	940	3.00	2.70	400.00	500	0.00	23.00	53.00	11.00	4.50	0.00
Peas, Green	1/2 cup	49	0	228	2.93	2.27	55.75	1239	20.79	3.31	8.52	0.36	0.07	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
JUICE BAR	1 Each	70	0	7	0.00	0.23	4.00	0	60.00	0.04	17.00	0.07	0.00	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		693	38	1332	6.92	5.57	764.19	2270	88.52	34.39	107.43	13.81	6.09	*0.00
% of Calories										19.9%	62.0%	17.9%	7.9%	0.0%

Boulder Valley School District

Lunch 4-12

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Tue - 09/16/2008														
Lunch 4-12	Total													
Burrito, Phil's Bean & Cheese	1 each	380	10	710	6.00	3.60	200.00	*0	4.80	13.00	58.00	10.00	3.50	0.00
MEXICALI CORN	1/2 CUP	84	0	264	1.80	0.82	8.00	408	15.60	2.19	15.44	2.66	0.50	*0.00
LETTUCE AND TOMATO	1/2 CUP	10	0	10	0.76	0.34	13.91	2491	9.28	0.68	2.03	0.11	0.02	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Salsa, Mesa Grande	1.5 Tbsp	5	0	202	0.00	0.00	0.00	0	0.00	0.00	1.35	0.00	0.00	*0.00
Weighted Daily Average		647	19	1354	9.55	5.13	526.34	*3430	37.42	24.11	105.72	15.34	5.54	*0.00
% of Calories										14.9%	65.4%	21.3%	7.7%	0.0%

Wed - 09/17/2008														
Lunch 4-12	Total													
Meatball Sand: 4meatballs 4-12	1 each	315	44	1009	4.15	3.18	264.67	204	4.99	20.18	30.33	12.10	4.90	*0.59
Oven Fries: 6-A	9-10 fries	139	0	280	2.45	0.36	0.00	0	1.14	1.89	17.40	6.96	1.72	*0.00
VEG. RELISHES:BROC and CAULI	1/2 CUP	24	0	26	2.09	0.49	29.30	287	57.30	2.00	4.94	0.20	0.02	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
DRESSINGS,COMBINATION OF	1.5 oz	133	11	311	0.00	0.00	0.00	0	0.00	0.00	4.56	11.58	1.90	*0.00
KETCHUP	1.5 oz	51	0	510	0.00	0.00	0.00	0	0.00	0.00	11.34	0.00	0.00	*0.00
Weighted Daily Average		831	64	2304	9.69	4.40	598.41	1022	71.16	32.31	97.47	33.42	10.06	*0.59
% of Calories										15.6%	46.9%	36.2%	10.9%	0.6%

Thu - 09/18/2008														
Lunch 4-12	Total													
FRENCH TOAST STICKS 05/08	4 each	310	20	520	1.00	1.44	20.00	0	0.00	6.00	42.00	14.00	2.50	0.00
Sausage Patty, Turkey, JennieO	2 each	122	62	244	0.00	1.00	23.60	84	1.00	12.48	0.32	8.10	2.20	0.18
Strawberries, frozen, w/ sugar	1/4 cup	75	0	0	1.50	0.18	10.00	0	24.00	0.00	19.00	0.00	0.00	*0.00
POTATO ROUNDS	1/2 cup	130	0	307	1.26	0.30	0.00	0	0.00	0.84	16.80	5.88	1.26	*0.00
ORANGE JUICE: 1/2 CUP	SERVING	60	0	10	0.00	0.00	600.00	0	36.00	1.00	14.00	0.00	0.00	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		846	90	1248	4.18	3.23	953.60	584	63.75	28.32	116.02	30.48	7.46	*0.18
% of Calories										13.4%	54.9%	32.4%	7.9%	0.2%

Mon - 09/22/2008														
Lunch 4-12	Total													
Hot Pocket Pepperoni Pizza	1 each	320	10	600	4.00	3.60	350.00	500	0.00	16.00	42.00	10.00	3.00	*0.00
Mixed Vegetables	1/2 CUP	59	0	32	4.00	0.75	22.75	3892	2.91	2.60	11.91	0.14	0.03	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
Applesauce Cups Variety	1 Each	105	0	19	1.25	0.00	15.00	0	0.90	0.00	24.75	0.00	0.00	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		652	19	818	10.25	4.71	692.19	4923	11.54	26.85	107.56	12.71	4.55	*0.00
% of Calories										16.5%	66.0%	17.6%	6.3%	0.0%

Boulder Valley School District

Aug 18, 2008 thru Oct 3, 2008 Spreadsheet - Portion Values

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Lunch 4-12

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Tue - 09/23/2008														
Lunch 4-12	Total													
FAJITAS, CHICKEN, 4-12, may 08	fajita	248	48	693	0.79	1.79	184.58	204	1.15	15.14	23.14	9.74	4.14	*0.00
Mexican Brown Rice	1/2 CUP	112	0	194	1.35	0.91	18.30	442	6.78	3.43	21.31	1.54	0.15	*0.00
VEG. RELISH:CARROTS/CELERY	1/2 CUP	15	0	41	1.20	0.14	20.23	4567	2.45	0.44	3.38	0.11	0.02	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Salsa, Mesa Grande	1.5 Tbsp	5	0	202	0.00	0.00	0.00	0	0.00	0.00	1.35	0.00	0.00	*0.00
DRESSING, RED.CAL BUTTERMILK	1.5 TBSP	53	11	112	0.00	0.00	0.00	0	0.00	0.00	0.00	5.25	0.00	*0.00
Weighted Daily Average		601	68	1410	4.34	3.20	527.54	5744	18.11	27.26	78.08	19.21	5.84	*0.00
% of Calories										18.1%	52.0%	28.8%	8.7%	0.0%
Wed - 09/24/2008														
Lunch 4-12	Total													
HAMBURGER ON A ROLL: 6 per LB	SERVING	266	41	463	2.65	2.63	118.33	31	0.00	20.56	23.12	10.02	3.60	*0.00
Oven Fries: 6-A	9-10 fries	139	0	280	2.45	0.36	0.00	0	1.14	1.89	17.40	6.96	1.72	*0.00
LETTUCE AND TOMATO	1/2 CUP	10	0	10	0.76	0.34	13.91	2491	9.28	0.68	2.03	0.11	0.02	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
KETCHUP	1.5 oz	51	0	510	0.00	0.00	0.00	0	0.00	0.00	11.34	0.00	0.00	*0.00
Weighted Daily Average		634	50	1430	6.85	3.69	436.68	3053	18.15	31.38	82.79	19.66	6.86	*0.00
% of Calories										19.8%	52.3%	27.9%	9.7%	0.0%
Thu - 09/25/2008														
Lunch 4-12	Total													
Rigatoni Bake Cheese & Tomato	1 cup	388	48	963	3.17	3.26	472.31	535	5.34	27.16	49.47	8.25	4.58	*0.00
SALAD,TOSSED w/spinach	1 CUP	20	0	40	1.79	1.06	44.42	4752	15.53	1.41	4.05	0.20	0.03	*0.00
Breadstick, French Dough	2 each	130	0	260	1.00	1.44	0.00	0	0.00	4.00	25.00	1.50	0.00	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
DRESSINGS,COMBINATION OF	1.5 oz	133	11	311	0.00	0.00	0.00	0	0.00	0.00	4.56	11.58	1.90	*0.00
Weighted Daily Average		838	68	1741	6.95	6.13	821.17	5818	28.60	40.81	111.98	24.11	8.02	*0.00
% of Calories										19.5%	53.5%	25.9%	8.6%	0.0%
Fri - 09/26/2008														
Lunch 4-12	Total													
Chicken Patty Sandwich	SANDWIC	360	47	568	2.46	2.30	104.33	98	1.00	19.06	33.32	16.52	2.50	*0.00
Oven Fries: 6-A	9-10 fries	139	0	280	2.45	0.36	0.00	0	1.14	1.89	17.40	6.96	1.72	*0.00
LETTUCE AND TOMATO	1/2 CUP	10	0	10	0.76	0.34	13.91	2491	9.28	0.68	2.03	0.11	0.02	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
KETCHUP	1.5 oz	51	0	510	0.00	0.00	0.00	0	0.00	0.00	11.34	0.00	0.00	*0.00
Weighted Daily Average		728	56	1536	6.66	3.36	422.68	3120	19.15	29.88	92.99	26.16	5.76	*0.00
% of Calories										16.4%	51.1%	32.4%	7.1%	0.0%

Boulder Valley School District

Lunch 4-12

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Mon - 09/29/2008														
Lunch 4-12	Total													
Pizza, Brunos, Cheese	slice	390	25	890	3.00	2.70	400.00	500	0.00	22.00	53.00	10.00	4.50	0.00
Pizza, Brunos, Pepperoni	slice	410	30	940	3.00	2.70	400.00	500	0.00	23.00	53.00	11.00	4.50	0.00
Carrot Coins, Glazed	1/2 cup	66	0	76	2.04	0.37	27.55	7076	1.55	0.51	9.78	3.05	0.57	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
Turnovers:comm cutie pie assor	1 Each	307	0	350	2.16	1.58	23.40	794	1.80	4.08	52.17	9.20	2.14	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		947	38	1524	8.20	5.02	755.38	8901	11.09	35.64	143.85	25.63	8.73	*0.00
% of Calories										15.1%	60.8%	24.4%	8.3%	0.0%
Tue - 09/30/2008														
Lunch 4-12	Total													
NACHOS GRANDE: 4-12 may 08	1 each	397	41	516	2.44	1.81	226.62	569	2.72	14.29	30.42	24.45	9.72	*0.00
Refried Beans, canned	1/2 cup	127	10	766	6.94	2.17	45.81	0	7.87	7.17	21.47	1.66	0.62	*0.00
SALAD,TOSSED w/spinach	1 CUP	20	0	40	1.79	1.06	44.42	4752	15.53	1.41	4.05	0.20	0.03	*0.00
JUICE BAR	1 Each	70	0	7	0.00	0.23	4.00	0	60.00	0.04	17.00	0.07	0.00	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Salsa, Mesa Grande	1.5 Tbsp	5	0	202	0.00	0.00	0.00	0	0.00	0.00	1.35	0.00	0.00	*0.00
DRESSINGS,COMBINATION OF	1.5 oz	133	11	311	0.00	0.00	0.00	0	0.00	0.00	4.56	11.58	1.90	*0.00
Weighted Daily Average		900	72	2009	11.59	5.57	620.85	5821	88.87	30.91	102.75	40.46	13.76	*0.00
% of Calories										13.7%	45.7%	40.5%	13.8%	0.0%
Wed - 10/01/2008														
Lunch 4-12	Total													
TURK.HAM&CHEESE SAND:4-12 4/	Sandwich	281	29	1012	1.01	3.02	139.81	154	0.00	17.16	38.02	6.63	2.50	*0.00
BROCCOLI SALAD	1/2 CUP	154	7	172	1.99	0.82	29.00	503	30.30	1.76	31.05	3.67	0.61	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
Goldfish Crackers	package	130	10	180	0.00	0.00	20.00	0	0.00	3.00	18.00	5.00	1.50	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		733	55	1531	4.00	4.21	493.24	1188	38.03	30.17	115.97	17.87	6.13	*0.00
% of Calories										16.5%	63.3%	21.9%	7.5%	0.0%
Thu - 10/02/2008														
Lunch 4-12	Total													
Mac and Cheese, Land o Lakes	servng	290	30	980	1.00	1.08	400.00	750	0.00	16.00	32.00	11.00	6.00	0.00
SALAD, spinach	1 CUP	22	0	60	2.24	1.76	68.91	6631	23.18	2.00	4.21	0.26	0.04	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
Honey Wheat Roll, Bridgford	1 each	140	0	240	3.00	0.00	40.00	0	0.00	5.00	27.00	2.00	0.50	0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
DRESSINGS,COMBINATION OF	1.5 oz	133	11	311	0.00	0.00	0.00	0	0.00	0.00	4.56	11.58	1.90	*0.00
Weighted Daily Average		753	50	1759	7.23	3.21	813.35	7912	30.91	31.24	96.67	27.42	9.96	*0.00
% of Calories										16.6%	51.4%	32.8%	11.9%	0.0%

Boulder Valley School District

Aug 18, 2008 thru Oct 3, 2008 Spreadsheet - Portion Values

Jul 24, 2008

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Lunch 4-12

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Fri - 10/03/2008														
Lunch 4-12	Total													
Chicken Drumstick, Tyson	1 each	130	45	330	0.00	1.08	20.00	0	0.00	13.00	2.00	8.00	2.00	0.00
bbq sauce: Bullseye	2 oz	94	0	520	0.00	1.13	31.50	0	0.00	0.00	20.47	0.00	0.00	*0.00
POTATO WEDGES ITAL SEASON R	1/2 cup	142	0	11	4.47	1.02	18.68	23	36.41	3.11	29.05	1.55	0.25	*0.00
FRUIT, Fresh Assorted: 1/2 cup	1/2 cup	20	0	0	0.57	0.06	4.44	31	4.98	0.24	5.00	0.08	0.02	0.00
CORNBREAD:From mix	2 each	287	8	592	1.69	1.22	68.39	0	0.00	5.06	52.31	6.75	1.69	*0.00
MILK - 1% LOWFAT,white/choc	Half Pints	148	9	167	0.42	0.31	300.00	500	2.75	8.00	23.90	2.50	1.50	*0.00
Weighted Daily Average		821	62	1620	7.16	4.82	443.00	555	44.14	29.42	132.74	18.88	5.45	*0.00
% of Calories										14.3%	64.7%	20.7%	6.0%	0.0%
Weighted Average		769	62	1595	*7.55	*4.56	*636.01	*3990	*34.82	30.79	106.13	24.65	*7.86	*0.04
										16.0%	55.2%	28.9%	9.2%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	769		785	98%		17	Correction Required - Calories are Low
Cholesterol (Mg)	62		0				
Sodium (Mg)	1595		0				
Fiber (G)	7.55		0.00		Missing		
Iron (Mg)	4.56		4.23	108%	Missing		
Calcium (Mg)	636.01		370.45	172%	Missing		
Vitamin A (IU)	3990		1426	280%	Missing		
Vitamin C (Mg)	34.82		17.42	200%	Missing		
Protein (G)	30.79	16.03%	14.56	212%			
Carbohydrate (G)	106.13	55.23%	0.00				
Total Fat (G)	24.65	28.87%	<30.00				
Saturated Fat (G)	7.86	9.21%	<10.00		Missing		
Trans Fat (G)	0.04	0.05%					