

# Boulder Valley School District

## K-5 Lunch

	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
Thu - 05/01/2008														
K-5 Lunch	Total													
Chili Con Carne with Beans JTM	6 oz	187	31	684	3.40	3.40	45.93	1143	6.80	13.61	11.91	10.21	3.40	0.00
BROWN RICE PILAF, Uncle Bens	1/2 CUP	107	0	18	0.74	0.54	8.18	0	1.70	3.48	20.70	0.89	0.10	*0.00
Breadstick, French Dough	1 each	65	0	130	0.50	0.72	0.00	0	0.00	2.00	12.50	0.75	0.00	*0.00
CORN: Canned	3/8 CUP	52	0	137	1.28	0.55	3.21	51	5.45	1.68	11.93	0.64	0.10	*0.00
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	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		574	39	1136	6.78	5.57	360.64	1718	20.45	28.95	84.69	15.04	5.11	*0.00
% of Calories										20.2%	59.1%	23.6%	8.0%	0.0%

Fri - 05/02/2008														
K-5 Lunch	Total													
CHEESE STICKS, BREADED Tony's	1 EACH	320	45	570	1.00	2.07	350.00	300	0.00	18.00	32.00	14.00	7.00	*0.00
BLUE PARROT SPAG. SAUCE:1/4C	1/4 cup	19	0	222	1.42	0.60	14.17	118	4.25	0.95	3.78	0.00	0.00	*0.00
SALAD,TOSSED w/spinach	1/2 CUP	10	0	20	0.89	0.53	22.21	2376	7.76	0.70	2.02	0.10	0.01	*0.00
DRESSINGS,COMBINATION OF	1 oz	89	8	208	0.00	0.00	0.00	0	0.00	0.00	3.04	7.72	1.27	*0.00
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	0.02	0.00
Sherbet Cup, Luigi's, fruit	1 each	120	5	35	0.00	0.36	20.00	0	60.00	0.00	27.00	1.50	1.00	*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		720	66	1222	4.16	3.91	709.71	3318	78.50	27.83	95.50	25.88	10.80	*0.00
% of Calories										15.5%	53.0%	32.3%	13.5%	0.0%

Mon - 05/05/2008														
K-5 Lunch	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
MASHED POTATOES :Excel w/gravy	3/8 cup	73	0	473	1.25	0.33	8.75	0	2.74	1.77	13.94	1.11	0.32	*0.00
Biscuit, Bridgford, 1 oz	1 each	80	0	225	0.50	0.90	80.00	0	0.00	2.00	12.50	3.00	1.50	0.00
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	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		563	56	1221	2.60	2.78	394.88	621	10.22	26.95	66.09	22.17	5.84	*0.00
% of Calories										19.1%	46.9%	35.4%	9.3%	0.0%

Tue - 05/06/2008														
K-5 Lunch	Total													
BBQ Beef Sandwich: BVSd	sandwich	314	25	1279	2.00	2.81	107.87	0	0.00	17.12	34.13	5.02	1.01	*0.00
Oven Fries: 3-5	6-7 fries	122	0	247	2.15	0.31	0.00	0	0.99	1.65	15.30	6.12	1.51	*0.00
CELERY STICKS	3/16 CUP	2	0	13	0.26	0.03	6.44	72	0.50	0.11	0.48	0.03	0.01	*0.00
CARROT STICKS :(1/4 cup)	3/16 CUP	14	0	23	0.92	0.10	10.90	5552	1.95	0.31	3.16	0.08	0.01	0.00
DRESSING, RED.CAL BUTTERMILK	1 TBSP	35	7	75	0.00	0.00	0.00	0	0.00	0.00	0.00	3.50	0.00	*0.00
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	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 oz	34	0	340	0.00	0.00	0.00	0	0.00	0.00	7.56	0.00	0.00	*0.00
Weighted Daily Average		684	41	2144	6.18	3.61	428.54	6148	9.93	27.38	88.29	17.31	4.05	*0.00
% of Calories										16.0%	51.6%	22.8%	5.3%	0.0%

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## K-5 Lunch

	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
<b>Wed - 05/07/2008</b>														
K-5 Lunch	Total													
FAJITAS, CHICKEN	fajita	285	41	856	1.29	1.90	181.09	392	2.87	15.42	27.14	12.54	3.89	*0.00
Refried Beans: Dry Santiago	3/8 cup	67	0	244	3.54	0.96	23.91	67	1.35	3.51	13.12	0.74	0.19	*0.00
LETTUCE AND TOMATO	3/8 CUP	7	0	7	0.57	0.26	10.43	1868	6.96	0.51	1.52	0.08	0.01	*0.00
DRESSINGS, COMBINATION OF	1 oz	89	8	208	0.00	0.00	0.00	0	0.00	0.00	3.04	7.72	1.27	*0.00
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	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	TABLESP OONS	3	0	47	0.05	0.04	2.36	47	1.64	0.08	0.61	0.02	0.00	*0.00
Weighted Daily Average		613	57	1529	6.30	3.51	521.12	2897	19.32	27.70	73.09	23.65	6.88	*0.00
% of Calories										18.1%	47.7%	34.7%	10.1%	0.0%
<b>Thu - 05/08/2008</b>														
K-5 Lunch	Total													
MACARONI & CHEESE*: Can sauce	1 CUP	298	29	884	0.87	1.41	226.88	511	0.00	12.08	33.01	12.33	6.69	*0.00
Turkey ham	2 oz	71	40	677	0.00	4.00	0.00	0	0.00	10.10	1.01	3.03	1.01	*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
SALAD, TOSSED w/spinach	1/2 CUP	10	0	20	0.89	0.53	22.21	2376	7.76	0.70	2.02	0.10	0.01	*0.00
DRESSINGS, COMBINATION OF	1 oz	89	8	208	0.00	0.00	0.00	0	0.00	0.00	3.04	7.72	1.27	*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
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	0.02	0.00
Weighted Daily Average		770	86	2195	5.61	6.30	592.41	3410	14.25	36.06	93.73	27.73	11.00	*0.00
% of Calories										18.7%	48.7%	32.4%	12.9%	0.0%
<b>Fri - 05/09/2008</b>														
K-5 Lunch	Total													
Egg & Cheese Sandwich	1 each	207	180	543	2.03	1.70	196.53	410	0.00	12.06	23.82	6.52	2.75	*0.00
Sausage Patty, Turkey, JennieO	1 each	61	31	122	0.00	0.50	11.80	42	0.50	6.24	0.16	4.05	1.10	0.09
POTATO ROUNDS	3/8 cup	98	0	230	0.95	0.23	0.00	0	0.00	0.63	12.60	4.41	0.95	*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 oz	34	0	340	0.00	0.00	0.00	0	0.00	0.00	7.56	0.00	0.00	*0.00
Weighted Daily Average		608	219	1412	3.40	2.73	1108.3	952	39.25	27.93	82.04	17.47	6.29	*0.09
% of Calories							3			18.4%	54.0%	25.9%	9.3%	0.1%

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	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Mon - 05/12/2008														
K-5 Lunch	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
BROWN RICE PILAF, Uncle Bens	1/2 CUP	107	0	18	0.74	0.54	8.18	0	1.70	3.48	20.70	0.89	0.10	*0.00
Animal Crackers, Austin Zoo	package	123	0	85	0.00	1.02	0.00	0	0.00	1.89	23.62	1.89	0.00	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
Mixed Vegetables	3/8 CUP	44	0	24	3.00	0.56	17.06	2919	2.18	1.95	8.93	0.10	0.02	*0.00
Weighted Daily Average		739	75	710	5.42	3.93	383.24	3419	7.53	28.32	109.71	19.68	5.32	*0.00
% of Calories										15.3%	59.4%	24.0%	6.5%	0.0%

Tue - 05/13/2008														
K-5 Lunch	Total													
Turkey & Cheese Sandwich 3-A	1 EACH	192	24	932	2.03	1.37	176.53	150	0.00	13.89	24.34	3.40	1.25	*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
CELERY STICKS	3/16 CUP	2	0	13	0.26	0.03	6.44	72	0.50	0.11	0.48	0.03	0.01	*0.00
CARROT STICKS :(1/4 cup)	3/16 CUP	14	0	23	0.92	0.10	10.90	5552	1.95	0.31	3.16	0.08	0.01	0.00
DRESSING, RED.CAL BUTTERMILK	1 TBSP	35	7	75	0.00	0.00	0.00	0	0.00	0.00	0.00	3.50	0.00	*0.00
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	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		536	50	1390	4.06	1.85	517.20	6298	8.93	25.49	73.63	14.56	4.28	*0.00
% of Calories										19.0%	55.0%	24.5%	7.2%	0.0%

Wed - 05/14/2008														
K-5 Lunch	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: 3-5	6-7 fries	122	0	247	2.15	0.31	0.00	0	0.99	1.65	15.30	6.12	1.51	*0.00
LETTUCE AND TOMATO	3/8 CUP	7	0	7	0.57	0.26	10.43	1868	6.96	0.51	1.52	0.08	0.01	*0.00
APPLE CRISP	SERVINGS	200	0	113	2.30	0.99	20.00	350	0.49	1.94	31.75	7.97	1.59	*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 oz	34	0	340	0.00	0.00	0.00	0	0.00	0.00	7.56	0.00	0.00	*0.00
Weighted Daily Average		813	55	1533	8.09	4.49	523.76	2899	11.20	35.66	104.65	28.68	9.46	*0.00
% of Calories										17.6%	51.5%	31.8%	10.5%	0.0%

Thu - 05/15/2008														
K-5 Lunch	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
Noodles, Buttered, Egg	.5 cup	146	28	49	0.96	1.18	11.00	177	0.01	3.68	20.16	5.69	1.76	*0.02
Broccoli, cooked	3/8 cup	20	0	24	1.93	0.39	23.40	906	37.97	1.39	4.20	0.24	0.04	*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 oz	34	0	340	0.00	0.00	0.00	0	0.00	0.00	7.56	0.00	0.00	*0.00
Breadstick, French Dough	1 each	65	0	130	0.50	0.72	0.00	0	0.00	2.00	12.50	0.75	0.00	*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
Weighted Daily Average		670	71	983	*3.81	*2.83	*338.40	*1583	*100.72	26.36	94.33	20.88	*3.30	*0.02
% of Calories										15.7%	56.3%	28.0%	4.4%	0.0%

# Boulder Valley School District

## K-5 Lunch

	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
<b>Fri - 05/16/2008</b>														
K-5 Lunch	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
Pork Chili Verde with Beans	1/4 cup	58	10	140	1.33	0.67	24.00	110	5.33	4.00	5.33	2.00	0.67	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	3/8 CUP	7	0	7	0.57	0.26	10.43	1868	6.96	0.51	1.52	0.08	0.01	*0.00
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	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	2 Tbsp	7	0	270	0.00	0.00	0.00	0	0.00	0.00	1.80	0.00	0.00	*0.00
Weighted Daily Average		728	29	1489	10.11	5.78	556.06	*2943	30.36	29.12	115.62	16.17	5.85	*0.00
% of Calories										16.0%	63.5%	20.0%	7.2%	0.0%
<b>Mon - 05/19/2008</b>														
K-5 Lunch	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
MASHED POTATOES :Excel w/gravy	3/8 cup	73	0	473	1.25	0.33	8.75	0	2.74	1.77	13.94	1.11	0.32	*0.00
Biscuit, Bridgford, 1 oz	1 each	80	0	225	0.50	0.90	80.00	0	0.00	2.00	12.50	3.00	1.50	0.00
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	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		563	56	1221	2.60	2.78	394.88	621	10.22	26.95	66.09	22.17	5.84	*0.00
% of Calories										19.1%	46.9%	35.4%	9.3%	0.0%
<b>Tue - 05/20/2008</b>														
K-5 Lunch	Total													
TACO,BEEF	2 EACH	280	41	471	2.17	2.49	151.75	588	5.46	16.08	18.66	16.23	6.53	*0.00
Refried Beans: Dry Santiago	3/8 cup	67	0	244	3.54	0.96	23.91	67	1.35	3.51	13.12	0.74	0.19	*0.00
LETTUCE AND TOMATO	3/8 CUP	7	0	7	0.57	0.26	10.43	1868	6.96	0.51	1.52	0.08	0.01	*0.00
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	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 Tbsp	4	0	135	0.00	0.00	0.00	0	0.00	0.00	0.90	0.00	0.00	*0.00
Cinnamon Rolls, Bridgeford	roll	186	8	264	1.40	1.80	20.19	0	0.00	4.00	31.50	6.00	1.30	*0.00
Weighted Daily Average		707	57	1288	8.53	5.85	509.61	3046	20.27	32.28	93.36	25.60	9.55	*0.00
% of Calories										18.3%	52.8%	32.6%	12.2%	0.0%

# Boulder Valley School District

## K-5 Lunch

	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
<b>Wed - 05/21/2008</b>														
K-5 Lunch	Total													
BBQ Turkey Sandwich Update	SANDWIC	321	25	1409	4.00	2.52	80.00	0	0.00	16.11	53.02	3.51	0.50	*0.00
Oven Fries: 3-5	6-7 fries	122	0	247	2.15	0.31	0.00	0	0.99	1.65	15.30	6.12	1.51	*0.00
CARROT STICKS :(1/4 cup)	3/16 CUP	14	0	23	0.92	0.10	10.90	5552	1.95	0.31	3.16	0.08	0.01	0.00
CELERY STICKS	3/16 CUP	2	0	13	0.26	0.03	6.44	72	0.50	0.11	0.48	0.03	0.01	*0.00
FRUIT, Fresh Assorted: 1/2 cup	3/8 cup	15	0	0	0.43	0.05	3.33	23	3.74	0.18	3.75	0.06	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
DRESSING, RED.CAL BUTTERMILK	1 TBSP	35	7	75	0.00	0.00	0.00	0	0.00	0.00	0.00	3.50	0.00	*0.00
KETCHUP	1 oz	34	0	340	0.00	0.00	0.00	0	0.00	0.00	7.56	0.00	0.00	*0.00
Weighted Daily Average		691	41	2274	8.18	3.32	400.67	6148	9.93	26.37	107.18	15.79	3.54	*0.00
% of Calories										15.3%	62.1%	20.6%	4.6%	0.0%
<b>Thu - 05/22/2008</b>														
K-5 Lunch	Total													
QUICHE W/ SELF FORMING CRUST	SERVINGS	153	190	445	0.30	1.04	205.99	407	0.69	12.01	11.35	6.47	2.92	*0.00
Turkey ham	2 oz	71	40	677	0.00	4.00	0.00	0	0.00	10.10	1.01	3.03	1.01	*0.00
Broccoli, cooked	3/8 cup	20	0	24	1.93	0.39	23.40	906	37.97	1.39	4.20	0.24	0.04	*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
BIRTHDAY CAKE:chocolate cake	1 EACH	212	30	217	0.47	1.04	9.50	45	0.00	3.27	31.10	9.13	2.50	0.00
Weighted Daily Average		709	269	1548	4.37	6.77	553.89	1858	42.30	34.77	96.31	21.37	7.96	*0.00
% of Calories										19.6%	54.3%	27.1%	10.1%	0.0%
<b>Fri - 05/23/2008</b>														
K-5 Lunch	Total													
Chicken, batter/breaded, 7-pc	1 each	375	122	386	0.40	1.84	26.00	109	0.00	33.19	12.26	20.58	5.44	0.00
Biscuit, Bridgford, 1 oz	2 each	160	0	450	1.00	1.80	160.00	0	0.00	4.00	25.00	6.00	3.00	0.00
CORN ON THE COB: 1/2 cup	1 each	59	0	151	1.76	0.38	1.89	146	3.02	1.96	14.07	0.47	0.07	*0.00
WATERMELON,Fresh	3/8 CUP	32	0	1	0.43	0.26	7.44	605	8.61	0.65	8.03	0.16	0.01	*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		774	130	1155	4.01	4.59	495.33	1360	14.38	47.80	83.25	29.70	10.02	*0.00
% of Calories										24.7%	43.0%	34.6%	11.7%	0.0%
<b>Weighted Average</b>														
		674	82	1438	*5.54	*4.15	*516.98	*2896	*26.34	30.35	89.86	21.40	*6.77	*0.01
										18.0%	53.3%	28.6%	9.0%	0.0%

