



CHEF ANN FOUNDATION

Scheduled Menu Analysis

Site: 440 ARAPAHOE RIDGE HIGH SCHOOL

Serving Period: Lunch

Serving Line: Main

Menu: 352 A HS LUNCH W5D1

Date: 09/01/2014

Projected Feeding Figure: 118

Stock Number	Description	Serving Size	Measure	Projected Quantity	Cost Per Serving	Total Cost
ZA002	PIZZA CHEESE HS 6-CUT	1	1 SLICE	59	0.7074	41.7367
ZA012	PIZZA PEPP HS 6-CUT	1	1 SLICE	6	0.7074	4.2444
ZA082	PIZZA GREEK HS 6-CUT	1	1 SLICE	42	0.7896	33.1635
SA305	SALAD BAR MEAL W/ 2 OZ ROLL	1	1 MEAL	12	1.1216	13.4596
SA692	SALAD BAR SIDE 9-12	1	1 SIDE SVG	89	0.5307	47.2346
SI403	FRUIT SIDE 9-12	1	1 CUP	118	0.2925	34.5171
1521	MILK SKIM 1/2 PT PAPR	1	Cup	2	0.2370	0.4740
1500	MILK BAG ORGANIC 1% 5 GAL	1	Cup	117	0.5078	59.4178

Per Serving/Total Menu Cost: 4.8940 234.2477

Cost Standard: 0.0000

Total Weighted Cost per Serving: 1.9734

Age Group: Grades 9-12

Serving Period: Lunch

Nutrient Table: USDA Meal Patterns

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.	Missing Values
Total Trans	g	N/A	0.0043		N/A		*
Total Fat	g	N/A	18.5806	24.1096	N/A		
Cholesterol	mg	N/A	45.3682		N/A		
Carbohydrate	g	N/A	98.2414	56.6555	N/A		
Total Dietary Fiber	g	N/A	12.3665		N/A		
Protein	g	N/A	37.2029	21.4548	N/A		
Vitamin A (RE)	RE	N/A	1108.7500		N/A		*
Vitamin A (IU)	IU	N/A	9140.6930		N/A		*
Vitamin C	mg	N/A	65.9820		N/A		*
Calcium	mg	N/A	804.9817		N/A		*
Iron	mg	N/A	4.4069		N/A		*
Moisture	g	N/A	538.0679		N/A		*
Ash	g	N/A	4.8964		N/A		*

! = Item out of compliance with standard

A nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

Age Group: Grades 9-12

Serving Period: Lunch

Meal Pattern Nutrient	Units	Lunch Minimum	Lunch Maximum	Value	Missing Values
Food Energy	kcal	N/A	N/A	693.6055	
Saturated Fat	% Cal	N/A	N/A	10.23	
Sodium	mg	N/A	N/A	1,485.0463	

! = Item out of compliance with standard

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CHEF ANN FOUNDATION

Scheduled Menu Analysis

Site: 440 ARAPAHOE RIDGE HIGH SCHOOL

Serving Period: Lunch

Serving Line: Main

Menu: 354 A HS LUNCH W5D2

Date: 09/02/2014

Projected Feeding Figure: 118

Stock Number	Description	Serving Size	Measure	Projected Quantity	Cost Per Serving	Total Cost
MB402	BEEF BURGER SEC 4 OZ	1	1 SANDWICH	101	0.1601	16.1713
MV401	BLACK BEAN VEGGIE BURGER	1	4 OZ	6	0.2970	1.7821
MP426	SANDWICH TURKEY REUBEN	1	1 SANDWICH	6	0.3527	2.1165
SA305	SALAD BAR MEAL W/ 2 OZ ROLL	1	1 MEAL	6	1.1216	6.7298
SI501	SIDE BEANS BAKED K-12	1	.5 CUP	0	0.0925	0.0000
SI200	SIDE OVEN FRIES	1	0.5 CUP	6	0.0794	0.4767
SA692	SALAD BAR SIDE 9-12	1	1 SIDE SVG	101	0.5307	53.6033
SI403	FRUIT SIDE 9-12	1	1 CUP	118	0.2925	34.5171
1521	MILK SKIM 1/2 PT PAPR	1	Cup	2	0.2370	0.4740
1500	MILK BAG ORGANIC 1% 5 GAL	1	Cup	117	0.5078	59.4178

Per Serving/Total Menu Cost: 3.6713 175.2886

Cost Standard: 0.0000

Total Weighted Cost per Serving: 1.4775

Age Group: Grades 9-12

Serving Period: Lunch

Nutrient Table: USDA Meal Patterns

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.	Missing Values
Total Trans	g	N/A	0.9013		N/A		*
Total Fat	g	N/A	28.0366	30.4717	N/A		
Cholesterol	mg	N/A	92.6208		N/A		
Carbohydrate	g	N/A	105.1002	50.7682	N/A		
Total Dietary Fiber	g	N/A	13.5293		N/A		
Protein	g	N/A	41.0092	19.8093	N/A		
Vitamin A (RE)	RE	N/A	1047.9593		N/A		*
Vitamin A (IU)	IU	N/A	8680.1975		N/A		*
Vitamin C	mg	N/A	60.3466		N/A		*
Calcium	mg	N/A	401.7987		N/A		*
Iron	mg	N/A	5.2144		N/A		*
Moisture	g	N/A	608.1597		N/A		*
Ash	g	N/A	5.4354		N/A		*

! = Item out of compliance with standard

A nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

Age Group: Grades 9-12

Serving Period: Lunch

Meal Pattern Nutrient	Units	Lunch Minimum	Lunch Maximum	Value	Missing Values
Food Energy	kcal	N/A	N/A	828.0786	
Saturated Fat	% Cal	N/A	N/A	9.49	
Sodium	mg	N/A	N/A	1,113.6039	

! = Item out of compliance with standard

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CHEF ANN FOUNDATION

Scheduled Menu Analysis

Site: 440 ARAPAHOE RIDGE HIGH SCHOOL

Serving Period: Lunch

Serving Line: Main

Menu: 356 A HS LUNCH W5D3

Date: 09/03/2014

Projected Feeding Figure: 118

Stock Number	Description	Serving Size	Measure	Projected Quantity	Cost Per Serving	Total Cost
PV083	SPAGHETTI MARINARA SEC	1	1 SERVING (8 OZ)	18	0.3548	6.3859
PM041	MEATBALLS SEC SIDE 4	1	1 SVG (4 MB)	6	0.4653	2.7915
MP081	CHICKEN FAJITA SEC	1	8 OZ	18	0.8456	15.2203
SA305	SALAD BAR MEAL W/ 2 OZ ROLL	1	1 MEAL	83	1.1216	93.0953
SA692	SALAD BAR SIDE 9-12	1	1 SIDE SVG	59	0.5307	31.3128
SI403	FRUIT SIDE 9-12	1	1 CUP	118	0.2925	34.5171
1521	MILK SKIM 1/2 PT PAPER	1	Cup	2	0.2370	0.4740
1500	MILK BAG ORGANIC 1% 5 GAL	1	Cup	117	0.5078	59.4178

Per Serving/Total Menu Cost: 4.3553 243.2147

Cost Standard: 0.0000

Total Weighted Cost per Serving: 2.0515

Age Group: Grades 9-12

Serving Period: Lunch

Nutrient Table: USDA Meal Patterns

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.	Missing Values
Total Trans	g	N/A	N/A		N/A		*
Total Fat	g	N/A	20.1933	23.6062	N/A		
Cholesterol	mg	N/A	96.6080		N/A		
Carbohydrate	g	N/A	116.4851	60.5210	N/A		
Total Dietary Fiber	g	N/A	17.3321		N/A		
Protein	g	N/A	36.3872	18.9053	N/A		
Vitamin A (RE)	RE	N/A	1705.0772		N/A		*
Vitamin A (IU)	IU	N/A	16875.2967		N/A		*
Vitamin C	mg	N/A	135.4472		N/A		*
Calcium	mg	N/A	541.8140		N/A		*
Iron	mg	N/A	5.2576		N/A		*
Moisture	g	N/A	730.6114		N/A		*
Ash	g	N/A	6.8682		N/A		*

! = Item out of compliance with standard

A nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

Age Group: Grades 9-12

Serving Period: Lunch

Meal Pattern Nutrient	Units	Lunch Minimum	Lunch Maximum	Value	Missing Values
Food Energy	kcal	N/A	N/A	769.8817	
Saturated Fat	% Cal	N/A	N/A	5.99	
Sodium	mg	N/A	N/A	1,577.7990	

! = Item out of compliance with standard

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CHEF ANN FOUNDATION

Scheduled Menu Analysis

Site: 440 ARAPAHOE RIDGE HIGH SCHOOL

Serving Period: Lunch

Serving Line: Main

Menu: 358 A HS LUNCH W5D4

Date: 09/04/2014

Projected Feeding Figure: 118

Stock Number	Description	Serving Size	Measure	Projected Quantity	Cost Per Serving	Total Cost
MP417	SANDWICH TOASTED HAM & CHEESE	1	1 SDWH	12	0.5085	6.1019
MV060	POTATO BROCCOLI CHEESE SEC	1	2 HALVES	36	0.3301	11.8843
SI300	SIDE BISCUIT	1	1 BISCUIT	36	0.1483	5.3388
MB102	PORK RIBS 9-12/ 3 EA	1	1 SVG	12	0.0551	0.6614
SI310	SIDE CORNBREAD	1	2 OZ	12	0.0938	1.1257
SA305	SALAD BAR MEAL W/ 2 OZ ROLL	1	1 MEAL	59	1.1216	66.1762
SI710	SIDE VEG DU JOUR	1	.5 CUP	0	0.0036	0.0000
SA692	SALAD BAR SIDE 9-12	1	1 SIDE SVG	59	0.5307	31.3128
SI403	FRUIT SIDE 9-12	1	1 CUP	118	0.2925	34.5171
1521	MILK SKIM 1/2 PT PAPR	1	Cup	2	0.2370	0.4740
1500	MILK BAG ORGANIC 1% 5 GAL	1	Cup	117	0.5078	59.4178
Per Serving/Total Menu Cost:					3.8290	217.0100
Cost Standard: 0.0000	Total Weighted Cost per Serving:				1.8331	

Age Group: Grades 9-12

Serving Period: Lunch

Nutrient Table: USDA Meal Patterns

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.	Missing Values
Total Trans	g	N/A	N/A		N/A		*
Total Fat	g	N/A	21.3703	24.4602	N/A		
Cholesterol	mg	N/A	79.6960		N/A		
Carbohydrate	g	N/A	117.3161	59.6794	N/A		
Total Dietary Fiber	g	N/A	15.8802		N/A		
Protein	g	N/A	35.9862	18.3064	N/A		
Vitamin A (RE)	RE	N/A	1399.0110		N/A		*
Vitamin A (IU)	IU	N/A	13453.2946		N/A		*
Vitamin C	mg	N/A	99.9257		N/A		*
Calcium	mg	N/A	541.0253		N/A		*
Iron	mg	N/A	4.8333		N/A		*
Moisture	g	N/A	735.8928		N/A		*
Ash	g	N/A	8.1790		N/A		*

! = Item out of compliance with standard

A nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



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Scheduled Menu Analysis

Age Group: Grades 9-12

Serving Period: Lunch

Meal Pattern Nutrient	Units	Lunch Minimum	Lunch Maximum	Value	Missing Values
Food Energy	kcal	N/A	N/A	786.3090	
Saturated Fat	% Cal	N/A	N/A	9.22	
Sodium	mg	N/A	N/A	1,567.9184	

! = Item out of compliance with standard

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CHEF ANN FOUNDATION

Scheduled Menu Analysis

Site: 440 ARAPAHOE RIDGE HIGH SCHOOL

Serving Period: Lunch

Serving Line: Main

Menu: 360 A HS LUNCH W5D5

Date: 09/05/2014

Projected Feeding Figure: 118

Stock Number	Description	Serving Size	Measure	Projected Quantity	Cost Per Serving	Total Cost
MP007	QUESADILLA CHICKEN SEC	1	1 QUESA	59	0.1784	10.5274
PV081	LASAGNA CHEESE SEC	1	9.45 OZ	18	0.1969	3.5440
ZA022	PIZZA CHEESE #2 HS 6-CUT	1	1 SLICE	24	0.7074	16.9776
SA305	SALAD BAR MEAL W/ 2 OZ ROLL	1	1 MEAL	18	1.1216	20.1893
SI504	SIDE BEANS REFRIED PINTO	1	.25 CUP	0	0.0005	0.0000
SA692	SALAD BAR SIDE 9-12	1	1 SIDE SVG	113	0.5307	59.9720
SI403	FRUIT SIDE 9-12	1	1 CUP	118	0.2925	34.5171
1521	MILK SKIM 1/2 PT PAPR	1	Cup	2	0.2370	0.4740
1500	MILK BAG ORGANIC 1% 5 GAL	1	Cup	117	0.5078	59.4178

Per Serving/Total Menu Cost: 3.7728 205.6192

Cost Standard: 0.0000

Total Weighted Cost per Serving: 1.7303

Age Group: Grades 9-12

Serving Period: Lunch

Nutrient Table: USDA Meal Patterns

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.	Missing Values
Total Trans	g	N/A	N/A		N/A		*
Total Fat	g	N/A	19.7830	25.3197	N/A		
Cholesterol	mg	N/A	70.0218		N/A		
Carbohydrate	g	N/A	100.8237	57.3517	N/A		
Total Dietary Fiber	g	N/A	12.7806		N/A		
Protein	g	N/A	37.5485	21.3588	N/A		
Vitamin A (RE)	RE	N/A	1301.8252		N/A		*
Vitamin A (IU)	IU	N/A	11136.3118		N/A		*
Vitamin C	mg	N/A	75.1798		N/A		*
Calcium	mg	N/A	658.3455		N/A		*
Iron	mg	N/A	4.8926		N/A		*
Moisture	g	N/A	603.5525		N/A		*
Ash	g	N/A	5.9448		N/A		*

! = Item out of compliance with standard

A nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

Age Group: Grades 9-12

Serving Period: Lunch

Meal Pattern Nutrient	Units	Lunch Minimum	Lunch Maximum	Value	Missing Values
Food Energy	kcal	N/A	N/A	703.1959	
Saturated Fat	% Cal	N/A	N/A	8.11	
Sodium	mg	N/A	N/A	1,274.1605	

! = Item out of compliance with standard

* Meal Pattern Nutrient value marked as missing contains at least one ingredient for which meal pattern/nutrient data is absent.



CHEF ANN FOUNDATION

Scheduled Menu Analysis

Average Cost Analysis For Menus for Site: 440 ARAPAHOE RIDGE HIGH SCHOOL

Serving Period: Lunch

Average Cost Per Serving: 0.4461

Average Weighted Cost Per Serving: 0.1971

Average Nutrient Analysis For Menus for Site: 440 ARAPAHOE RIDGE HIGH SCHOOL

Serving Period: Lunch

Nutrient	Units	Lunch Standard	Nutrient Values	% of Calories	% Nutrient Standard	Difference from Std.	Missing Values
Total Trans	g		0.1811		N/A		*
Total Fat	g		21.5928	25.6984	N/A		
Cholesterol	mg		76.8630		N/A		
Carbohydrate	g		107.5933	56.9116	N/A		
Total Dietary Fiber	g		14.3777		N/A		
Protein	g		37.6268	19.9027	N/A		
Vitamin A (RE)	RE		1,312.5245		N/A		*
Vitamin A (IU)	IU		11,857.1587		N/A		*
Vitamin C	mg		87.3763		N/A		*
Calcium	mg		589.5930		N/A		*
Iron	mg		4.9210		N/A		*
Moisture	g		643.2569		N/A		*
Ash	g		6.2648		N/A		*

! = Item out of compliance with standard

A nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

Weekly Meal Pattern Analysis For Menus for Site: 440 ARAPAHOE RIDGE HIGH SCHOOL

Serving Period: Lunch

Week Of: 9/1/2014 to 9/5/2014

Meal Pattern/Nutrient	Units	Lunch Minimum	Lunch Maximum	Value	Missing Values
Food Energy	kcal	750	850	756.2141	
Saturated Fat	% Cal	N/A	< 10	8.60	
Sodium	mg	N/A	N/A	1403.7056	

! = Item out of compliance with standard

* Meal Pattern/Nutrient value marked as missing contains at least one ingredient for which meal pattern/nutrient data is absent.