Santa Monica-Malibu USD

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Weighted Values - Detailed

Generated on: 3/16/2017 10:44:25 AM

	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 - 04/17/2017																
Elementary Brkfst-Traditional	Total	100														
Coffee Cake WG 4oz	1	70	280	35	252	2.10	1.26	56.0	70	0.0	24	4.2	42.7	10.5	1.05	0.00
Cereal, Assorted	28 g	30	31	*0	53	*0.20	*1.98	*14.0	142	*1.68	1	*0.53	*5.7	0.27	0.04	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	100	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
Goldfish Grahams Cinn.	26 g	30	36	0	33	0.30	0.22	30.0	9	0.0	2	0.3	5.7	1.2	0.30	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Weighted Daily Average			618	*38	483	*6.85	*3.95	*456.7	983	*62.61	*62	*15.60	*111.18	13.25	1.95	0.00
% of Calories											*39.9%	*10.1%	*71.9%	19.3%	2.8%	0.0%
Nutrient Guideline			350-500		540										<10.00	
Tue - 04/18/2017																
Elementary Brkfst-Traditional	Total	100														
BISCUITS*SAUSAGE:ELEM	1 EACH	70	189	39	445	0.32	1.26	15.6	20	0.0	*1	9.36	13.2	10.74	2.61	*N/A*
assorted cold cereal	1 cup	30	39	0	55	0.78	2.47	17.9	259	2.3	2	0.92	8.64	0.36	0.06	0.00
String Cheese, Mozarella	28 g	30	24	4	1	0.00	0.02	62.1	44	0.0	0	2.1	0.3	1.8	1.05	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	100	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Weighted Daily Average			523	*47	646	5.35	4.25	452.3	1085	63.22	*38	22.94	79.22	14.19	4.28	*0.00
% of Calories											*29.1%	17.5%	60.6%	24.4%	7.4%	*0.0%
Nutrient Guideline			350-500		540										<10.00	
Wed - 04/19/2017																
Elementary Brkfst-Traditional	Total	100														
Pizza Bagel Breakfast WG	1 Bagel	70	134	10	268	0.63	1.11	151.9	255	2.66	*N/A*	8.16	16.21	4.0	2.11	*N/A*
assorted cold cereal	1 cup	30	39	0	55	0.78	2.47	17.9	259	2.3	2	0.92	8.64	0.36	0.06	0.00
Goldfish Cinnamon Grahams Gian	1 Bag	30	36	0	33	0.37	0.22	30.0	0	0.0	*N/A*	0.3	5.7	1.2	0.30	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	100	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	100	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Weighted Daily Average			447	*14	501	4.62	4.25	542.5	1197	44.65	*43	19.52	78.61	6.79	3.04	*0.00
% of Calories											*38.1%	17.5%	70.4%	13.7%	6.1%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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Thu - 04/20/2017																
Elementary Brkfst-Traditional	Total	100														
Oatmeal	1 cup	70	105	0	0	2.80	0.00	0.0	0	0.0	1	3.5	18.9	2.1	0.35	0.00
Goldfish Cinnamon Grahams Gian	1 Bag	70	84	0	77	0.87	0.50	70.0	0	0.0	*N/A*	0.7	13.3	2.8	0.70	0.00
assorted cold cereal	1 cup	30	39	0	55	0.78	2.47	17.9	259	2.3	2	0.92	8.64	0.36	0.06	0.00
String Cheese, Mozarella	28 g	30	24	4	1	0.00	0.02	62.1	44	0.0	0	2.1	0.3	1.8	1.05	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	100	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	100	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Weighted Daily Average			380	4	139	7.29	3.45	176.8	487	40.40	*28	8.39	73.24	7.46	2.24	0.00
% of Calories											*29.5%	8.8%	77.2%	17.7%	5.3%	0.0%
Nutrient Guideline			350-500		540										<10.00	
Fri - 04/21/2017																
Elementary Brkfst-Traditional	Total	100														
Zucchini Bread	3.4 oz	70	189	0	154	1.40	0.76	70.0	70	0.84	18	3.5	30.1	7.0	1.40	0.00
Cereal, Assorted	28 g	30	31	*0	53	*0.20	*1.98	*14.0	142	*1.68	1	*0.53	*5.7	0.27	0.04	0.00
Goldfish Cinnamon Grahams Gian	1 Bag	30	36	0	33	0.37	0.22	30.0	0	0.0	*N/A*	0.3	5.7	1.2	0.30	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	100	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	100	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Weighted Daily Average			493	*3	385	*4.81	*3.40	*456.6	895	*42.22	*59	*14.48	*89.56	9.70	2.32	0.00
% of Calories											*47.8%	*11.7%	*72.6%	17.7%	4.2%	0.0%
Nutrient Guideline			350-500		540										<10.00	
Mon - 04/24/2017																
Elementary Brkfst-Traditional	Total	100														
Banana Bread	3.4 oz	70	196	0	154	1.40	0.76	56.0	70	0.0	18	3.5	30.8	7.0	1.40	0.00
assorted cold cereal	1 cup	30	39	0	55	0.78	2.47	17.9	259	2.3	2	0.92	8.64	0.36	0.06	0.00
String Cheese, Mozarella	28 g	30	24	4	1	0.00	0.02	62.1	44	0.0	0	2.1	0.3	1.8	1.05	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	100	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	100	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Weighted Daily Average			496	*8	355	5.02	3.70	478.7	1056	41.99	60	16.66	87.80	10.39	3.08	0.00
% of Calories											48.4%	13.4%	70.8%	18.8%	5.6%	0.0%
Nutrient Guideline			350-500		540										<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)
Tue - 04/25/2017																
Elementary Brkfst-Traditional	Total	100														
Belgian Waffles WG	1	70	133	14	196	2.80	1.26	28.0	25	*N/A*	5	2.8	22.4	4.2	0.70	0.00
Cereal, Assorted	28 g	30	31	*0	53	*0.20	*1.98	*14.0	142	*1.68	1	*0.53	*5.7	0.27	0.04	0.00
Goldfish Cinnamon Grahams Gian	1 Bag	30	36	0	33	0.37	0.22	30.0	0	0.0	*N/A*	0.3	5.7	1.2	0.30	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	100	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	100	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
Weighted Daily Average			437	*17	428	*6.21	*3.91	*414.6	849	*41.38	*46	*13.78	*81.86	6.90	1.62	0.00
% of Calories											*42.4%	*12.6%	*74.9%	14.2%	3.3%	0.0%
Nutrient Guideline			350-500		540										<10.00	
Wed - 04/26/2017																
Elementary Brkfst-Traditional	Total	100														
Pizza Bagel Breakfast WG	1 Bagel	70	134	10	268	0.63	1.11	151.9	255	2.66	*N/A*	8.16	16.21	4.0	2.11	*N/A*
Cereal, Assorted	28 g	30	31	*0	53	*0.20	*1.98	*14.0	142	*1.68	1	*0.53	*5.7	0.27	0.04	0.00
String Cheese, Mozarella	28 g	30	24	4	1	0.00	0.02	62.1	44	0.0	0	2.1	0.3	1.8	1.05	0.00
FRUIT,FRESH ASSORTED	1 EACH	100	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	100	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Weighted Daily Average			427	*18	468	*3.66	*3.57	*570.6	1124	*44.04	*41	*20.94	*70.27	7.29	3.77	*0.00
% of Calories											*38.9%	*19.6%	*65.9%	15.4%	8.0%	*0.0%
Nutrient Guideline			350-500		540										<10.00	
Thu - 04/27/2017																
Elementary Brkfst-Traditional	Total	100														
French Toast Sticks WG	2.65 oz	70	112	88	210	2.10	1.12	32.3	140	0.0	3	5.6	16.8	3.15	0.70	0.00
Cereal, Assorted	28 g	30	31	*0	53	*0.20	*1.98	*14.0	142	*1.68	1	*0.53	*5.7	0.27	0.04	0.00
Goldfish Cinnamon Grahams Gian	1 Bag	30	36	0	33	0.37	0.22	30.0	0	0.0	*N/A*	0.3	5.7	1.2	0.30	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	100	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	100	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00

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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-Fat¹ (g)
Weighted Daily Average			416	*91	441	*5.51	*3.77	*418.9	965	*41.38	*45	*16.58	*76.26	5.85	1.62	0.00
% of Calories											*43.2%	*15.9%	*73.3%	12.6%	3.5%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Fri - 04/28/2017																
Elementary Brkfst-Traditional	Total	100														
Yogurt 4 Ounce	4 ounces	70	63	0	53	0.00	0.00	420.0	0	0.84	*N/A*	2.1	13.65	0.0	0.00	0.00
GRANOLA	1/4 CUP	70	84	0	34	1.37	0.63	11.2	0	0.13	*8	2.0	16.31	1.55	0.24	*0.00
Cereal, Assorted	28 g	30	31	*0	53	*0.20	*1.98	*14.0	142	*1.68	1	*0.53	*5.7	0.27	0.04	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
String Cheese, Mozarella	28 g	30	24	4	1	0.00	0.02	62.1	44	0.0	0	2.1	0.3	1.8	1.05	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	100	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Weighted Daily Average			474	*8	286	*5.82	*3.13	*864.0	948	*63.58	*44	*17.30	*93.05	4.90	1.89	*0.00
% of Calories											*37.4%	*14.6%	*78.6%	9.3%	3.6%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Weighted Average			471	*25	413	*5.51	*3.74	*483.2	959	*48.54	*47	*16.62	*84.10	8.67	2.58	*0.00
											*89.1%	*14.1%	*71.4%	16.6%	4.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	471		350 - 500	100%				
Cholesterol (mg)	25				Missing			
Sodium (mg)	413		540					
Fiber (g)	5.51				Missing			
Iron (mg)	3.74				Missing			
Calcium (mg)	483.2				Missing			
Vitamin A (IU)	959							
Sugars (g)	47	39.61%			Missing			
Vitamin C (mg)	48.54				Missing			
Protein (g)	16.62	14.11%			Missing			
Carbohydrate (g)	84.10	71.40%			Missing			
Total Fat (g)	8.67	16.56%						
Saturated Fat (g)	2.58	4.93%	<10.00%					
Trans Fat¹ (g)	0.00	0.00%			Missing			

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