

	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 <sup>1</sup> (g)
Thu - 12/01/2016																
Elementary Brkfst-Traditional	Total	100														
Coffee Cake WG 4oz	1	70	400	50	360	3.00	1.80	80.0	100	0.0	34	6.0	61.0	15.0	1.50	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			704	*38	518	*6.67	*3.97	*495.9	1461	*118.25	*68	*17.43	*134.11	13.08	1.93	0.00
% of Calories											*38.4%	*9.9%	*76.2%	16.7%	2.5%	0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 12/02/2016																
Elementary Brkfst-Traditional	Total	100														
Biscuits, Honey WW	64 g	70	190	0	320	2.00	1.44	150.0	30	1.2	6	4.0	30.0	6.0	2.00	0.00
Turkey Sausage Patty	1.025	70	60	30	100	0.00	0.36	20.0	0	0.0	*N/A*	6.0	0.0	4.0	1.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			587	*29	527	*5.57	*3.51	*565.3	1177	*119.09	*46	*21.73	*106.51	10.18	3.73	0.00
% of Calories											*31.1%	*14.8%	*72.6%	15.6%	5.7%	0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 12/05/2016																
Elementary Brkfst-Traditional	Total	100														
Pizza Bagel Breakfast WG	1 Bagel	70	192	15	383	0.90	1.59	217.0	365	3.8	*N/A*	11.65	23.16	5.71	3.01	*N/A*
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	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			408	*14	495	*5.20	*3.82	*565.1	1379	*40.81	*25	*19.38	*69.57	6.58	2.99	*0.00
% of Calories											*24.6%	*19.0%	*68.1%	14.5%	6.6%	*0.0%
Nutrient Guideline			350-500		540											<10.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Santa Monica-Malibu USD**

**Dec 1, 2016 thru Dec 25, 2016**

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

Page 2

Generated on: 11/2/2016 9:12:03 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 <sup>1</sup> (g)
<b>Tue - 12/06/2016</b>																
Elementary Brkfst-Traditional	Total	100														
OATMEAL	1 CUP	70	141	0	8	3.85	1.71	26.7	0	0.0	*0	6.13	24.05	2.5	0.44	*0.00
Elf Grahams, Assorted	28 g	70	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			595	*8	317	*7.79	*4.57	*594.9	1806	*118.25	*47	*20.42	*116.80	7.74	2.64	*0.00
% of Calories											*31.5%	*13.7%	*78.5%	11.7%	4.0%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

<b>Wed - 12/07/2016</b>																
Elementary Brkfst-Traditional	Total	100														
Zucchini Bread	3.4 oz	70	270	0	220	2.00	1.08	100.0	100	1.2	25	5.0	43.0	10.0	2.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			613	*3	420	*5.97	*3.46	*509.9	1461	*119.09	*61	*16.73	*121.51	9.58	2.28	0.00
% of Calories											*40.0%	*10.9%	*79.3%	14.1%	3.3%	0.0%
Nutrient Guideline			350-500		540										<10.00	

<b>Thu - 12/08/2016</b>																
Elementary Brkfst-Traditional	Total	100														
Banana Bread	3.4 oz	70	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Santa Monica-Malibu USD**

**Dec 1, 2016 thru Dec 25, 2016**

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

Page 3

Generated on: 11/2/2016 9:12:03 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			608	*8	387	*5.57	*3.00	*502.3	1226	*118.25	*59 *38.8%	*18.23 *12.0%	*116.31 *76.5%	10.18 15.1%	3.03 4.5%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 12/09/2016																	
Elementary Brkfst-Traditional	Total	100															
Waffle Stix- Belgian Chef WG	62 g	70	154	0	274	2.19	1.18	21.9	27	0.0	5	4.39	29.61	2.19	0.00	0.00	
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00	
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	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	
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00	
Weighted Daily Average % of Calories			532	*3	458	*6.10	*3.54	*455.3	1410	*118.25	*48 *35.8%	*16.30 *12.3%	*112.14 *84.4%	4.12 7.0%	0.88 1.5%	0.00 0.0%	
Nutrient Guideline			350-500		540											<10.00	

Mon - 12/12/2016																	
Elementary Brkfst-Traditional	Total	100															
Pizza Bagel Breakfast WG	1 Bagel	70	192	15	383	0.90	1.59	217.0	365	3.8	*N/A*	11.65	23.16	5.71	3.01	*N/A*	
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00	
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	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 % of Calories			408	*14	495	*5.20	*3.82	*565.1	1379	*40.81	*25 *24.6%	*19.38 *19.0%	*69.57 *68.1%	6.58 14.5%	2.99 6.6%	*0.00 *0.0%	
Nutrient Guideline			350-500		540											<10.00	

\*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Santa Monica-Malibu USD**

**Dec 1, 2016 thru Dec 25, 2016**

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

Page 4

Generated on: 11/2/2016 9:12:03 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 <sup>1</sup> (g)
Tue - 12/13/2016																
Elementary Brkfst-Traditional	Total	100														
French Toast Sticks	3 sticks 2.65oz	70	170	115	310	3.00	1.80	80.0	200	3.6	*N/A*	9.0	26.0	4.0	1.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			543	*84	483	*6.67	*3.97	*495.9	1531	*120.77	*44	*19.53	*109.61	5.38	1.58	0.00
% of Calories											*32.2%	*14.4%	*80.7%	8.9%	2.6%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Wed - 12/14/2016																
Elementary Brkfst-Traditional	Total	100														
Yogurt, LF Vanilla	8 oz	70	200	5	105	*N/A*	0.00	200.0	1000	0.0	28	7.0	39.0	1.5	1.00	0.00
Granola, LF Fruit	55 g	70	210	0	270	3.00	1.08	20.0	90	0.0	18	4.0	44.0	2.5	0.50	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Weighted Daily Average			699	*11	496	*6.27	*3.01	*600.3	1919	*118.25	*74	*22.43	*143.61	5.98	2.68	0.00
% of Calories											*42.1%	*12.8%	*82.2%	7.7%	3.5%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 12/15/2016																
Elementary Brkfst-Traditional	Total	100														
Coffee Cake WG 4oz	1	70	400	50	360	3.00	1.80	80.0	100	0.0	34	6.0	61.0	15.0	1.50	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			692	*43	485	*6.27	*3.51	*502.3	1226	*118.25	*65 *37.7%	*18.93 *10.9%	*128.21 *74.1%	13.68 17.8%	2.68 3.5%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 12/16/2016																	
Elementary Brkfst-Traditional	Total	100															
Biscuits, Honey WW	64 g	70	190	0	320	2.00	1.44	150.0	30	1.2	6	4.0	30.0	6.0	2.00	0.00	
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00	
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	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	
Turkey Sausage Patty Breakfast	1.025 oz	30	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	8.0	2.00	0.00	
Weighted Daily Average % of Calories			443	*21	511	*5.97	*3.93	*530.2	1145	*38.99	*29 *26.4%	*17.62 *15.9%	*74.36 *67.1%	9.18 18.7%	2.88 5.9%	0.00 0.0%	
Nutrient Guideline			350-500		540											<10.00	

Mon - 12/19/2016																	
Elementary Brkfst-Traditional	Total	100															
Pizza Bagel Breakfast WG	1 Bagel	70	192	15	383	0.90	1.59	217.0	365	3.8	*N/A*	11.65	23.16	5.71	3.01	*N/A*	
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	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	
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00	
Weighted Daily Average % of Calories			523	*14	500	*4.80	*3.34	*536.1	1368	*120.91	*41 *31.7%	*20.78 *15.9%	*101.42 *77.6%	5.38 9.3%	2.69 4.6%	*0.00 *0.0%	
Nutrient Guideline			350-500		540											<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Santa Monica-Malibu USD**

**Dec 1, 2016 thru Dec 25, 2016**

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g)
Tue - 12/20/2016																
Elementary Brkfst-Traditional	Total	100														
OATMEAL	1 CUP	70	141	0	8	3.85	1.71	26.7	0	0.0	*0	6.13	24.05	2.5	0.44	*0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Elf Grahams, Assorted	28 g	70	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Weighted Daily Average			595	*8	317	*7.79	*4.57	*594.9	1806	*118.25	*47	*20.42	*116.80	7.74	2.64	*0.00
% of Calories											*31.5%	*13.7%	*78.5%	11.7%	4.0%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Wed - 12/21/2016																
Elementary Brkfst-Traditional	Total	100														
Zucchini Bread	3.4 oz	70	270	0	220	2.00	1.08	100.0	100	1.2	25	5.0	43.0	10.0	2.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			613	*3	420	*5.97	*3.46	*509.9	1461	*119.09	*61	*16.73	*121.51	9.58	2.28	0.00
% of Calories											*40.0%	*10.9%	*79.3%	14.1%	3.3%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 12/22/2016																
Elementary Brkfst-Traditional	Total	100														
Banana Bread	3.4 oz	70	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			608	*8	387	*5.57	*3.00	*502.3	1226	*118.25	*59	*18.23	*116.31	10.18	3.03	0.00
% of Calories											*38.8%	*12.0%	*76.5%	15.1%	4.5%	0.0%
Nutrient Guideline			350-500		540										<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Santa Monica-Malibu USD**

**Dec 1, 2016 thru Dec 25, 2016**

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g)
<b>Fri - 12/23/2016</b>																
Elementary Brkfst-Traditional	Total	100														
Waffle Stix- Belgian Chef WG	62 g	70	154	0	274	2.19	1.18	21.9	27	0.0	5	4.39	29.61	2.19	0.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	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
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			532	*3	458	*6.10	*3.54	*455.3	1410	*118.25	*48	*16.30	*112.14	4.12	0.88	0.00
% of Calories											*35.8%	*12.3%	*84.4%	7.0%	1.5%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Weighted Average			571	*18	451	*6.08	*3.65	*528.3	1435	*104.93	*50	*18.86	*110.03	8.19	2.46	*0.00
											*78.5%	*13.2%	*77.1%	12.9%	3.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	571		350 - 500	114%			71	Correction Required - Calories too High
Cholesterol (mg)	18				Missing			
Sodium (mg)	451		540					
Fiber (g)	6.08				Missing			
Iron (mg)	3.65				Missing			
Calcium (mg)	528.3				Missing			
Vitamin A (IU)	1435							
Sugars (g)	50	34.89%			Missing			
Vitamin C (mg)	104.93				Missing			
Protein (g)	18.86	13.21%			Missing			
Carbohydrate (g)	110.03	77.10%			Missing			
Total Fat (g)	8.19	12.92%						
Saturated Fat (g)	2.46	3.88%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**