

Santa Monica-Malibu USD

Jun 1, 2017 thru Jun 9, 2017

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Weighted Values - Detailed

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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)
Thu - 06/01/2017																
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
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 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			481	*8	277	*6.71	*2.96	*488.7	869	*41.38	*42	*16.98	*86.26	8.20	2.72	0.00
% of Calories											*35.1%	*14.1%	*71.7%	15.3%	5.1%	0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 06/02/2017																
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
Graham Cracker Sticks, Cinn.	28 g	30	36	0	35	0.30	0.22	30.0	150	0.0	2	0.6	6.3	1.05	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	387	*4.73	*3.40	*456.6	1045	*42.22	61	*14.78	*90.16	9.55	2.32	0.00
% of Calories											49.8%	*12.0%	*73.1%	17.4%	4.2%	0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 06/05/2017																
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
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 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			488	*8	354	*4.43	*3.21	*474.7	939	*41.38	59	*16.28	*84.86	10.30	3.07	0.00
% of Calories											48.3%	*13.3%	*69.5%	19.0%	5.7%	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 - 06/06/2017																
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
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			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 - 06/07/2017																
Elementary Brkfst-Traditional	Total	100														
Breakfast Pizza Bagel	1 pizza ba gel	70	134	10	268	0.63	1.11	151.9	255	2.66	*N/A*	8.16	16.21	4.0	2.11	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
String Cheese, Mozzarella	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			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 - 06/08/2017																
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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Weighted Values - Detailed

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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)
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 - 06/09/2017																
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
String Cheese, Mozzarella	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			440	*8	286	*4.40	*3.09	*850.0	869	*42.35	*50	*16.88	*84.02	4.85	1.90	*0.00
% of Calories											*45.2%	*15.4%	*76.5%	9.9%	3.9%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Weighted Average			455	*22	377	*5.09	*3.41	*524.9	951	*42.01	*49	*16.60	*81.95	7.56	2.43	*0.00
											*97.6%	*14.6%	*72.1%	15.0%	4.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	455		350 - 500	100%				
Cholesterol (mg)	22				Missing			
Sodium (mg)	377		540					
Fiber (g)	5.09				Missing			
Iron (mg)	3.41				Missing			
Calcium (mg)	524.9				Missing			
Vitamin A (IU)	951							
Sugars (g)	49	43.37%			Missing			
Vitamin C (mg)	42.01				Missing			
Protein (g)	16.60	14.60%			Missing			
Carbohydrate (g)	81.95	72.09%			Missing			
Total Fat (g)	7.56	14.96%						
Saturated Fat (g)	2.43	4.81%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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