

Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-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 ¹ (g)
Wed - 03/01/2017																
Elementary Lunch-Traditional	Total	300														
Cheese Ravioli	6.5 ounces	250	189	45	189	1.99	1.79	99.6	1743	17.93	*N/A*	8.96	27.89	5.98	2.99	*N/A*
Hawaiian Roll	1 oz	250	77	0	129	0.34	0.72	41.4	*N/A*	0.0	*N/A*	2.1	13.76	1.29	0.32	*N/A*
Green Beans	.25 cup	250	7	0	85	0.64	0.30	8.8	118	1.45	*N/A*	0.41	1.52	0.03	0.01	*N/A*
APPLES,Fresh	1/2 cup	250	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Quesadilla	1 each	50	191	290	531	0.09	0.16	169.9	641	0.0	*0	6.81	3.31	16.98	10.53	*0.31
Weighted Daily Average			440	*89	615	6.08	2.81	431.6	*3637	27.77	*26	19.30	68.22	11.91	5.17	*0.05
% of Calories											*23.6%	17.5%	62.0%	24.3%	10.6%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 03/02/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Taquito WG	98g	1	173	9	136	1.12	1.92	13.5	20	0.22	*0	7.98	29.25	2.2	0.35	*0.00
CORN,SWEET YELLOW,CANN ED,DRAIN	.5 CUP	1	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
Beans, Vegetarian	113 g	250	100	0	140	5.00	1.80	40.0	25	0.0	5	6.0	19.0	0.5	0.00	0.00
ORANGES	1/2 cup	250	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Quesadilla	1 each	50	191	290	531	0.09	0.16	169.9	641	0.0	*0	6.81	3.31	16.98	10.53	*0.31
Weighted Daily Average			274	*51	396	6.94	1.91	365.3	2226	48.90	*26	15.23	41.73	6.16	2.40	*0.05
% of Calories											*37.4%	22.2%	60.8%	20.2%	7.9%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/03/2017																
Elementary Lunch-Traditional	Total	300														
Tony's Thin Crust Cheese Pizza	1 slice	1	300	25	580	4.00	1.80	250.0	300	0.0	14	16.0	35.0	11.0	5.00	0.00
Frozen Fruit Cup	4 oz	250	55	0	14	0.04	0.00	0.0	182	1.25	10	0.0	15.66	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Tomatoes, Grape	.25 cup	250	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00

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Base Menu Spreadsheet

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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 ¹ (g)
Weighted Daily Average % of Calories			172	*3	203	0.88	0.31	272.4	2071	7.37	22 52.4%	10.87 25.3%	31.48 73.3%	2.84 14.9%	0.64 3.4%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 03/06/2017																
Elementary Lunch-Traditional	Total	300														
Bosco Cheese Stick w/Marinara	2 sticks	1	315	30	560	5.00	2.52	400.0	500	1.2	*N/A*	21.0	37.0	10.0	5.00	0.00
Baby Carrots	3 oz	250	35	0	65	2.00	0.36	20.0	6000	6.0	*N/A*	1.0	8.0	0.0	0.00	0.00
sliced apples	1 bag	250	34	0	0	2.00	0.18	10.0	50	123.6	*N/A*	0.0	8.0	0.0	0.00	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Protein Box/ bagel	1	50	373	211	259	*2.39	2.43	291.8	823	*66.03	*15	17.72	33.28	20.08	*11.04	*0.00
Weighted Daily Average % of Calories			242	*38	289	*4.58	1.16	346.5	7098	*125.34	*17 *27.4%	12.17 20.2%	34.81 57.7%	6.18 23.0%	*2.48 *9.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/07/2017																
Elementary Lunch-Traditional	Total	300														
Turkey Pepperoni Calzone	5 oz	1	339	35	469	4.99	2.69	349.4	399	8.98	6	23.96	33.94	12.98	5.99	0.00
CORN,SWEET YELLOW,CANN ED,DRAIN	.25 CUP	250	27	0	84	0.82	0.11	1.2	19	0.74	2	0.94	5.88	0.5	0.10	0.00
Bananas,raw	1 each	250	90	0	1	2.63	0.26	5.1	65	8.79	*N/A*	1.1	23.07	0.33	0.11	*N/A*
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Protein Box/ bagel	1	50	373	211	259	*2.39	2.43	291.8	823	*66.03	*15	17.72	33.28	20.08	*11.04	*0.00
Weighted Daily Average % of Calories			282	*38	305	*4.12	1.03	326.6	2126	*25.30	*18 *25.7%	13.05 18.5%	45.59 64.7%	6.89 22.0%	*2.66 *8.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Base Menu Spreadsheet

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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 ¹ (g)
Wed - 03/08/2017																
Elementary Lunch-Traditional	Total	300														
baked chicken	3 ounces	250	220	65	380	0.00	1.08	*N/A*	100	0.0	*N/A*	17.0	7.0	14.0	4.00	0.00
Mashed Potato	.25 cup	250	35	0	58	0.50	0.10	3.6	1	3.22	0	0.5	7.5	0.0	0.00	0.00
TANGERINES,FRESH	1 EACH	250	45	0	2	1.51	0.13	31.1	572	22.43	9	0.68	11.21	0.26	0.03	0.00
CARROT STICKS	.5 cup	1	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.02	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Protein Box/ bagel	1	50	373	211	259	*2.39	2.43	291.8	823	*66.03	*15	17.72	33.28	20.08	*11.04	*0.00
Weighted Daily Average			433	*92	599	*2.91	1.79	*349.2	2640	*38.71	*24	26.42	42.79	18.03	*5.83	*0.00
% of Calories											*22.4%	24.4%	39.6%	37.5%	*12.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 03/09/2017																
Elementary Lunch-Traditional	Total	300														
Taco Salad with Turkey	4 oz	1	87	27	263	1.45	1.77	74.6	626	3.31	*1	10.49	5.86	2.74	0.93	*0.00
Refried Beans	.25 cup	250	80	0	240	4.00	1.35	20.0	2	0.0	0	4.5	13.5	1.25	0.50	0.00
Peaches, Diced Yellow LS	1/2 cup	250	70	0	10	1.00	0.00	0.0	300	1.2	16	1.0	17.0	0.0	0.00	0.00
Tostada Bowl	1 Bowl	1	110	0	5	0.00	0.36	20.0	0	0.0	*N/A*	1.0	14.0	5.0	0.00	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Protein Box/ bagel	1	50	373	211	259	*2.39	2.43	291.8	823	*66.03	*15	17.72	33.28	20.08	*11.04	*0.00
Weighted Daily Average			309	*38	442	*5.40	1.84	337.2	2309	*18.35	*30	15.89	46.84	7.22	*2.89	*0.00
% of Calories											*39.3%	20.6%	60.7%	21.0%	*8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/10/2017																
Elementary Lunch-Traditional	Total	300														
Big Daddy Cheese 51% WG	140gram 4.94oz	1	340	30	590	4.00	1.80	300.0	400	0.0	*N/A*	19.0	36.0	14.0	6.00	0.00
Pineapple Tidbits, LS, Canned	1/2 cup	250	100	0	0	1.00	0.72	0.0	110	6.0	22	0.0	24.0	0.0	0.00	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Tomatoes, Grape	.25 cup	250	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Milk Variety 2016-2017	8 oz.	250	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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Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion 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			209	*3	192	1.68	0.91	272.6	2011	11.33	*32	10.88	38.43	2.85	0.65	0.00
% of Calories											*61.9%	20.8%	73.5%	12.3%	2.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 03/13/2017																
Elementary Lunch-Traditional	Total	300														
Macaroni & Cheese WG RF	3 oz	1	145	15	490	1.00	0.54	210.0	400	0.0	*N/A*	8.5	15.5	5.5	3.00	0.00
Apples 2 oz Sliced	1/2 cup	250	34	0	0	2.00	0.18	10.0	50	123.6	*N/A*	0.0	8.0	0.0	0.00	0.00
Hawaiian Roll	1 oz	250	77	0	129	0.34	0.72	41.4	*N/A*	0.0	*N/A*	2.1	13.76	1.29	0.32	*N/A*
CARROT STICKS	.5 cup	250	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.02	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Senor Felix Bean & Cheese Bur	5.75 oz	50	330	20	490	7.00	2.70	200.0	0	2.4	0	14.0	44.0	10.0	5.00	0.00
Weighted Daily Average			284	*6	406	4.98	1.61	360.5	*8078	111.89	*16	12.76	44.84	5.65	1.75	*0.00
% of Calories											*22.1%	18.0%	63.1%	17.9%	5.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/14/2017																
Elementary Lunch-Traditional	Total	300														
Cheeseburger on WG Bun	4 oz	1	313	47	670	3.39	2.78	155.9	2	0.0	*0	18.19	27.85	15.26	6.36	0.45
Baked Potato Smiles	2.41 oz	250	131	0	181	2.01	0.36	0.0	0	2.41	0	2.01	20.09	4.52	0.50	0.00
GRAPES,Fresh	.5 CUP	250	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Senor Felix Bean & Cheese Bur	5.75 oz	50	330	20	490	7.00	2.70	200.0	0	2.4	0	14.0	44.0	10.0	5.00	0.00
Weighted Daily Average			311	*6	425	4.03	1.17	310.8	1956	10.27	*20	12.62	46.56	8.42	1.94	0.00
% of Calories											*26.0%	16.2%	59.8%	24.3%	5.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Portion 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)
Wed - 03/15/2017																
Elementary Lunch-Traditional	Total	300														
Waffle Sticks with Syrup	1	1	186	0	266	2.00	1.09	20.6	25	0.0	9	4.0	39.06	2.0	0.00	*0.00
Turkey Sausage Patty	1.025 oz	250	60	30	100	0.00	0.36	20.0	0	0.0	*N/A*	6.0	0.0	4.0	1.00	0.00
Tater Tots Shaped Potatoes	8 pieces	250	130	0	310	2.00	0.00	0.0	*N/A*	3.6	*N/A*	2.0	16.0	6.0	1.00	0.00
Juice Apple 4oz	4 oz	250	55	0	15	0.00	0.00	0.0	0	30.0	*N/A*	0.0	15.0	0.0	0.00	*N/A*
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Senor Felix Bean & Cheese Bur	5.75 oz	50	330	20	490	7.00	2.70	200.0	0	2.4	0	14.0	44.0	10.0	5.00	0.00
Weighted Daily Average			381	*31	626	3.67	1.05	321.6	*1918	34.73	*14	17.33	49.11	12.81	3.13	*0.00
% of Calories											*14.7%	18.2%	51.6%	30.3%	7.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

	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 - 03/16/2017																
Elementary Lunch-Traditional	Total	300														
Shamrock Chicken Nugget	3 pieces	1	240	35	510	0.00	1.80	0.0	0	2.4	*N/A*	15.0	17.0	12.0	2.50	0.00
CORN,SWEET YELLOW,CANNED,DRAIN	.5 CUP	250	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
TANGERINES,FRESH	1 EACH	250	45	0	2	1.51	0.13	31.1	572	22.43	9	0.68	11.21	0.26	0.03	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Senor Felix Bean & Cheese Bur	5.75 oz	50	330	20	490	7.00	2.70	200.0	0	2.4	0	14.0	44.0	10.0	5.00	0.00
Weighted Daily Average			260	*6	415	4.63	1.05	332.8	2426	26.66	*24	12.83	42.34	5.56	1.66	0.00
% of Calories											*37.7%	19.8%	65.2%	19.3%	5.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-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 ¹ (g)
Fri - 03/17/2017																
Elementary Lunch-Traditional	Total	300														
Tony's Thin Crust Cheese Pizza	1 slice	1	300	25	580	4.00	1.80	250.0	300	0.0	14	16.0	35.0	11.0	5.00	0.00
sliced apples	1 bag	250	34	0	0	2.00	0.18	10.0	50	123.6	*N/A*	0.0	8.0	0.0	0.00	0.00
COOKIES,SUGAR,COMMLY PR EP,REG	1 each	250	70	2	58	0.19	0.34	5.2	4	0.01	4	0.8	10.1	2.93	1.15	0.07
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Tomatoes, Grape	.25 cup	250	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Milk Variety 2016-2017	8 oz.	250	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			212	*4	240	2.68	0.74	285.1	1964	109.34	*17	11.54	33.51	5.28	1.60	0.06
% of Calories											*33.0%	21.8%	63.2%	22.4%	6.8%	0.3%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/20/2017																
Elementary Lunch-Traditional	Total	300														
Grilled Cheese WG W/ RS Mozz	1 Sandwich	1	283	32	586	3.03	1.65	469.8	26370	0.0	6	18.71	31.22	9.99	5.61	0.00
Baby Carrots	1/2 cup	250	35	0	65	2.00	0.36	20.0	6000	6.0	*N/A*	1.0	8.0	0.0	0.00	0.00
PEACHES: canned,light syrup	.25 CUP	250	34	0	3	0.82	0.23	1.9	222	1.51	8	0.28	9.13	0.02	0.00	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Weighted Daily Average			179	*3	248	3.19	0.79	291.4	7191	12.58	*21	9.45	30.19	2.85	0.65	0.00
% of Calories											*46.8%	21.1%	67.4%	14.3%	3.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/21/2017																
Elementary Lunch-Traditional	Total	300														
Corn Dog Turkey	1 Corn Dog	1	270	30	740	1.00	2.70	80.0	0	0.0	*N/A*	10.0	27.0	14.0	4.00	0.00
Potato Smiles Reduced Sodium	4 pieces	250	130	0	180	2.00	0.36	0.0	0	2.4	*N/A*	2.0	20.0	4.5	0.50	0.00
ORANGES	1/2 cup	250	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Hummus Portion Packs	4 tbsp	50	130	0	490	3.00	1.44	40.0	0	1.2	2	5.0	13.0	7.0	1.00	0.00
Pita Bread WG	2 oz	50	129	0	259	5.97	1.07	59.7	0	0.0	2	5.97	25.86	1.99	0.00	0.00

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Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion 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 % of Calories			311	*3	467	5.92	1.11	320.4	2098	51.09	*22 *28.5%	12.59 16.2%	48.44 62.3%	8.19 23.7%	1.24 3.6%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 03/22/2017																
Elementary Lunch-Traditional	Total	300														
Orange Flavored Chicken	3.6 oz	1	150	40	280	0.00	0.72	0.0	50	1.2	10	11.0	19.0	3.0	0.50	0.00
CHOW MEIN,MEATLESS	.5 cup	1	22	0	390	0.99	0.50	20.0	150	2.49	*N/A*	0.99	4.99	0.0	0.00	*N/A*
BROCCOLI: fresh, boiled	.5 CUP	250	27	0	32	2.57	0.52	31.2	1207	50.62	1	1.86	5.6	0.32	0.06	0.00
Pineapple Tidbits, LS, Canned	1/2 cup	250	100	0	0	1.00	0.72	0.0	110	6.0	22	0.0	24.0	0.0	0.00	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Hummus Portion Packs	4 tbsp	50	130	0	490	3.00	1.44	40.0	0	1.2	2	5.0	13.0	7.0	1.00	0.00
Pita Bread WG	2 oz	50	129	0	259	5.97	1.07	59.7	0	0.0	2	5.97	25.86	1.99	0.00	0.00
Weighted Daily Average % of Calories			271	*3	343	5.31	1.76	314.2	3016	53.73	*34 *50.1%	11.73 17.3%	47.03 69.5%	4.58 15.2%	0.85 2.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/23/2017																
Elementary Lunch-Traditional	Total	300														
Taco Salad with Turkey	4 oz	1	87	27	263	1.45	1.77	74.6	626	3.31	*1	10.49	5.86	2.74	0.93	*0.00
Refried Beans	.25 cup	250	80	0	240	4.00	1.35	20.0	2	0.0	0	4.5	13.5	1.25	0.50	0.00
Tortilla Chips	12 chips/ 1 oz	250	135	*N/A*	60	2.00	0.40	18.0	100	1.0	*N/A*	2.0	19.0	5.0	1.00	*N/A*
APPLES,Fresh	1/2 cup	250	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Hummus Portion Packs	4 tbsp	50	130	0	490	3.00	1.44	40.0	0	1.2	2	5.0	13.0	7.0	1.00	0.00
Pita Bread WG	2 oz	50	129	0	259	5.97	1.07	59.7	0	0.0	2	5.97	25.86	1.99	0.00	0.00
Weighted Daily Average % of Calories			403	*3	567	10.09	2.32	327.0	2067	12.66	*27 *26.8%	15.89 15.8%	65.27 64.7%	9.71 21.7%	2.08 4.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-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 ¹ (g)
Fri - 03/24/2017																
Elementary Lunch-Traditional	Total	300														
Big Daddy Cheese 51% WG	140gram 4.94oz	1	340	30	590	4.00	1.80	300.0	400	0.0	*N/A*	19.0	36.0	14.0	6.00	0.00
Frozen Fruit Cup	4 oz	250	55	0	14	0.04	0.00	0.0	182	1.25	10	0.0	15.66	0.0	0.00	0.00
Tomatoes, Grape	.25 cup	250	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Weighted Daily Average			172	*3	203	0.88	0.31	272.6	2071	7.37	*22	10.88	31.48	2.85	0.65	0.00
% of Calories											*52.3%	25.3%	73.3%	14.9%	3.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/27/2017																
Elementary Lunch-Traditional	Total	300														
Senor Felix Bean & Cheese Bur	5.75 oz	1	330	20	490	7.00	2.70	200.0	0	2.4	0	14.0	44.0	10.0	5.00	0.00
MEXICALI CORN	1/4 CUP	250	43	2	138	0.95	0.42	4.3	171	7.12	*0	1.14	8.01	1.35	0.65	*0.04
PEACHES: canned,light syrup	.5 CUP	250	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Weighted Daily Average			214	*5	311	3.01	1.04	279.0	2430	14.78	*28	9.78	37.84	3.99	1.19	*0.03
% of Calories											*52.4%	18.3%	70.6%	16.8%	5.0%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/28/2017																
Elementary Lunch-Traditional	Total	300														
Baked Chicken Fritters	71 g	1	150	15	460	6.00	1.80	10.0	10	0.0	2	9.0	15.0	6.0	1.00	0.00
Criss Cut Fries	4 pieces	250	120	0	320	1.00	0.36	0.0	*N/A*	0.0	*N/A*	1.0	14.0	6.0	1.50	2.00
PEARS,FRESH	1 EACH	250	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.04	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Grilled Cheese WG RS RF Chs	1 sandwich	50	284	23	568	2.27	1.19	356.8	456	0.0	*N/A*	15.1	30.15	7.89	5.75	0.00

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Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion 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 % of Calories			348	*7	554	6.35	1.05	343.5	*2028	12.28	*27 *31.6%	12.19 14.0%	53.62 61.7%	9.33 24.2%	2.87 7.4%	1.67 4.3%
Nutrient Guideline			550-650		1230											<10.00

Wed - 03/29/2017																
Elementary Lunch-Traditional	Total	300														
BBQ BEEF ON BUN:Ground Beef	SERVINGS	1	*319	*61	*473	*0.93	*3.03	*74.8	*186	*1.88	*9	*21.54	*29.16	*12.32	*4.54	*0.01
Tater Tots	2.52 oz	250	131	0	312	2.01	0.00	0.0	0	3.62	0	2.01	16.1	6.04	1.01	0.00
ORANGES	1/2 cup	250	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Grilled Cheese WG RS RF Chs	1 sandwich	50	284	23	568	2.27	1.19	356.8	456	0.0	*N/A*	15.1	30.15	7.89	5.75	0.00
Weighted Daily Average % of Calories			*316	*7	*546	*4.81	*0.59	*363.3	*2174	*51.91	*22 *27.2%	*13.33 *16.9%	*43.75 *55.4%	*9.29 *26.5%	*2.45 *7.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/30/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Fajita Meat	3 ounces	1	130	80	330	0.00	0.36	0.0	0	0.0	*N/A*	16.0	2.0	7.0	2.00	0.00
Tortilla WW Flour 8"	Tortilla	1	112	0	193	3.00	1.08	110.0	5	0.0	1	4.0	19.0	3.0	0.00	0.00
SPANISH RICE	1/4 CUP	250	62	0	177	0.74	0.84	9.0	219	6.32	*1	1.32	12.49	0.74	0.11	*0.00
BEANS,BAKED,CANNED,PLAIN /VEGET	.25 cup	250	60	0	220	2.62	0.76	21.8	69	0.0	5	3.04	13.53	0.24	0.05	0.00
BANANAS	.5 cup	250	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Grilled Cheese WG RS RF Chs	1 sandwich	50	284	23	568	2.27	1.19	356.8	456	0.0	*N/A*	15.1	30.15	7.89	5.75	0.00
Weighted Daily Average % of Calories			346	*7	617	6.21	2.06	361.2	2287	18.92	*29 *33.5%	15.45 17.9%	61.82 71.5%	5.24 13.6%	1.81 4.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion 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)
Fri - 03/31/2017																
Elementary Lunch-Traditional	Total	300														
Tony's Thin Crust Cheese Pizza	1 slice	1	300	25	580	4.00	1.80	250.0	300	0.0	14	16.0	35.0	11.0	5.00	0.00
Apples, Sliced	1/2 cup	250	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	*N/A*	*N/A*
Milk Variety 2016-2017	8 oz.	250	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Salad 4 way	2.118 oz	250	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Tomatoes, Grape	.25 cup	250	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Weighted Daily Average			154	*3	192	2.51	0.46	280.7	1960	109.33	19	10.87	25.09	2.84	*0.64	*0.00
% of Calories											49.5%	28.2%	65.2%	16.6%	*3.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			*284	*19	*400	*4.39	*1.25	*324.6	*2947	*40.90	*23	*13.61	*43.95	*6.90	*2.05	*0.08
											*74.4%	*19.2%	*62.0%	*21.9%	*6.5%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	284		550 - 650	52%	Missing	266		Correction Required - Calories are Low
Cholesterol (mg)	19				Missing			
Sodium (mg)	400		1230		Missing			
Fiber (g)	4.39				Missing			
Iron (mg)	1.25				Missing			
Calcium (mg)	324.6				Missing			
Vitamin A (IU)	2947				Missing			
Sugars (g)	23	33.07%			Missing			
Vitamin C (mg)	40.90				Missing			
Protein (g)	13.61	19.20%			Missing			
Carbohydrate (g)	43.95	62.00%			Missing			
Total Fat (g)	6.90	21.90%			Missing			
Saturated Fat (g)	2.05	6.52%	<10.00%		Missing			
Trans Fat ¹ (g)	0.08	0.26%			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.