

Santa Monica-Malibu USD

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Weighted Values - Detailed

Page 1

Generated on: 3/16/2017 10:46:12 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 - 05/01/2017																
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
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,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
Juice, Assorted 2016-2017	4 oz	100	75	0	19	0.00	0.00	13.3	134	40.05	*9	1.0	19.02	0.0	0.00	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			595	*38	498	*5.23	*3.66	*442.8	970	*56.97	*61	*15.71	*105.56	13.03	1.94	0.00
% of Calories											*41.2%	*10.6%	*71.0%	19.7%	2.9%	0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 05/02/2017																
Elementary Brkfst-Traditional	Total	100														
Biscuit with Sausage	1 each	70	232	20	833	1.15	1.62	179.9	*168	0.0	*0	9.73	21.79	11.63	4.84	*0.17
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			524	*28	1033	*4.18	*4.08	*598.6	*1037	*41.38	*42	*22.51	*75.85	14.92	6.51	*0.17
% of Calories											*31.9%	*17.2%	*57.9%	25.6%	11.2%	*0.3%
Nutrient Guideline			350-500		540											<10.00

Wed - 05/03/2017																
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
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			439	*14	500	*4.04	*3.76	*538.5	1080	*44.04	*41	*19.14	*75.67	6.69	3.02	0.00
% of Calories											*37.8%	*17.4%	*69.0%	13.7%	6.2%	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Weighted Values - Detailed

Page 2

Generated on: 3/16/2017 10:46:12 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)
Thu - 05/04/2017																
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, 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,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			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 - 05/05/2017																
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 - 05/08/2017																
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, 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

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Weighted Values - Detailed

Page 3

Generated on: 3/16/2017 10:46:12 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)
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

Tue - 05/09/2017																
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 - 05/10/2017																
Elementary Brkfst-Traditional	Total	100														
Breakfast Pizza Bagel	1 pizza bagel	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

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Weighted 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)
Thu - 05/11/2017																
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
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 - 05/12/2017																
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

Mon - 05/15/2017																
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
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,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
Juice, Assorted 2016-2017	4 oz	100	75	0	19	0.00	0.00	13.3	134	40.05	*9	1.0	19.02	0.0	0.00	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			595	*38	498	*5.23	*3.66	*442.8	970	*56.97	*61	*15.71	*105.56	13.03	1.94	0.00
% of Calories											*41.2%	*10.6%	*71.0%	19.7%	2.9%	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Weighted Values - Detailed

Page 5

Generated on: 3/16/2017 10:46:12 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)
Tue - 05/16/2017																
Elementary Brkfst-Traditional	Total	100														
Biscuit with Sausage	1 each	70	232	20	833	1.15	1.62	179.9	*168	0.0	*0	9.73	21.79	11.63	4.84	*0.17
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			524	*28	1033	*4.18	*4.08	*598.6	*1037	*41.38	*42	*22.51	*75.85	14.92	6.51	*0.17
% of Calories											*31.9%	*17.2%	*57.9%	25.6%	11.2%	*0.3%
Nutrient Guideline			350-500		540										<10.00	

Wed - 05/17/2017																
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
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			439	*14	500	*4.04	*3.76	*538.5	1080	*44.04	*41	*19.14	*75.67	6.69	3.02	0.00
% of Calories											*37.8%	*17.4%	*69.0%	13.7%	6.2%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 05/18/2017																
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, 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,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

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Weighted Values - Detailed

Page 6

Generated on: 3/16/2017 10:46:12 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)
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 - 05/19/2017																
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 - 05/22/2017																
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, 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			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

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 ¹ (g)
Tue - 05/23/2017																
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 - 05/24/2017																
Elementary Brkfst-Traditional	Total	100														
Breakfast Pizza Bagel	1 pizza bagel	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 - 05/25/2017																
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
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

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Weighted 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 - 05/26/2017																
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

Mon - 05/29/2017																
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
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, 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
Juice, Assorted 2016-2017	4 oz	100	75	0	19	0.00	0.00	13.3	134	40.05	*9	1.0	19.02	0.0	0.00	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			595	*38	498	*5.23	*3.66	*442.8	970	*56.97	*61	*15.71	*105.56	13.03	1.94	0.00
% of Calories											*41.2%	*10.6%	*71.0%	19.7%	2.9%	0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 05/30/2017																
Elementary Brkfst-Traditional	Total	100														
Biscuit with Sausage	1 each	70	232	20	833	1.15	1.62	179.9	*168	0.0	*0	9.73	21.79	11.63	4.84	*0.17
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

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Weighted 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			524	*28	1033	*4.18	*4.08	*598.6	*1037	*41.38	*42 *31.9%	*22.51 *17.2%	*75.85 *57.9%	14.92 25.6%	6.51 11.2%	*0.17 *0.3%
Nutrient Guideline			350-500		540											<10.00

Wed - 05/31/2017																
Elementary Brkfst-Traditional Breakfast Pizza Bagel	Total 1 pizza bagel	100 70														
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 % of Calories			439	*14	500	*4.04	*3.76	*538.5	1080	*44.04	*41 *37.8%	*19.14 *17.4%	*75.67 *69.0%	6.69 13.7%	3.02 6.2%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Weighted Average			480	*24	494	*4.86	*3.58	*525.6	*969	*44.15	*49 *91.3%	*17.56 *14.6%	*83.36 *69.5%	9.13 17.1%	2.98 5.6%	*0.02 *0.0%
------------------	--	--	-----	-----	-----	-------	-------	--------	------	--------	---------------	------------------	------------------	---------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	480		350 - 500	100%				
Cholesterol (mg)	24				Missing			
Sodium (mg)	494		540					
Fiber (g)	4.86				Missing			
Iron (mg)	3.58				Missing			
Calcium (mg)	525.6				Missing			
Vitamin A (IU)	969				Missing			
Sugars (g)	49	40.56%			Missing			
Vitamin C (mg)	44.15				Missing			
Protein (g)	17.56	14.63%			Missing			
Carbohydrate (g)	83.36	69.47%			Missing			
Total Fat (g)	9.13	17.13%						
Saturated Fat (g)	2.98	5.58%	<10.00%					
Trans Fat ¹ (g)	0.02	0.04%			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.