

# Santa Monica-Malibu USD

Apr 1, 2017 thru Apr 30, 2017

## Base Menu Spreadsheet

Elementary Lunch-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 <sup>1</sup> (g)
Mon - 04/03/2017																
Elementary Lunch-Traditional	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/17/2017																
Elementary Lunch-Traditional	Total	300														
Baby Carrots	1/4 cup	300	18	0	33	1.00	0.18	10.0	3000	3.0	*N/A*	0.5	4.0	0.0	0.00	0.00
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	300	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.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Peaches, Diced Yellow LS	1/4 cup	300	35	0	5	0.50	0.00	0.0	150	0.6	8	0.5	8.5	0.0	0.00	0.00
Grilled Cheese Sandwich	4.19 oz	300	280	32	581	3.00	1.64	465.9	26151	0.0	6	18.55	30.96	9.91	5.56	0.00
Quessadilla	1 each	50	40	7	140	0.01	0.07	75.6	136	0.0	*0	1.36	0.82	3.49	1.51	*0.08
Weighted Daily Average			533	*42	982	7.52	2.25	877.3	29938	18.40	*31	29.88	67.26	16.76	7.83	*0.08
% of Calories											*23.0%	22.4%	50.5%	28.3%	13.2%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Tue - 04/18/2017																
Elementary Lunch-Traditional	Total	300														
Turkey Pepperoni Calzone	5 oz	250	283	29	391	4.16	2.25	291.1	333	7.49	5	19.96	28.28	10.81	4.99	0.00
Green Beans	.5 cup	300	14	0	169	1.28	0.61	17.6	236	2.9	*N/A*	0.81	3.04	0.07	0.01	*N/A*
ORANGES	1/4 cup	300	23	0	0	1.15	0.05	19.2	108	25.54	4	0.45	5.64	0.06	0.01	0.00
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	300	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.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Quessadilla	1 each	50	40	7	140	0.01	0.07	75.6	136	0.0	*0	1.36	0.82	3.49	1.51	*0.08
Weighted Daily Average			519	*39	924	9.61	3.33	729.3	1314	50.72	*26	31.56	60.76	17.79	7.28	*0.08
% of Calories											*20.4%	24.3%	46.9%	30.9%	12.6%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

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**Apr 1, 2017 thru Apr 30, 2017**

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Elementary Lunch-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 <sup>1</sup> (g)
<b>Wed - 04/19/2017</b>																
Elementary Lunch-Traditional	Total	300														
Baked Chicken 8 Way	3 oz. Mixed Por	300	223	66	385	0.00	1.09	*N/A*	101	0.0	*N/A*	17.21	7.09	14.18	4.05	0.00
mashed potatoes - 1/2 cup	1/4 cup	300	41	1	101	0.73	0.19	0.0	*N/A*	11.34	*N/A*	1.05	7.35	0.89	0.32	*N/A*
Hawaiian Roll	1 oz	300	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*
APPLES,Fresh	1/4 cup	250	30	0	1	1.38	0.07	3.4	31	2.64	6	0.15	7.94	0.1	0.02	0.00
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	300	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.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Quesadilla	1 each	50	32	48	89	0.01	0.03	28.3	107	0.0	*0	1.13	0.55	2.83	1.76	*0.05
Weighted Daily Average			563	*118	928	5.47	2.46	*399.0	*740	28.78	*23	30.62	59.66	22.65	7.20	*0.05
% of Calories											*16.2%	21.8%	42.4%	36.2%	11.5%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

<b>Thu - 04/20/2017</b>																
Elementary Lunch-Traditional	Total	300														
Taco Salad with Turkey	4 oz	250	72	23	219	1.21	1.47	62.2	522	2.76	*1	8.74	4.88	2.28	0.78	*0.00
Tostada Bowl	1 Bowl	250	92	0	4	0.00	0.30	16.7	0	0.0	*N/A*	0.83	11.67	4.17	0.00	0.00
Refried Beans	.5 cup	250	133	0	400	6.67	2.25	33.3	4	0.0	1	7.5	22.5	2.08	0.83	0.00
Pineapple Tidbits, LS, Canned	1/4 cup	300	50	0	0	0.50	0.36	0.0	55	3.0	11	0.0	12.0	0.0	0.00	0.00
shredded lettuce cheese salsa	.25 cup	300	35	4	190	0.44	0.68	55.5	304	1.23	*0	2.15	2.2	2.02	0.89	*0.00
Ranch Dressing, Light	.25 oz	300	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.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Quesadilla	1 each	50	32	48	89	0.01	0.03	28.3	107	0.0	*0	1.13	0.55	2.83	1.76	*0.05
Weighted Daily Average			550	*78	1123	8.83	5.09	511.8	1492	8.59	*29	29.33	70.78	16.74	5.01	*0.05
% of Calories											*20.8%	21.3%	51.5%	27.4%	8.2%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

<b>Fri - 04/21/2017</b>																
Elementary Lunch-Traditional	Total	300														
Thin Crust Pizza Ch/Pep Tony's	1 4x6 slice	300	301	15	668	3.01	2.41	276.3	301	0.0	*N/A*	15.07	36.66	11.05	3.76	0.00
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	300	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	1/4 cup	300	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Frozen Fruit Cup	4 oz	300	55	0	14	0.04	0.00	0.0	182	1.25	10	0.0	15.66	0.0	0.00	0.00
Milk Variety 2016-2017	8 oz.	300	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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**Apr 1, 2017 thru Apr 30, 2017**

Base Menu Spreadsheet

Elementary Lunch-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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			521	*18	905	6.05	2.77	602.2	985	16.04	*27 *20.7%	27.04 20.8%	78.29 60.1%	14.41 24.9%	4.52 7.8%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 04/24/2017																
Elementary Lunch-Traditional	Total	300														
Bosco Cheese Stick w/Marinara	2 sticks	250	263	25	467	4.17	2.10	333.3	417	1.0	*N/A*	17.5	30.83	8.33	4.17	0.00
KIWI FRUIT,(CHINESE GOOSE BERRI	1/2 cup	300	55	0	3	2.70	0.28	30.6	78	83.43	8	1.03	13.19	0.47	0.03	0.00
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	300	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.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Grilled Cheese Sandwich	4.19 oz	50	47	5	97	0.50	0.27	77.7	4358	0.0	1	3.09	5.16	1.65	0.93	0.00
Weighted Daily Average % of Calories			524	*34	790	10.37	3.01	767.5	5355	99.23	*26 *19.7%	30.59 23.3%	72.16 55.1%	13.82 23.7%	5.87 10.1%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/25/2017																
Elementary Lunch-Traditional	Total	300														
Hamburger Bun 3.5" Wheat 1.5oz	1 bun	300	130	0	200	2.00	1.44	40.0	0	9.0	*N/A*	4.0	26.0	1.5	0.00	0.00
Cheese, American Sliced	1 slice	250	92	21	225	0.00	0.00	0.0	4	0.0	1	4.17	1.67	7.5	4.17	0.00
Potato Smiles Reduced Sodium	4 pieces	300	130	0	180	2.00	0.36	0.0	0	2.4	*N/A*	2.0	20.0	4.5	0.50	0.00
Strawberries, Fresh	12 g	300	4	0	0	0.20	0.00	0.0	3	6.6	1	0.1	0.9	0.0	0.00	0.00
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	300	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.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Grilled Cheese Sandwich	4.19 oz	50	47	5	97	0.50	0.27	77.7	4358	0.0	1	3.09	5.16	1.65	0.93	0.00
Weighted Daily Average % of Calories			562	*29	925	7.70	2.43	443.5	4867	32.80	*19 *13.6%	22.34 15.9%	76.70 54.5%	18.51 29.6%	6.35 10.2%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Apr 1, 2017 thru Apr 30, 2017**

Base Menu Spreadsheet

Elementary Lunch-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 <sup>1</sup> (g)
<b>Wed - 04/26/2017</b>																
Elementary Lunch-Traditional	Total	300														
French Toast Sticks	3 sticks 2.65oz	250	142	96	258	2.50	1.50	66.7	167	3.0	*N/A*	7.5	21.67	3.33	0.83	0.00
Turkey Sausage Patty - Lunch	1.025 oz	250	50	25	83	0.00	0.30	16.7	0	0.0	*N/A*	5.0	0.0	3.33	0.83	0.00
Tater Tots	8 pieces	250	129	0	308	1.98	0.00	0.0	*N/A*	3.57	*N/A*	1.98	15.87	5.95	0.99	0.00
Juice, Assorted	1 each	250	96	0	22	0.00	0.20	11.1	56	40.0	*N/A*	0.83	25.0	0.0	0.00	*N/A*
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	300	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.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Grilled Cheese Sandwich	4.19 oz	50	47	5	97	0.50	0.27	77.7	4358	0.0	1	3.09	5.16	1.65	0.93	0.00
Weighted Daily Average			623	*129	991	7.98	2.63	498.0	*5082	61.37	*18	27.39	90.67	17.63	4.34	*0.00
% of Calories											*11.4%	17.6%	58.2%	25.5%	6.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Thu - 04/27/2017</b>																
Elementary Lunch-Traditional	Total	300														
Chicken Fajita Meat	3 ounces	250	108	67	275	0.00	0.30	0.0	0	0.0	*N/A*	13.33	1.67	5.83	1.67	0.00
Tostada Bowl	1 Bowl	250	92	0	4	0.00	0.30	16.7	0	0.0	*N/A*	0.83	11.67	4.17	0.00	0.00
PINTO BEANS: cooked	1/2 CUP	250	102	0	1	6.41	1.49	32.8	0	0.57	0	6.42	18.68	0.46	0.10	0.00
apples, sliced	1 bag	300	29	0	1	1.40	0.70	3.0	31	2.6	*N/A*	0.15	7.83	0.1	0.02	0.00
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	300	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.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
shredded lettuce cheese salsa	.25 cup	250	30	3	159	0.37	0.57	46.2	253	1.03	*0	1.79	1.84	1.68	0.75	*0.00
Grilled Cheese Sandwich 3.75oz	1 each	50	46	3	146	0.25	0.31	43.6	64	0.0	*N/A*	2.41	6.21	1.38	0.76	*N/A*
Weighted Daily Average			567	*76	810	11.42	4.03	468.2	849	18.99	*17	33.91	70.86	16.98	4.04	*0.00
% of Calories											*12.1%	23.9%	50.0%	27.0%	6.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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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 <sup>1</sup> (g)
Fri - 04/28/2017																
Elementary Lunch-Traditional	Total	300														
Big Daddy Cheese 51% WG	140gram 4.94oz	300	340	30	590	4.00	1.80	300.0	400	0.0	*N/A*	19.0	36.0	14.0	6.00	0.00
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	300	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.	300	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	1/4 cup	300	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Pineapple Tidbits, LS, Canned	1/4 cup	300	50	0	0	0.50	0.36	0.0	55	3.0	11	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			555	*33	814	7.50	2.52	625.9	956	17.80	*28	30.98	73.97	17.36	6.75	0.00
% of Calories											*20.1%	22.3%	53.4%	28.2%	11.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			552	*60	919	8.24	3.05	*592.3	*5158	35.27	*24 *39.7%	29.36 21.3%	72.11 52.3%	17.27 28.2%	5.92 9.7%	*0.03 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	552		550 - 650	100%				
Cholesterol (mg)	60				Missing			
Sodium (mg)	919		1230					
Fiber (g)	8.24							
Iron (mg)	3.05							
Calcium (mg)	592.3				Missing			
Vitamin A (IU)	5158				Missing			
Sugars (g)	24	17.62%			Missing			
Vitamin C (mg)	35.27							
Protein (g)	29.36	21.29%						
Carbohydrate (g)	72.11	52.29%						
Total Fat (g)	17.27	28.17%						
Saturated Fat (g)	5.92	9.66%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.03	0.04%			Missing			

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