

Santa Monica-Malibu USD

Aug 22, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

Elementary Brkfst-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)
Mon - 08/22/2016																
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

Tue - 08/23/2016																
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 oz	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

Wed - 08/24/2016																
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
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			559	*14	534	*5.20	*3.82	*591.8	1646	*120.91	*44	*21.38	*107.62	6.58	2.99	*0.00
% of Calories											*31.3%	*15.3%	*77.1%	10.6%	4.8%	*0.0%
Nutrient Guideline			350-500		540											<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)	
Thu - 08/25/2016																	
Elementary Brkfst-Traditional Pancakes, Mini Maple	Total 100 g	100	70	230	10	270	3.00	0.72	60.0	70	*N/A*	14	5.0	40.03	7.01	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			585	*10	455	*6.67	*3.21	*481.9	1440	*118.25	*54	*16.73	*119.43	7.49	1.58	0.00	
% of Calories											*36.6%	*11.4%	*81.6%	11.5%	2.4%	0.0%	
Nutrient Guideline			350-500		540										<10.00		

Fri - 08/26/2016																	
Elementary Brkfst-Traditional Zucchini Bread	Total 3.4 oz	100	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		

Mon - 08/29/2016																	
Elementary Brkfst-Traditional Banana Bread	Total 3.4 oz	100	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, Mozzarella	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	

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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)
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

Tue - 08/30/2016																	
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	

Wed - 08/31/2016																	
Elementary Brkfst-Traditional	Total	100															
Breakfast Pizza Bagel	1 pizza bagel	70	192	15	383	0.90	1.59	217.0	365	3.8	*N/A*	11.65	23.16	5.71	3.01	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, Mozzarella	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 % of Calories			547	*18	501	*4.80	*3.36	*598.2	1411	*120.91	*41 *30.4%	*22.88 *16.7%	*101.72 *74.4%	7.18 11.8%	3.74 6.2%	0.00 0.0%	
Nutrient Guideline			350-500		540											<10.00	

Weighted Average			592	*16	475	*5.81	*3.48	*525.1	1404	*119.12	*52 *79.8%	*18.93 *12.8%	*114.92 *77.7%	8.55 13.0%	2.52 3.8%	*0.00 *0.0%
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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	592		350 - 500	118%					92	Correction Required - Calories too High							
Cholesterol (mg)	16				Missing												
Sodium (mg)	475		540														
Fiber (g)	5.81				Missing												
Iron (mg)	3.48				Missing												
Calcium (mg)	525.1				Missing												
Vitamin A (IU)	1404																
Sugars (g)	52	35.48%			Missing												
Vitamin C (mg)	119.12				Missing												
Protein (g)	18.93	12.79%			Missing												
Carbohydrate (g)	114.92	77.67%			Missing												
Total Fat (g)	8.55	13.00%															
Saturated Fat (g)	2.52	3.83%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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