

Santa Monica-Malibu USD

Aug 22, 2016 thru Aug 31, 2016

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)
Mon - 08/22/2016																
Elementary Lunch-Traditional	Total	300														
Senor Felix Bean & Cheese Bur	5.75 oz	300	330	20	490	7.00	2.70	200.0	0	2.4	0	14.0	44.0	10.0	5.00	0.00
Sweet Corn	100 g	300	80	0	171	1.95	0.87	4.9	80	8.54	*N/A*	2.62	18.59	1.0	0.16	0.00
4-Way Salad	60 g	300	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	.5 oz	300	51	0	162	0.00	0.00	0.0	5	0.0	1	0.0	2.03	5.06	0.51	0.00
Jicama Sticks	65 g	300	25	0	3	3.00	0.36	10.0	5	13.2	1	0.0	6.0	0.0	0.00	*N/A*
Salsa NUTR Enhanced LS	29 g	300	5	0	34	*N/A*	0.17	9.7	241	2.9	0	0.0	0.97	0.0	0.00	0.00
Jalapenos, Diced	58 g	300	17	0	125	2.00	0.36	10.0	450	25.8	2	1.0	4.0	0.0	0.00	0.00
Grapes, Lunch Bunch	56.7 g	300	40	0	6	*N/A*	0.00	10.0	45	0.6	9	0.0	10.0	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
Weighted Daily Average			668	*23	1137	*14.95	4.82	570.4	3126	61.03	*30	27.60	103.54	16.89	6.16	*0.00
% of Calories											*17.8%	16.5%	62.0%	22.8%	8.3%	*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)
Tue - 08/23/2016																
Elementary Lunch-Traditional	Total	300														
Chicken Patty Sandwich on Whea	1 sandwich	250	354	55	671	3.88	3.53	77.7	500	11.53	*N/A*	20.77	43.71	11.96	2.50	0.00
Baked Potato Wedges	6 pieces	250	167	0	597	2.78	1.50	0.0	0	3.33	*N/A*	2.78	25.0	6.94	1.39	0.00
Lettuce, Shredded	62 g	300	10	0	5	1.00	0.36	20.0	300	1.2	1	1.0	2.0	0.0	0.00	0.00
Chips, Dill Pickle	1 oz	300	5	0	390	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.5	0.0	0.0	0.00	0.00
Tomatoes, Red	123 g	300	22	0	6	1.50	0.18	10.0	1000	16.8	3	1.1	4.8	0.2	0.00	*N/A*
Nectarine	150 g	300	59	0	0	2.20	0.36	0.0	450	9.6	13	1.4	14.0	0.4	0.00	*N/A*
Oranges	131 g	300	62	0	0	3.10	0.13	52.0	295	69.7	12	1.23	15.39	0.16	0.02	0.00
Ketchup	7 g	250	10	0	65	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard	6 g	250	5	0	85	0.00	0.00	0.0	0	0.0	0	*N/A*	*N/A*	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
Cheese Quesadilla	1 quesadilla	50	350	38	742	2.92	1.88	307.2	303	0.0	*N/A*	19.31	31.87	17.77	8.89	0.00
Weighted Daily Average			772	*55	1847	13.84	*5.53	*513.8	*3019	*111.28	*46	*37.05	*116.39	20.31	5.24	*0.00
% of Calories											*24.0%	*19.2%	*60.3%	23.7%	6.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Elementary Lunch-Traditional

Portion Values - Detailed

Page 2

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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 - 08/24/2016																
Elementary Lunch-Traditional	Total	300														
Orange Flavored Chicken	3.6 oz	250	150	40	280	0.00	0.72	0.0	50	1.2	10	11.0	19.0	3.0	0.50	0.00
Steamed Brown Rice	98 grams	250	108	0	5	1.80	0.41	10.0	0	0.0	*N/A*	2.52	22.39	0.88	0.18	0.00
Broccoli Florets FZN 30lb	92 grams	300	26	0	22	3.00	0.56	47.0	930	37.0	1	3.0	5.0	0.0	0.00	0.00
4-Way Salad	60 g	300	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	.5 oz	300	51	0	162	0.00	0.00	0.0	5	0.0	1	0.0	2.03	5.06	0.51	0.00
Bell Peppers, Red	148 g	300	25	0	40	2.00	0.72	20.0	200	114.0	4	1.0	6.0	0.0	0.00	0.00
Cauliflower	1.9 oz	300	13	0	16	1.00	*N/A*	12.0	10	25.0	*N/A*	1.0	3.0	*N/A*	0.00	0.00
Pineapple Tidbits, LS, Canned	140 g	300	100	0	0	1.00	0.72	0.0	110	6.0	22	0.0	24.0	0.0	0.00	0.00
Apples, Sliced	2 oz	300	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.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Cheese Quesadilla	1 quesadill	50	350	38	742	2.92	1.88	307.2	303	0.0	*N/A*	19.31	31.87	17.77	8.89	0.00
Weighted Daily Average			642	*43	748	11.99	*3.79	474.4	3696	314.20	*59	29.46	105.79	*12.09	*3.05	*0.00
% of Calories											*36.6%	18.4%	65.9%	*17.0%	*4.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 08/25/2016																
Elementary Lunch-Traditional	Total	300														
Taco Meat	3 ounces	250	121	56	384	0.00	1.45	40.4	202	0.0	*N/A*	15.15	3.03	6.06	2.02	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*
Refried Beans	.5 cup	250	160	0	480	8.00	2.70	40.0	5	0.0	1	9.0	27.0	2.5	1.00	0.00
Lettuce, Shredded	62 g	300	10	0	5	1.00	0.36	20.0	300	1.2	1	1.0	2.0	0.0	0.00	0.00
Cheese, Shredded	100 g	300	403	105	621	0.00	0.72	720.0	265	0.0	1	24.9	1.28	33.14	21.09	0.00
Salsa NUTR Enhanced LS	29 g	300	5	0	34	*N/A*	0.17	9.7	241	2.9	0	0.0	0.97	0.0	0.00	0.00
Jicama Sticks	65 g	300	25	0	3	3.00	0.36	10.0	5	13.2	1	0.0	6.0	0.0	0.00	*N/A*
Jalapenos, Diced	58 g	300	17	0	125	2.00	0.36	10.0	450	25.8	2	1.0	4.0	0.0	0.00	0.00
Bananas, Raw	126 g	300	112	*N/A*	1	3.30	0.33	6.0	4	11.0	15	1.37	28.78	0.42	*N/A*	*N/A*
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
Cheese Quesadilla	1 quesadill	50	350	38	742	2.92	1.88	307.2	303	0.0	*N/A*	19.31	31.87	17.77	8.89	0.00
Weighted Daily Average			1087	*161	1822	*18.12	6.41	1224.7	2070	56.53	*37	62.26	105.16	48.65	*26.42	*0.00
% of Calories											*13.4%	22.9%	38.7%	40.3%	*21.9%	*0.0%
Nutrient Guideline			550-650		1230										<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)
Fri - 08/26/2016																
Elementary Lunch-Traditional	Total	300														
Tony's Thin Crust Cheese Pizza	1 slice	300	300	25	580	4.00	1.80	250.0	300	0.0	14	16.0	35.0	11.0	5.00	0.00
4-Way Salad	60 g	300	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	.5 oz	300	51	0	162	0.00	0.00	0.0	5	0.0	1	0.0	2.03	5.06	0.51	0.00
Tomatoes, Grape	1/2 cup	300	9	0	0	0.00	0.00	0.0	0	0.0	0	6.0	6.0	0.0	0.00	0.00
Cucumbers	52 g	300	8	0	1	0.30	0.18	0.0	50	1.2	1	0.3	1.9	0.1	0.00	*N/A*
Peaches, Diced Yellow LS	130 g	300	70	0	10	1.00	0.00	0.0	300	1.2	16	1.0	17.0	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
Weighted Daily Average			613	*28	913	6.34	2.34	575.9	3136	11.25	58	33.28	95.55	16.99	6.00	*0.00
% of Calories											38.1%	21.7%	62.4%	25.0%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 08/29/2016																
Elementary Lunch-Traditional	Total	300														
Cheese Stick W/Marinara Sauce	1 each	300	241	5	431	3.96	1.98	207.9	548	3.18	*N/A*	12.52	31.52	7.35	2.19	*0.00
4-Way Salad	60 g	300	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	.5 oz	300	51	0	162	0.00	0.00	0.0	5	0.0	1	0.0	2.03	5.06	0.51	0.00
Baby Carrots	3 oz	300	35	0	65	2.00	0.36	20.0	6000	6.0	*N/A*	1.0	8.0	0.0	0.00	0.00
Cucumbers	52 g	300	8	0	1	0.30	0.18	0.0	50	1.2	1	0.3	1.9	0.1	0.00	*N/A*
Fresh Fruit, Assorted	1/2 cup	300	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	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
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
Weighted Daily Average			556	*8	806	11.43	3.13	581.5	9109	59.44	*25	25.01	87.80	13.63	3.24	*0.00
% of Calories											*18.1%	18.0%	63.2%	22.1%	5.2%	*0.0%
Nutrient Guideline			550-650		1230										<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 - 08/30/2016																
Elementary Lunch-Traditional	Total	300														
Chicken Nuggets	96 grams	250	240	42	504	0.00	1.73	0.0	120	0.0	*N/A*	18.0	15.6	12.0	1.80	*N/A*
Baked Potato Wedges	6 pieces	250	167	0	597	2.78	1.50	0.0	0	3.33	*N/A*	2.78	25.0	6.94	1.39	0.00
4-Way Salad	60 g	300	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	.5 oz	300	51	0	162	0.00	0.00	0.0	5	0.0	1	0.0	2.03	5.06	0.51	0.00
Bell Peppers, Red	148 g	300	25	0	40	2.00	0.72	20.0	200	114.0	4	1.0	6.0	0.0	0.00	0.00
Cauliflower	1.9 oz	300	13	0	16	1.00	*N/A*	12.0	10	25.0	*N/A*	1.0	3.0	*N/A*	0.00	0.00
Pineapple Tidbits, LS, Canned	g	300	100	0	0	1.00	0.72	0.0	110	6.0	22	0.0	24.0	0.0	0.00	0.00
Oranges	131 g	300	62	0	0	3.10	0.13	52.0	295	69.7	12	1.23	15.39	0.16	0.02	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
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			764	*42	1364	11.58	*5.07	443.2	3019	225.47	*56	32.86	109.54	*23.51	4.52	*0.00
% of Calories											*29.1%	17.2%	57.3%	*27.7%	5.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 08/31/2016																
Elementary Lunch-Traditional	Total	300														
Corn Dog Turkey	1 Corn Dog	250	270	30	740	1.00	2.70	80.0	0	0.0	*N/A*	10.0	27.0	14.0	4.00	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing, Light	.5 oz	300	51	0	162	0.00	0.00	0.0	5	0.0	1	0.0	2.03	5.06	0.51	0.00
4-Way Salad	60 g	300	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	.5 oz	300	51	0	162	0.00	0.00	0.0	5	0.0	1	0.0	2.03	5.06	0.51	0.00
Corn, Frozen	90 g	300	100	0	0	1.00	0.00	0.0	25	3.6	5	3.0	21.0	1.0	0.00	0.00
Bell Peppers, Red	148 g	300	25	0	40	2.00	0.72	20.0	200	114.0	4	1.0	6.0	0.0	0.00	0.00
Applesauce	122 g	300	51	0	2	1.00	*N/A*	*N/A*	55	*N/A*	11	0.0	14.0	0.0	0.00	0.00
Ketchup	7 g	250	10	0	65	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard	6 g	250	5	0	85	0.00	0.00	0.0	0	0.0	0	*N/A*	*N/A*	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
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			689	*32	1336	7.00	*3.78	*445.9	2597	*125.60	*40	*24.64	*94.51	25.29	5.68	0.00
% of Calories											*23.2%	*14.3%	*54.8%	33.0%	7.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			724	*49	1247	*11.91	*4.36	*603.7	*3721	*120.60	*44	*34.02	*102.28	*22.17	*7.54	*0.00
											*54.5%	*18.8%	*56.5%	*27.6%	*9.4%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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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)	
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	724		550 - 650	111%				74	Correction Required - Calories too High								
Cholesterol (mg)	49				Missing												
Sodium (mg)	1247		1230					17	Correction Required - Sodium too High								
Fiber (g)	11.91				Missing												
Iron (mg)	4.36				Missing												
Calcium (mg)	603.7				Missing												
Vitamin A (IU)	3721				Missing												
Sugars (g)	44	24.21%			Missing												
Vitamin C (mg)	120.60				Missing												
Protein (g)	34.02	18.80%			Missing												
Carbohydrate (g)	102.28	56.52%			Missing												
Total Fat (g)	22.17	27.57%			Missing												
Saturated Fat (g)	7.54	9.37%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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