

Santa Monica-Malibu USD

Dec 1, 2016 thru Dec 25, 2016

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 1

Generated on: 11/2/2016 9:51:39 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 - 12/01/2016																
Elementary Lunch-Traditional	Total	300														
Turkey Taco Meat	2.97 oz	250	110	50	390	0.00	1.44	40.0	200	0.0	*N/A*	16.0	3.0	4.0	1.00	0.00
Refried Beans	.5 cup	300	160	0	480	8.00	2.70	40.0	5	0.0	1	9.0	27.0	2.5	1.00	0.00
Tortilla Chips	12 chips/ 1 oz	300	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*
Lettuce, Shredded	1/4 cup	300	5	0	3	0.50	0.18	10.0	150	0.6	1	0.5	1.0	0.0	0.00	0.00
shredded cheese	1 ounce	300	99	15	273	0.00	0.14	205.8	522	0.0	0	6.76	0.47	7.82	3.54	0.00
Sweet Corn	1/2 cup	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
Jalapenos, Diced	1/4 cup	300	8	0	63	1.00	0.18	5.0	225	12.9	1	0.5	2.0	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
Persimmons	1/4 each	300	18	0	0	0.90	0.04	2.0	407	1.88	3	0.15	4.65	0.05	0.01	0.00
Protein Box/ bagel	1	50	240	55	204	*2.39	1.75	65.1	504	*66.03	*15	5.49	31.41	10.57	*6.21	*0.00
Weighted Daily Average			747	*69	1547	*14.75	5.99	645.8	2238	*37.52	*23	44.75	96.40	22.29	*8.08	*0.00
% of Calories											*12.6%	24.0%	51.6%	26.9%	*9.7%	*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)
Fri - 12/02/2016																
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
Romaine with Cherry	.5	300	11	0	4	0.94	0.33	11.5	2357	5.67	*N/A*	0.62	2.23	0.15	0.02	*N/A*
Apples 2 oz Sliced	1/4 cup	300	17	0	0	1.00	0.09	5.0	25	61.8	*N/A*	0.0	4.0	0.0	0.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	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
Cucumbers	1/4 cup	300	4	0	0	0.15	0.09	0.0	25	0.6	0	0.15	0.95	0.05	0.00	*N/A*
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
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
Grapes, Lunch Bunch	1/4 cup	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			541	*28	845	*8.59	2.67	607.4	6253	79.87	*40	29.24	79.16	14.56	5.77	*0.00
% of Calories											*29.4%	21.6%	58.5%	24.2%	9.6%	*0.0%
Nutrient Guideline			550-650		1230										<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
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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)
Mon - 12/05/2016																
Elementary Lunch-Traditional	Total	300														
Grilled Cheese Sandwich	4.19 oz	250	280	32	581	3.00	1.64	465.9	26151	0.0	6	18.55	30.96	9.91	5.56	0.00
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
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
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	0.0	0.00	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
Cauliflower	1/4 cup	300	7	0	8	0.50	*N/A*	6.0	5	12.5	*N/A*	0.5	1.5	*N/A*	0.00	0.00
ORANGES	1/2 cup	300	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	8 ounces	300	104	9	114	0.08	0.22	283.5	433	0.3	15	7.69	14.94	1.55	0.96	*N/A*
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			507	42	845	8.37	*2.35	782.4	25499	73.47	*30	31.27	69.84	*15.41	7.34	*0.00
% of Calories											*23.6%	24.7%	55.1%	*27.3%	13.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 12/06/2016																
Elementary Lunch-Traditional	Total	300														
Pasta with Meat Sauce	1 cup ser vings	250	161	57	417	0.91	1.72	44.6	417	15.62	*N/A*	18.79	12.77	4.28	1.06	0.00
Roll	1.33 oz	300	103	0	172	0.45	0.96	55.0	0	0.0	*N/A*	2.79	18.3	1.72	0.42	0.00
Apples 2 oz Sliced	1/2 cup	300	34	0	0	2.00	0.18	10.0	50	123.6	*N/A*	0.0	8.0	0.0	0.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	0.0	0.00	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
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
Cauliflower	1/4 cup	300	7	0	8	0.50	*N/A*	6.0	5	12.5	*N/A*	0.5	1.5	*N/A*	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
Bean and Cheese Burrito	1 burrito	50	257	4	684	8.25	2.98	103.0	164	0.51	*1	11.19	30.6	10.88	2.86	*0.00
Weighted Daily Average			498	*52	945	6.59	*3.25	446.2	934	157.39	*17	32.79	67.52	*13.00	2.79	*0.00
% of Calories											*13.7%	26.3%	54.2%	*23.5%	5.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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)
Wed - 12/07/2016																
Elementary Lunch-Traditional	Total	300														
Turkey Pepperoni Calzone	5 oz	250	339	35	469	4.99	2.69	349.4	399	8.98	6	23.96	33.94	12.98	5.99	0.00
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
BANANAS	.25 cup	300	45	0	1	1.31	0.13	2.5	32	4.39	6	0.55	11.53	0.17	0.06	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	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
Jicama Sticks	1/4 cup	300	13	0	1	1.50	0.18	5.0	2	6.6	0	0.0	3.0	0.0	0.00	*N/A*
Ketchup	7 g	300	10	0	65	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
mustard	1/2 TBSP	300	5	0	86	0.31	0.13	4.9	8	0.02	0	0.29	0.45	0.26	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
Yogurt and Pretzel	1 portion	50	290	15	405	0.00	1.08	250.0	100	24.0	*N/A*	9.0	55.0	4.0	1.50	0.00
Weighted Daily Average			568	*35	866	9.78	3.22	676.1	3904	33.70	*30	31.78	78.41	15.27	6.07	*0.00
% of Calories											*21.1%	22.4%	55.2%	24.2%	9.6%	*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 - 12/08/2016																
Elementary Lunch-Traditional	Total	300														
Tostada Bowl	1 Bowl	250	110	0	5	0.00	0.36	20.0	0	0.0	*N/A*	1.0	14.0	5.0	0.00	0.00
Turkey Taco Meat	2.97 oz	250	110	50	390	0.00	1.44	40.0	200	0.0	*N/A*	16.0	3.0	4.0	1.00	0.00
Refried Beans	.5 cup	300	160	0	480	8.00	2.70	40.0	5	0.0	1	9.0	27.0	2.5	1.00	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
Lettuce, Shredded	1/4 cup	300	5	0	3	0.50	0.18	10.0	150	0.6	1	0.5	1.0	0.0	0.00	0.00
Cheese, Shredded	1/2 oz	300	57	15	88	0.00	0.10	102.1	142	0.0	0	3.53	0.18	4.7	2.99	0.00
Salsa NUTR Enhanced LS	1 tbsp	300	5	0	35	*N/A*	0.18	10.0	250	3.0	0	0.0	1.0	0.0	0.00	0.00
Sweet Corn	1/2 cup	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
Jalapenos, Diced	1/16 cup	300	2	0	16	0.25	0.05	1.2	56	3.23	0	0.12	0.5	0.0	0.00	0.00
milk variety	8 ounces	300	104	9	114	0.08	0.22	283.5	433	0.3	15	7.69	14.94	1.55	0.96	*N/A*
Protein Box/ bagel	1	50	240	55	204	*2.39	1.75	65.1	504	*66.03	*15	5.49	31.41	10.57	*6.21	*0.00
Weighted Daily Average			692	75	1272	*13.87	6.37	543.2	1445	*110.10	*28	39.57	95.81	19.47	*7.00	*0.00
% of Calories											*16.3%	22.9%	55.4%	25.3%	*9.1%	*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 - 12/09/2016																
Elementary Lunch-Traditional	Total	300														
Big Daddy's Cheese Pizza	1/8 pizza	300	360	35	600	3.00	2.70	450.0	400	0.0	9	21.0	34.0	16.0	7.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	0.0	0.00	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
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
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
Cucumbers	1/4 cup	300	4	0	0	0.15	0.09	0.0	25	0.6	0	0.15	0.95	0.05	0.00	*N/A*
Fresh Fruit, Assorted	1/4 cup	300	49	0	0	1.98	0.12	13.8	102	17.44	*3	0.56	12.75	0.14	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
Frozen Fruit Cup	2 oz	300	28	0	7	0.02	0.00	0.0	91	0.62	5	0.0	7.83	0.0	0.00	0.00
Weighted Daily Average			610	*38	862	7.65	3.27	794.7	4119	29.86	*34	34.18	82.50	19.55	7.77	*0.00
% of Calories											*22.3%	22.4%	54.1%	28.8%	11.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 12/12/2016																
Elementary Lunch-Traditional	Total	300														
Bosco Cheese Stick w/Marinara	2 sticks	250	315	30	560	5.00	2.52	400.0	500	1.2	*N/A*	21.0	37.0	10.0	5.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	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
Cauliflower	1/4 cup	300	7	0	8	0.50	*N/A*	6.0	5	12.5	*N/A*	0.5	1.5	*N/A*	0.00	0.00
PEARS,FRESH	1 EACH	300	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	8 ounces	300	104	9	114	0.08	0.22	283.5	433	0.3	15	7.69	14.94	1.55	0.96	*N/A*
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			568	40	796	11.87	*3.11	694.0	949	27.54	*32	32.51	84.88	*15.60	6.90	*0.00
% of Calories											*22.8%	22.9%	59.7%	*24.7%	10.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Tue - 12/13/2016																
Elementary Lunch-Traditional	Total	300														
Cheeseburger on WG Bun	4.45 oz	250	293	40	611	3.77	3.09	173.4	0	0.0	*0	17.74	29.98	12.48	4.58	0.50
Baked Potato Smiles	2.41 oz	300	131	0	181	2.01	0.36	0.0	0	2.41	0	2.01	20.09	4.52	0.50	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	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
Sweet Corn	1/4 cup	300	40	0	85	0.98	0.44	2.4	40	4.27	*N/A*	1.31	9.3	0.5	0.08	0.00
Bell Peppers, Red	1/4 cup	300	13	0	20	1.00	0.36	10.0	100	57.0	2	0.5	3.0	0.0	0.00	0.00
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
Ketchup	7 g	300	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	300	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
Bean and Cheese Burrito	1 burrito	50	257	4	684	8.25	2.98	103.0	164	0.51	*1	11.19	30.6	10.88	2.86	*0.00
Weighted Daily Average			656	*37	1281	11.15	4.45	514.2	787	97.50	*25	*29.90	*90.09	20.66	5.63	*0.42
% of Calories											*15.3%	*18.2%	*55.0%	28.4%	7.7%	*0.6%
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)
Wed - 12/14/2016																
Elementary Lunch-Traditional	Total	300														
Pancakes, Mini Maple	100 g	250	230	10	270	3.00	0.72	60.0	70	*N/A*	14	5.0	40.03	7.01	1.00	0.00
Turkey Sausage Patty	1.025	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	8 pieces	250	155	0	369	2.38	0.00	0.0	*N/A*	4.29	*N/A*	2.38	19.05	7.14	1.19	0.00
Juice Apple 8oz	8 oz	300	110	0	30	0.00	0.00	20.0	200	60.0	*N/A*	2.0	29.0	0.0	0.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	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
Cauliflower	1/4 cup	300	7	0	8	0.50	*N/A*	6.0	5	12.5	*N/A*	0.5	1.5	*N/A*	0.00	0.00
Oranges	1/4 cup	300	18	0	0	0.89	0.04	14.9	84	19.91	3	0.35	4.4	0.05	0.01	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
Yogurt and Pretzel	1 portion	50	290	15	405	0.00	1.08	250.0	100	24.0	*N/A*	9.0	55.0	4.0	1.50	0.00
Weighted Daily Average			701	*39	944	7.37	*1.30	470.1	*866	*108.18	*31	24.48	113.27	*19.20	3.67	0.00
% of Calories											*18.0%	14.0%	64.6%	*24.7%	4.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Dec 1, 2016 thru Dec 25, 2016

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 6

Generated on: 11/2/2016 9:51:40 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 - 12/15/2016																
Elementary Lunch-Traditional	Total	300														
Turkey Taco Meat	2.97 oz	250	110	50	390	0.00	1.44	40.0	200	0.0	*N/A*	16.0	3.0	4.0	1.00	0.00
Flour Tortilla	1.5 oz	250	112	0	193	3.00	1.08	110.0	5	0.0	1	4.0	19.0	3.0	0.00	0.00
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	1/4 cup	300	5	0	3	0.50	0.18	10.0	150	0.6	1	0.5	1.0	0.0	0.00	0.00
Cheese, Shredded	1/2 oz	300	57	15	88	0.00	0.10	102.1	142	0.0	0	3.53	0.18	4.7	2.99	0.00
Salsa NUTR Enhanced LS	2 tbsp	300	10	0	70	*N/A*	0.36	20.0	500	6.0	1	0.0	2.0	0.0	0.00	0.00
Jicama Sticks	1/4 cup	300	13	0	1	1.50	0.18	5.0	2	6.6	0	0.0	3.0	0.0	0.00	*N/A*
Jalapenos, Diced	1/8 cup	300	4	0	31	0.50	0.09	2.5	113	6.45	0	0.25	1.0	0.0	0.00	0.00
Apples, Sliced	1/4 cup	300	17	0	0	1.00	0.09	5.0	25	61.8	3	0.0	4.0	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
Protein Box/ bagel	1	50	240	55	204	*2.39	1.75	65.1	504	*66.03	*15	5.49	31.41	10.57	*6.21	*0.00
Weighted Daily Average			574	*69	1253	*13.07	5.64	629.6	1689	*94.05	*25	38.34	73.21	15.21	*6.19	*0.00
% of Calories											*17.5%	26.7%	51.0%	23.8%	*9.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 12/16/2016																
Elementary Lunch-Traditional	Total	300														
French Bread Cheese Pizza	4.94 oz	300	300	20	570	3.00	1.80	300.0	500	6.0	4	17.0	34.0	11.0	4.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	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
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	1/4 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
Cucumbers	1/4 cup	300	4	0	0	0.15	0.09	0.0	25	0.6	0	0.15	0.95	0.05	0.00	*N/A*
Grapes, Lunch Bunch	1/4 cup	300	40	0	6	*N/A*	0.00	10.0	45	0.6	9	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average			462	20	740	*5.15	2.43	315.0	630	16.80	26	20.15	64.98	16.11	4.51	*0.00
% of Calories											22.5%	17.5%	56.3%	31.4%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Dec 1, 2016 thru Dec 25, 2016

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 7

Generated on: 11/2/2016 9:51:40 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 - 12/19/2016																
Elementary Lunch-Traditional	Total	300														
Macaroni & Cheese WG RF	6 oz	250	290	30	980	2.00	1.08	420.0	800	0.0	*N/A*	17.0	31.0	11.0	6.00	0.00
Green Beans	.25 cup	300	7	0	85	0.64	0.30	8.8	118	1.45	*N/A*	0.41	1.52	0.03	0.01	*N/A*
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	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
KIWI FRUIT,(CHINESE GOOSE BERRI	1/4 cup	300	27	0	1	1.35	0.14	15.3	39	41.72	4	0.51	6.6	0.23	0.01	0.00
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
Cucumbers	1/4 cup	300	4	0	0	0.15	0.09	0.0	25	0.6	0	0.15	0.95	0.05	0.00	*N/A*
Pineapple Tidbits, LS, Canned	1/8 cup	300	25	0	0	0.25	0.18	0.0	27	1.5	5	0.0	6.0	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
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			528	*35	1282	7.04	2.29	756.2	4428	56.46	*26	27.93	70.18	15.81	7.25	*0.00
% of Calories											*19.9%	21.2%	53.1%	26.9%	12.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 12/20/2016																
Elementary Lunch-Traditional	Total	300														
Baked Chicken Fritters	71 g	250	150	15	460	6.00	1.80	10.0	10	0.0	2	9.0	15.0	6.0	1.00	0.00
Sweet Potato Fries	0.5 cups	300	101	0	156	1.87	1.26	23.6	4202	5.04	*N/A*	1.71	14.15	4.11	0.71	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	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
Cucumbers	1/4 cup	300	4	0	0	0.15	0.09	0.0	25	0.6	0	0.15	0.95	0.05	0.00	*N/A*
PEARS,FRESH	1 EACH	300	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.04	0.00
carrot and celery sticks	1/4 cup	300	9	0	23	0.70	0.08	11.5	2743	1.42	1	0.26	1.99	0.06	0.01	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
Bean and Cheese Burrito	1 burrito	50	257	4	684	8.25	2.98	103.0	164	0.51	*1	11.19	30.6	10.88	2.86	*0.00
Weighted Daily Average			549	*16	982	15.74	3.90	396.4	7551	22.48	*36	21.06	80.96	17.16	3.07	*0.00
% of Calories											*26.4%	15.3%	59.0%	28.1%	5.0%	*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)
Wed - 12/21/2016																
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	1/2 cup	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	1/4 cup	250	13	0	11	1.50	0.28	23.5	465	18.5	1	1.5	2.5	0.0	0.00	0.00
Persimmons	1 each	300	70	0	1	3.60	0.15	8.0	1627	7.5	13	0.58	18.59	0.19	0.02	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	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
Green Beans, Fancy Cut RS	1/4 cup	300	10	0	70	1.00	0.36	10.0	150	1.2	1	0.5	2.0	0.0	0.00	0.00
Bell Peppers, Red	1/4 cup	300	13	0	20	1.00	0.36	10.0	100	57.0	2	0.5	3.0	0.0	0.00	0.00
applesauce	1/2 cup	300	90	0	15	1.00	1.80	0.0	0	2.4	*N/A*	0.0	23.0	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
Yogurt and Pretzel	1 portion	50	290	15	405	0.00	1.08	250.0	100	24.0	*N/A*	9.0	55.0	4.0	1.50	0.00
Weighted Daily Average			630	*39	723	10.85	4.20	418.5	2827	96.71	*41	24.57	113.32	9.98	*1.84	*0.00
% of Calories											*26.1%	15.6%	72.0%	14.3%	*2.6%	*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 - 12/22/2016																
Elementary Lunch-Traditional	Total	300														
Turkey Taco Meat	2.97 oz	250	110	50	390	0.00	1.44	40.0	200	0.0	*N/A*	16.0	3.0	4.0	1.00	0.00
Tortilla Chips	12 chips/ 1 oz	300	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	.25 cup	300	80	0	240	4.00	1.35	20.0	2	0.0	0	4.5	13.5	1.25	0.50	0.00
Lettuce, Shredded	1/4 cup	300	5	0	3	0.50	0.18	10.0	150	0.6	1	0.5	1.0	0.0	0.00	0.00
shredded cheese	1 ounce	300	99	15	273	0.00	0.14	205.8	522	0.0	0	6.76	0.47	7.82	3.54	0.00
Salsa NUTR Enhanced LS	1 tbsp	300	5	0	35	*N/A*	0.18	10.0	250	3.0	0	0.0	1.0	0.0	0.00	0.00
Sweet Corn	1/4 cup	300	40	0	85	0.98	0.44	2.4	40	4.27	*N/A*	1.31	9.3	0.5	0.08	0.00
Jalapenos, Diced	1/18 cup	300	2	0	14	0.22	0.04	1.1	50	2.87	0	0.11	0.44	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
MANDARIN ORANGE SALAD	1/2 CUP	300	52	1	20	0.88	0.28	54.1	1548	19.8	10	1.8	11.05	0.42	0.24	*0.00
Protein Box/ bagel	1	50	240	55	204	*2.39	1.75	65.1	504	*66.03	*15	5.49	31.41	10.57	*6.21	*0.00
Weighted Daily Average			660	*70	1229	*8.97	4.49	681.5	3412	*44.14	*30	40.21	79.46	20.91	*7.74	*0.00
% of Calories											*18.0%	24.4%	48.2%	28.5%	*10.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Dec 1, 2016 thru Dec 25, 2016

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 - 12/23/2016																
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	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	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
Cucumbers	1/4 cup	300	4	0	0	0.15	0.09	0.0	25	0.6	0	0.15	0.95	0.05	0.00	*N/A*
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
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
Cauliflower	1/4 cup	300	7	0	8	0.50	*N/A*	6.0	5	12.5	*N/A*	0.5	1.5	*N/A*	0.00	0.00
Apples, Sliced	1/2 cup	300	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	*N/A*	*N/A*
Fresh Fruit, Assorted	1/4 cup	300	49	0	0	1.98	0.12	13.8	102	17.44	*3	0.56	12.75	0.14	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
Yogurt and Pretzel	1 portion	50	290	15	405	0.00	1.08	250.0	100	24.0	*N/A*	9.0	55.0	4.0	1.50	0.00
Weighted Daily Average			637	*31	992	11.13	*2.73	652.4	4002	169.33	*40	31.18	95.35	*17.75	*6.27	*0.00
% of Calories											*25.4%	19.6%	59.9%	*25.1%	*8.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			596	*43	1024	*10.11	*3.63	589.6	*4208	*73.83	*30	*31.41	*84.43	*16.94	*5.76	*0.02
											*45.9%	*21.1%	*56.7%	*25.6%	*8.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	596		550 - 650	100%				
Cholesterol (mg)	43				Missing			
Sodium (mg)	1024		1230					
Fiber (g)	10.11				Missing			
Iron (mg)	3.63				Missing			
Calcium (mg)	589.6							
Vitamin A (IU)	4208				Missing			
Sugars (g)	30	20.39%			Missing			
Vitamin C (mg)	73.83				Missing			
Protein (g)	31.41	21.09%			Missing			
Carbohydrate (g)	84.43	56.69%			Missing			
Total Fat (g)	16.94	25.59%			Missing			
Saturated Fat (g)	5.76	8.70%	<10.00%		Missing			
Trans Fat ¹ (g)	0.02	0.04%			Missing			

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