

Santa Monica-Malibu USD

Feb 1, 2017 thru Feb 28, 2017

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)
Wed - 02/01/2017																
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
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
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
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
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
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	

Thu - 02/02/2017																
Elementary Brkfst-Traditional	Total	100														
OATMEAL	1 CUP	70	141	0	8	3.85	1.71	26.7	0	0.0	*0	6.13	24.05	2.5	0.44	*0.00
Elf Grahams, Assorted	28 g	70	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	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
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	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
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
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
Weighted Daily Average			561	*8	317	*6.38	*4.53	*580.9	1727	*97.02	*52	*20.00	*107.78	7.68	2.65	*0.00
% of Calories											*37.3%	*14.3%	*76.9%	12.3%	4.3%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Fri - 02/03/2017																
Elementary Brkfst-Traditional	Total	100														
Zucchini Bread	3.4 oz	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
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
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

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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Santa Monica-Malibu USD

Feb 1, 2017 thru Feb 28, 2017

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)
Weighted Daily Average % of Calories			613	*3	420	*5.97	*3.46	*509.9	1461	*119.09	*61 *40.0%	*16.73 *10.9%	*121.51 *79.3%	9.58 14.1%	2.28 3.3%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 02/06/2017																	
Elementary Brkfst-Traditional	Total	100															
Banana Bread	3.4 oz	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	
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	
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	
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 - 02/07/2017																	
Elementary Brkfst-Traditional	Total	1															
Belgian Waffles WG	1	1	190	20	280	4.00	1.80	40.0	35	*N/A*	7	4.0	32.0	6.0	1.00	0.00	
Cereal, Assorted	28 g	1	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	1	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00	
Milk Variety 2016-2017	8 oz.	1	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	1	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00	
Fresh Fruit, Assorted	1/2 cup	1	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00	
Weighted Daily Average % of Calories			770	*23	748	*9.96	*10.25	*642.5	2408	*122.17	*59 *30.6%	*19.87 *10.3%	*151.18 *78.6%	12.01 14.0%	2.69 3.1%	0.00 0.0%	
Nutrient Guideline			350-500		540											<10.00	

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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)
Wed - 02/08/2017																
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
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
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			547	*18	501	*4.80	*3.36	*598.2	1411	*120.91	*41	*22.88	*101.72	7.18	3.74	0.00
% of Calories											*30.4%	*16.7%	*74.4%	11.8%	6.2%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 02/09/2017																
Elementary Brkfst-Traditional	Total	100														
French Toast Sticks WG	2.65 oz	70	160	125	300	3.00	1.60	46.1	200	0.0	5	8.0	24.0	4.5	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
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
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			536	*91	476	*6.67	*3.83	*472.2	1531	*118.25	*47	*18.83	*108.21	5.73	1.58	0.00
% of Calories											*35.3%	*14.0%	*80.7%	9.6%	2.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Fri - 02/10/2017																
Elementary Brkfst-Traditional	Total	100														
Yogurt 4 Ounce	4 ounces	70	90	0	75	0.00	0.00	600.0	0	1.2	*N/A*	3.0	19.5	0.0	0.00	0.00
GRANOLA	1/4 CUP	70	120	0	49	1.96	0.90	16.1	1	0.19	*12	2.85	23.31	2.21	0.34	*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
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
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

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Feb 1, 2017 thru Feb 28, 2017

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)
Weighted Daily Average % of Calories			559	*8	320	*5.53	*2.88	*877.6	1156	*119.22	*50 *35.5%	*18.83 *13.5%	*115.47 *82.6%	4.73 7.6%	1.87 3.0%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 02/13/2017																	
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	
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	
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			704	*38	518	*6.67	*3.97	*495.9	1461	*118.25	*68 *38.4%	*17.43 *9.9%	*134.11 *76.2%	13.08 16.7%	1.93 2.5%	0.00 0.0%	
Nutrient Guideline			350-500		540											<10.00	

Tue - 02/14/2017																	
Elementary Brkfst-Traditional	Total	100															
Biscuit	2.25 ounce	70	230	0	770	1.00	1.44	20.0	*N/A*	0.0	*N/A*	5.0	31.0	9.0	2.50	*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	
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	
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	
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	
Sausage Patty, Beef	1.2 ounce	1	78	20	197	0.00	0.70	4.1	7	0.0	*N/A*	6.3	0.5	5.6	2.30	*N/A*	
Weighted Daily Average % of Calories			574	*8	774	*4.87	*3.26	*460.4	*1156	*118.25	*41 *28.9%	*18.29 *12.7%	*107.21 *74.7%	9.54 15.0%	3.41 5.3%	*0.00 *0.0%	
Nutrient Guideline			350-500		540											<10.00	

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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)
Wed - 02/15/2017																
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
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
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
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			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	

	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 - 02/16/2017																
Elementary Brkfst-Traditional	Total	70														
OATMEAL	1 CUP	70	141	0	8	3.85	1.71	26.7	0	0.0	*0	6.13	24.05	2.5	0.44	*0.00
Elf Grahams, Assorted	28 g	70	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	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, 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
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
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			850	*11	453	*11.13	*6.53	*849.9	2580	*168.92	*67	*29.17	*166.86	11.05	3.77	*0.00
% of Calories											*31.5%	*13.7%	*78.5%	11.7%	4.0%	*0.0%
Nutrient Guideline			350-500		540										<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 - 02/17/2017																
Elementary Brkfst-Traditional	Total	100														
Zucchini Bread	3.4 oz	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
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
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

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Santa Monica-Malibu USD

Feb 1, 2017 thru Feb 28, 2017

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)
Weighted Daily Average % of Calories			613	*3	420	*5.97	*3.46	*509.9	1461	*119.09	*61 *40.0%	*16.73 *10.9%	*121.51 *79.3%	9.58 14.1%	2.28 3.3%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 02/20/2017																
Elementary Brkfst-Traditional	Total	100														
Banana Bread	3.4 oz	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
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
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			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 - 02/21/2017																
Elementary Brkfst-Traditional	Total	100														
Belgian Waffles WG	1	30	190	20	280	4.00	1.80	40.0	35	*N/A*	7	4.0	32.0	6.0	1.00	0.00
Cereal, Assorted	28 g	70	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	70	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
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
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			570	*9	465	*6.57	*6.53	*544.8	1962	*120.49	*50 *35.4%	*15.94 *11.2%	*116.88 *82.0%	6.34 10.0%	1.64 2.6%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

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Santa Monica-Malibu USD

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Brkfst-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)
Wed - 02/22/2017																
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
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
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			547	*18	501	*4.80	*3.36	*598.2	1411	*120.91	*41	*22.88	*101.72	7.18	3.74	0.00
% of Calories											*30.4%	*16.7%	*74.4%	11.8%	6.2%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 02/23/2017																
Elementary Brkfst-Traditional	Total	100														
French Toast Sticks	3 sticks 2.65oz	70	170	115	310	3.00	1.80	80.0	200	3.6	*N/A*	9.0	26.0	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
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
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
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			543	*84	483	*6.67	*3.97	*495.9	1531	*120.77	*44	*19.53	*109.61	5.38	1.58	0.00
% of Calories											*32.2%	*14.4%	*80.7%	8.9%	2.6%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Fri - 02/24/2017																
Elementary Brkfst-Traditional	Total	100														
Yogurt 4 Ounce	4 ounces	70	90	0	75	0.00	0.00	600.0	0	1.2	*N/A*	3.0	19.5	0.0	0.00	0.00
GRANOLA	1/4 CUP	30	120	0	49	1.96	0.90	16.1	1	0.19	*12	2.85	23.31	2.21	0.34	*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
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
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
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

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Santa Monica-Malibu USD

Feb 1, 2017 thru Feb 28, 2017

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)
Weighted Daily Average % of Calories			487	*3	299	*4.75	*2.50	*809.0	1112	*119.14	*45 *36.9%	*15.58 *12.8%	*105.85 *86.9%	2.05 3.8%	0.68 1.3%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 02/27/2017																	
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	
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	
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			704	*38	518	*6.67	*3.97	*495.9	1461	*118.25	*68 *38.4%	*17.43 *9.9%	*134.11 *76.2%	13.08 16.7%	1.93 2.5%	0.00 0.0%	
Nutrient Guideline			350-500		540											<10.00	

Tue - 02/28/2017																	
Elementary Brkfst-Traditional	Total	100															
Belgian Waffles WG	1	70	190	20	280	4.00	1.80	40.0	35	*N/A*	7	4.0	32.0	6.0	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	
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	
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	
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			557	*17	462	*7.37	*3.97	*467.9	1415	*118.25	*49 *34.9%	*16.03 *11.5%	*113.81 *81.7%	6.78 11.0%	1.58 2.6%	0.00 0.0%	
Nutrient Guideline			350-500		540											<10.00	

Weighted Average			603	*21	476	*6.31	*4.17	*579.9	*1549	*120.86	*53 *78.3%	*19.27 *12.8%	*118.27 *78.4%	8.23 12.3%	2.47 3.7%	*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)
Calories	603		350 - 500		121%				103	Error Messages (if any)							
Cholesterol (mg)	21					Missing				Correction Required - Calories too High							
Sodium (mg)	476			540													
Fiber (g)	6.31					Missing											
Iron (mg)	4.17					Missing											
Calcium (mg)	579.9					Missing											
Vitamin A (IU)	1549					Missing											
Sugars (g)	53	34.81%				Missing											
Vitamin C (mg)	120.86					Missing											
Protein (g)	19.27	12.77%				Missing											
Carbohydrate (g)	118.27	78.40%				Missing											
Total Fat (g)	8.23	12.27%															
Saturated Fat (g)	2.47	3.68%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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