

Santa Monica-Malibu USD

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 1

Generated on: 1/12/2017 7:10:22 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)
Wed - 02/01/2017																
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
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 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
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			416	*60	733	*4.00	2.71	415.2	*958	*94.01	*19	27.65	53.61	9.99	*2.99	*0.00
% of Calories											*18.1%	26.6%	51.5%	21.6%	*6.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 02/02/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Fajita Meat	3 ounces	250	130	80	330	0.00	0.36	0.0	0	0.0	*N/A*	16.0	2.0	7.0	2.00	0.00
Tortilla WW Flour 8"	Tortilla	250	112	0	193	3.00	1.08	110.0	5	0.0	1	4.0	19.0	3.0	0.00	0.00
MEXICALI CORN	1/4 CUP	300	43	2	138	0.95	0.42	4.3	171	7.12	*0	1.14	8.01	1.35	0.65	*0.04
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	1/4 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
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	300	35	4	190	0.44	0.68	55.5	304	1.23	*0	2.15	2.2	2.02	0.89	*0.00
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
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			495	*85	1052	*7.44	2.91	504.9	1284	*59.54	*25	30.55	59.56	16.88	*5.00	*0.04
% of Calories											*20.2%	24.7%	48.2%	30.7%	*9.1%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 2

Generated on: 1/12/2017 7:10:22 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)
Fri - 02/03/2017																
Elementary Lunch-Traditional	Total	300														
Tony's Thin Crust Cheese Pizza	1 slice	250	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*
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
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
sliced apples	1 bag	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
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			482	*33	743	*8.17	2.48	561.5	3242	*148.47	*31	23.84	64.61	14.44	*5.97	*0.00
% of Calories											*25.3%	19.8%	53.6%	26.9%	*11.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 02/06/2017																
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
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
Fresh Seasonal Fruit	1/4 cup	300	29	0	1	1.24	0.09	13.6	118	18.94	*5	0.38	7.46	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
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
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			493	*30	853	8.77	2.36	769.1	25547	55.75	*30	27.63	67.98	13.63	5.89	*0.00
% of Calories											*24.6%	22.4%	55.1%	24.9%	10.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 02/07/2017																
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
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*
Bananas, Raw	1/4 cup	300	34	0	0	1.00	0.10	20.0	50	0.0	1	0.41	8.57	0.12	0.04	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
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

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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			514	*33	812	8.68	3.33	658.0	1029	17.22	*23 *17.5%	31.62 24.6%	63.44 49.4%	16.15 28.3%	6.27 11.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 02/08/2017																
Elementary Lunch-Traditional	Total	300														
Baked Chicken 8 Way	3 oz. Mixed Por	250	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 Potato	1/2 cup	300	70	0	115	1.00	0.19	7.2	2	6.43	1	1.0	15.0	0.0	0.00	0.00
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*
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
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
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
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 % of Calories			541	*59	901	5.21	2.59	*391.6	*640	76.51	*17 *12.7%	28.28 20.9%	63.74 47.2%	18.28 30.4%	4.92 8.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 02/09/2017																
Elementary Lunch-Traditional	Total	300														
Taco Meat	2.97 oz	250	120	55	380	0.00	1.44	40.0	200	0.0	*N/A*	15.0	3.0	6.0	2.00	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
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
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
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 % of Calories			490	*50	1139	*10.88	4.58	421.4	745	8.88	*27 *21.6%	32.34 26.4%	64.57 52.7%	12.68 23.3%	3.89 7.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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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 - 02/10/2017																
Elementary Lunch-Traditional	Total	1														
Big Daddy Cheese 51% WG	140gram	1	340	30	590	4.00	1.80	300.0	400	0.0	*N/A*	19.0	36.0	14.0	6.00	0.00
	4.94oz															
4-Way Salad	1/4 cup	1	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	1	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	1	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	1	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.	1	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	*33	826	5.54	1.98	620.9	1084	9.45	*26	30.98	74.63	17.36	6.75	0.00
% of Calories											*19.3%	22.6%	54.5%	28.6%	11.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 02/13/2017																
Elementary Lunch-Traditional	Total	300														
Cheese Stick W/Marinara Sauce	1 each	250	241	5	431	3.96	1.98	207.9	548	3.18	*N/A*	12.52	31.52	7.35	2.19	*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
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
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			424	*10	650	6.15	2.15	551.1	1014	56.56	*20	21.42	62.00	10.39	2.84	*0.00
% of Calories											*19.2%	20.2%	58.5%	22.1%	6.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Tue - 02/14/2017																
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
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	1/4 CUP	300	12	0	0	0.72	0.15	5.8	4	21.17	2	0.24	2.76	0.11	0.01	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
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
Cookie	1 cookie	300	140	5	82	0.31	0.54	2.7	83	0.0	*N/A*	1.54	18.65	6.6	2.33	*N/A*
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 % of Calories			721	*44	1061	7.67	3.98	515.5	605	35.76	*18 *10.0%	29.04 16.1%	95.54 53.0%	25.64 32.0%	7.65 9.6%	*0.42 *0.5%
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 - 02/15/2017																
Elementary Lunch-Traditional	Total	300														
French Toast	2 pieces	250	180	20	390	1.00	1.44	40.0	100	0.0	*N/A*	6.0	34.0	3.5	1.00	*N/A*
Turkey Sausage Patty - Lunch	1.025 oz	300	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	300	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, Assorted	1 each	300	115	0	26	0.00	0.24	13.3	67	48.0	*N/A*	1.0	30.0	0.0	0.00	*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
4-Way Salad	1/4 cup	1	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	1	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	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 % of Calories			638	*52	1027	3.22	1.98	424.2	*665	57.90	*15 *9.6%	24.86 15.6%	102.52 64.3%	15.57 22.0%	3.77 5.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Feb 1, 2017 thru Feb 28, 2017

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)
Thu - 02/16/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Fajita Meat	3 ounces	250	130	80	330	0.00	0.36	0.0	0	0.0	*N/A*	16.0	2.0	7.0	2.00	0.00
PINTO BEANS: cooked	1/2 CUP	300	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	0.00
Flour Tortilla	1.5 oz	300	112	0	193	3.00	1.08	110.0	5	0.0	1	4.0	19.0	3.0	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*
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
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	250	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			749	*82	1029	13.19	4.34	683.5	615	90.68	*21	41.51	112.89	16.08	*3.78	*0.00
% of Calories											*11.0%	22.2%	60.3%	19.3%	*4.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 02/17/2017																
Elementary Lunch-Traditional	Total	300														
Tony's French Bread Multi Chee	116 grams	250	300	20	560	2.00	1.80	350.0	400	0.0	*N/A*	18.0	29.0	12.0	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
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
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
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			500	*22	756	3.67	2.22	654.2	906	15.20	*27	28.48	68.31	14.03	5.17	0.00
% of Calories											*21.8%	22.8%	54.6%	25.2%	9.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Feb 1, 2017 thru Feb 28, 2017

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)
Tue - 02/21/2017																
Elementary Lunch-Traditional	Total	300														
BBQ Rib Sandwich	1 sandwich	300	372	40	897	5.02	3.62	100.4	404	10.21	*N/A*	20.15	45.14	12.11	4.04	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
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
MEXICALI CORN	1/4 CUP	300	43	2	138	0.95	0.42	4.3	171	7.12	*0	1.14	8.01	1.35	0.65	*0.04
Hummus Portion Packs	4 tbsp	50	130	0	490	3.00	1.44	40.0	0	1.2	2	5.0	13.0	7.0	1.00	0.00
Pita Bread WG	2 oz	50	129	0	259	5.97	1.07	59.7	0	0.0	2	5.97	25.86	1.99	0.00	0.00
STRAWBERRIES,FRESH	1/4 CUP	300	12	0	0	0.72	0.15	5.8	4	21.17	2	0.24	2.76	0.11	0.01	0.00
Weighted Daily Average			618	*46	1383	9.68	4.79	448.0	1081	46.90	*19	32.34	82.36	18.43	5.62	*0.04
% of Calories											*12.3%	20.9%	53.4%	26.9%	8.2%	*0.1%
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 - 02/22/2017																
Elementary Lunch-Traditional	Total	300														
Teriyaki Chicken	4 each	250	130	35	560	0.00	1.44	40.0	100	0.0	*N/A*	15.0	9.0	3.5	1.00	*N/A*
Brown Rice	1/2 cup	300	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: fresh, boiled	1/4 CUP	300	14	0	16	1.29	0.26	15.6	604	25.31	1	0.93	2.8	0.16	0.03	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
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
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
Hummus Portion Packs	4 tbsp	50	130	0	490	3.00	1.44	40.0	0	1.2	2	5.0	13.0	7.0	1.00	0.00
Pita Bread WG	2 oz	50	129	0	259	5.97	1.07	59.7	0	0.0	2	5.97	25.86	1.99	0.00	0.00
Weighted Daily Average			443	*32	835	7.24	2.52	415.6	1296	59.24	*22	27.20	64.78	8.88	1.97	*0.00
% of Calories											*19.8%	24.5%	58.5%	18.0%	4.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Feb 1, 2017 thru Feb 28, 2017

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)
Thu - 02/23/2017																
Elementary Lunch-Traditional	Total	1														
Turkey Taco Meat	2.97 oz	1	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	.25 cup	1	80	0	240	4.00	1.35	20.0	2	0.0	0	4.5	13.5	1.25	0.50	0.00
Tortilla Chips	12 chips/ 1 oz	1	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*
4-Way Salad	1/4 cup	1	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	1	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.	1	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Grapes, Lunch Bunch	1/4 cup	1	40	0	6	*N/A*	0.00	10.0	45	0.6	9	0.0	10.0	0.0	0.00	0.00
Pita Bread WG	2 oz	1	129	0	259	5.97	1.07	59.7	0	0.0	2	5.97	25.86	1.99	0.00	0.00
Hummus Portion Packs	4 tbsp	1	130	0	490	3.00	1.44	40.0	0	1.2	2	5.0	13.0	7.0	1.00	0.00
Weighted Daily Average			772	*53	1667	*16.47	5.88	508.6	849	11.00	*30	42.45	104.34	22.60	4.25	*0.00
% of Calories											*15.4%	22.0%	54.1%	26.4%	5.0%	*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 - 02/24/2017																
Elementary Lunch-Traditional	Total	1														
Tony's French Bread Multi Chee	1 piece	1	300	20	560	2.00	1.80	350.0	400	0.0	*N/A*	18.0	29.0	12.0	5.00	0.00
4-Way Salad	.25 cup	1	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	1	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	.25 cup	1	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Apples 2 oz Sliced	1/2 cup	1	34	0	0	2.00	0.18	10.0	50	123.6	*N/A*	0.0	8.0	0.0	0.00	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
Pita Bread WG	2 oz	1	129	0	259	5.97	1.07	59.7	0	0.0	2	5.97	25.86	1.99	0.00	0.00
Hummus Portion Packs	4 tbsp	1	130	0	490	3.00	1.44	40.0	0	1.2	2	5.0	13.0	7.0	1.00	0.00
Weighted Daily Average			745	*23	1531	14.47	4.67	780.6	951	133.00	*20	40.94	98.84	24.35	6.75	0.00
% of Calories											*10.9%	22.0%	53.0%	29.4%	8.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Feb 1, 2017 thru Feb 28, 2017

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)
Mon - 02/27/2017																
Elementary Lunch-Traditional	Total	300														
Bean and Cheese Burrito	1 burrito	250	257	4	684	8.25	2.98	103.0	164	0.51	*1	11.19	30.6	10.88	2.86	*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
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	1/4 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
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			485	*6	792	10.53	2.71	425.9	771	37.76	*27	21.75	72.12	13.49	3.14	*0.00
% of Calories											*22.2%	18.0%	59.5%	25.1%	5.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	
Tue - 02/28/2017																
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
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
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
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
Baked Potato Wedges	6 pieces	1	167	0	597	2.78	1.50	0.0	0	3.33	*N/A*	2.78	25.0	6.94	1.39	0.00
Grilled Cheese WG RS RF Chs	1 sandwich	50	284	23	568	2.27	1.19	356.8	456	0.0	*N/A*	15.1	30.15	7.89	5.75	0.00
Weighted Daily Average			361	*29	796	3.22	2.99	132.2	135	9.62	*12	10.89	43.67	15.54	4.55	0.00
% of Calories											*13.4%	12.1%	48.4%	38.7%	11.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	
Weighted Average																
			549	*41	978	*8.12	3.22	*520.1	*2285	*53.86	*23	29.15	74.71	16.02	*4.80	*0.03
											*37.0%	21.2%	54.4%	26.3%	*7.9%	*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	549		Weekly Target	550 - 650	100%	Miss Data	Shortfall	Overage	Error Messages (if any)								
Cholesterol (mg)	41					Missing		1	Correction Required - Calories are Low								
Sodium (mg)	978			1230													
Fiber (g)	8.12					Missing											
Iron (mg)	3.22																
Calcium (mg)	520.1					Missing											
Vitamin A (IU)	2285					Missing											
Sugars (g)	23	16.44%				Missing											
Vitamin C (mg)	53.86					Missing											
Protein (g)	29.15	21.23%															
Carbohydrate (g)	74.71	54.42%															
Total Fat (g)	16.02	26.26%															
Saturated Fat (g)	4.80	7.87%		<10.00%		Missing											
Trans Fat ¹ (g)	0.03	0.04%				Missing											

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