

Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted 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 - 03/01/2017																
Elementary Lunch-Traditional	Total	300														
Ravioli - WG Jumbo Cheese	3.78 oz	300	200	50	460	2.00	1.08	200.0	300	0.0	2	14.0	25.0	5.0	3.00	0.00
Hawaiian Roll	1 oz	250	65	0	108	0.28	0.60	34.5	*N/A*	0.0	*N/A*	1.75	11.47	1.08	0.26	*N/A*
Green Beans	.25 cup	250	6	0	71	0.53	0.25	7.3	98	1.21	*N/A*	0.34	1.27	0.03	0.01	*N/A*
APPLES,Fresh	1/2 cup	300	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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
Salad 4 way	2.118 oz	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	.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
Quesadilla	1 each	50	32	48	89	0.01	0.03	28.3	107	0.0	*0	1.13	0.55	2.83	1.76	*0.05
Weighted Daily Average			519	*102	956	7.14	2.49	604.2	*2881	15.15	*33	27.56	76.31	12.53	5.81	*0.05
% of Calories											*25.5%	21.2%	58.8%	21.7%	10.1%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 03/02/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Taquito WG	98g	300	173	9	136	1.12	1.92	13.5	20	0.22	*0	7.98	29.25	2.2	0.35	*0.00
CORN,SWEET YELLOW,CANN ED,DRAIN	.5 CUP	250	46	0	140	1.37	0.18	2.1	31	1.23	3	1.56	9.8	0.83	0.17	0.00
Beans, Vegetarian	113 g	300	100	0	140	5.00	1.80	40.0	25	0.0	5	6.0	19.0	0.5	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 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
Salad 4 way	2.118 oz	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	.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
Quesadilla	1 each	50	32	48	89	0.01	0.03	28.3	107	0.0	*0	1.13	0.55	2.83	1.76	*0.05
Weighted Daily Average			541	*60	733	10.80	4.39	448.2	2700	60.12	*34	27.55	88.85	9.84	3.04	*0.05
% of Calories											*25.2%	20.4%	65.7%	16.4%	5.1%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/03/2017																
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
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
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
Salad 4 way	2.118 oz	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	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
Tomatoes, Grape	.25 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

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

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Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			505	*28	821	5.04	2.16	575.9	2784	8.85	41 32.4%	28.98 23.0%	72.63 57.6%	14.36 25.6%	5.75 10.3%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/06/2017																
Elementary Lunch-Traditional	Total	300														
Bosco Cheese Stick w/Marinara	2 sticks	300	315	30	560	5.00	2.52	400.0	500	1.2	*N/A*	21.0	37.0	10.0	5.00	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
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
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
Salad 4 way	2.118 oz	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	.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
Protein Box/ bagel	1	50	77	35	65	*0.67	0.65	54.1	137	*11.01	*3	3.5	8.74	3.35	*1.84	*0.00
Weighted Daily Average % of Calories			606	*69	918	*10.67	4.07	810.0	8989	*149.40	*20 *13.1%	35.48 23.4%	80.71 53.3%	16.71 24.8%	*7.59 *11.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/07/2017																
Elementary Lunch-Traditional	Total	300														
Turkey Pepperoni Calzone	5 oz	250	283	29	391	4.16	2.25	291.1	333	7.49	5	19.96	28.28	10.81	4.99	0.00
CORN,SWEET YELLOW,CANN ED,DRAIN	.25 CUP	250	23	0	70	0.68	0.09	1.0	16	0.61	2	0.78	4.9	0.42	0.08	0.00
Bananas,raw	1 each	250	75	0	1	2.19	0.22	4.2	54	7.32	*N/A*	0.92	19.22	0.28	0.09	*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
Salad 4 way	2.118 oz	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	.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
Protein Box/ bagel	1	50	77	35	65	*0.67	0.65	54.1	137	*11.01	*3	3.5	8.74	3.35	*1.84	*0.00
Weighted Daily Average % of Calories			603	*68	755	*8.70	3.57	676.3	2841	*34.03	*26 *17.5%	35.14 23.3%	80.12 53.2%	18.22 27.2%	*7.76 *11.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted 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 - 03/08/2017																
Elementary Lunch-Traditional	Total	300														
baked chicken	3 ounces	250	183	54	317	0.00	0.90	*N/A*	83	0.0	*N/A*	14.17	5.83	11.67	3.33	0.00
Mashed Potato	.25 cup	250	29	0	48	0.42	0.08	3.0	1	2.68	0	0.42	6.25	0.0	0.00	0.00
TANGERINES,FRESH	1 EACH	300	45	0	2	1.51	0.13	31.1	572	22.43	9	0.68	11.21	0.26	0.03	0.00
CARROT STICKS	.5 cup	300	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	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
Salad 4 way	2.118 oz	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	.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
Protein Box/ bagel	1	50	77	35	65	*0.67	0.65	54.1	137	*11.01	*3	3.5	8.74	3.35	*1.84	*0.00
Weighted Daily Average			497	*93	689	*4.83	2.25	*428.5	10436	*46.30	*31	29.15	55.21	18.74	*5.97	*0.00
% of Calories											*25.0%	23.5%	44.4%	33.9%	*10.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 03/09/2017																
Elementary Lunch-Traditional	Total	300														
Taco Salad with Turkey	2 oz	300	43	14	131	0.73	0.88	37.3	313	1.66	*1	5.24	2.93	1.37	0.47	*0.00
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
Peaches, Diced Yellow LS	1/2 cup	300	70	0	10	1.00	0.00	0.0	300	1.2	16	1.0	17.0	0.0	0.00	0.00
Tostada Bowl	1 Bowl	250	92	0	4	0.00	0.30	16.7	0	0.0	*N/A*	0.83	11.67	4.17	0.00	0.00
lettuce cheese salsa	.25 cups	300	61	7	259	0.48	0.73	107.5	451	1.33	*0	3.87	2.42	3.97	1.78	*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	77	35	65	*0.67	0.65	54.1	137	*11.01	*3	3.5	8.74	3.35	*1.84	*0.00
Weighted Daily Average			533	*60	849	*6.88	3.92	551.5	1703	*16.78	*36	27.92	72.22	14.94	*5.09	*0.00
% of Calories											*26.7%	21.0%	54.2%	25.2%	*8.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/10/2017																
Elementary Lunch-Traditional	Total	300														
Big Daddy Cheese 51% WG	140gram 4.94oz	300	340	30	590	4.00	1.80	300.0	400	0.0	*N/A*	19.0	36.0	14.0	6.00	0.00
Pineapple Tidbits, LS, Canned	1/2 cup	300	100	0	0	1.00	0.72	0.0	110	6.0	22	0.0	24.0	0.0	0.00	0.00
Salad 4 way	2.118 oz	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Tomatoes, Grape	.25 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
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

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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			590	*33	818	6.00	2.88	625.9	2811	13.60	*39 *26.3%	31.98 21.7%	81.97 55.6%	17.36 26.5%	6.75 10.3%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 03/13/2017																
Elementary Lunch-Traditional	Total	300														
Grilled Cheese WG W/ RS Mozz	1 Sandwich	300	283	32	586	3.03	1.65	469.8	26370	0.0	6	18.71	31.22	9.99	5.61	0.00
Baby Carrots	1/2 cup	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
PEACHES,FRESH	1 EACH	300	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	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
Salad 4 way	2.118 oz	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	.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
Weighted Daily Average % of Calories			497	*35	878	7.33	2.59	820.9	34955	19.34	*30 *24.0%	30.47 24.5%	66.49 53.6%	13.57 24.6%	6.38 11.6%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/14/2017																
Elementary Lunch-Traditional	Total	300														
Mini Corn Dogs	6 pop dogs	250	225	31	350	3.75	1.80	125.0	25	*N/A*	5	8.75	24.99	10.0	3.12	0.00
Potato Smiles Reduced Sodium	4 pieces	250	108	0	150	1.67	0.30	0.0	0	2.0	*N/A*	1.67	16.67	3.75	0.42	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 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	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Hummus Portion Packs	4 tbsp	50	22	0	82	0.50	0.24	6.7	0	0.2	0	0.83	2.17	1.17	0.17	0.00
Pita Bread WG	2 oz	50	22	0	43	0.99	0.18	9.9	0	0.0	0	0.99	4.31	0.33	0.00	0.00
Weighted Daily Average % of Calories			582	*35	848	12.21	2.97	505.8	742	*68.07	*31 *21.6%	22.12 15.2%	82.39 56.7%	18.72 29.0%	4.47 6.9%	0.00 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 - 03/15/2017																
Elementary Lunch-Traditional	Total	300														
Pasta w/ Meat Sauce Turkey	1 cup	250	311	44	236	4.17	3.19	47.0	136	5.11	*2	19.96	37.39	8.45	2.84	0.00
Hawaiian Roll	1 oz	250	65	0	108	0.28	0.60	34.5	*N/A*	0.0	*N/A*	1.75	11.47	1.08	0.26	*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
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	77	35	65	*0.67	0.65	54.1	137	*11.01	*3	3.5	8.74	3.35	*1.84	*0.00
Weighted Daily Average			695	*82	633	*11.77	4.92	471.3	*816	*31.45	*37	34.78	102.85	16.46	*5.73	*0.00
% of Calories											*21.4%	20.0%	59.2%	21.3%	*7.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 03/16/2017																
Elementary Lunch-Traditional	Total	300														
Shamrock Chicken Nugget	3 pieces	300	240	35	510	0.00	1.80	0.0	0	2.4	*N/A*	15.0	17.0	12.0	2.50	0.00
Veggie Sticks	1/2 cup	300	24	0	60	1.82	0.21	29.4	7508	3.74	3	0.66	5.31	0.17	0.03	0.00
TANGERINES,FRESH	1 EACH	300	45	0	2	1.51	0.13	31.1	572	22.43	9	0.68	11.21	0.26	0.03	0.00
Graham Cracker Sticks, Cinn.	28 g	300	120	0	115	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	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
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Senor Felix Bean & Cheese Bur	5.75 oz	50	55	3	82	1.17	0.45	33.3	0	0.4	0	2.33	7.33	1.67	0.83	0.00
Weighted Daily Average			644	*42	992	8.50	3.66	519.6	9081	43.77	*36	29.65	84.82	20.96	5.15	0.00
% of Calories											*22.5%	18.4%	52.7%	29.3%	7.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/17/2017																
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
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
COOKIES,SUGAR,COMMLY PR	1 each	300	70	2	58	0.19	0.34	5.2	4	0.01	4	0.8	10.1	2.93	1.15	0.07
EP,REG																
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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	.25 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
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

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Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted 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)
Weighted Daily Average			568	*30	861	9.19	2.68	591.1	855	138.41	*35	28.78	79.07	17.29	6.90	0.07
% of Calories											*24.6%	20.3%	55.7%	27.4%	10.9%	0.1%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/20/2017																
Elementary Lunch-Traditional	Total	300														
Macaroni & Cheese WG RF	3 oz	300	145	15	490	1.00	0.54	210.0	400	0.0	*N/A*	8.5	15.5	5.5	3.00	0.00
TANGERINES,FRESH	1 EACH	300	45	0	2	1.51	0.13	31.1	572	22.43	9	0.68	11.21	0.26	0.03	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*
CARROT STICKS	.5 cup	300	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	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
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Senor Felix Bean & Cheese Bur	5.75 oz	50	55	3	82	1.17	0.45	33.3	0	0.4	0	2.33	7.33	1.67	0.83	0.00
Weighted Daily Average			500	*22	957	8.25	2.33	656.1	*8814	40.22	*28	23.00	74.98	12.19	4.95	*0.00
% of Calories											*22.2%	18.4%	60.0%	21.9%	8.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/21/2017																
Elementary Lunch-Traditional	Total	300														
Cheeseburger on WG Bun	4 oz	250	261	39	559	2.82	2.31	129.9	2	0.0	*0	15.16	23.21	12.72	5.30	0.37
Baked Potato Smiles	2.41 oz	250	109	0	151	1.67	0.30	0.0	0	2.01	0	1.67	16.75	3.77	0.42	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 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	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Senor Felix Bean & Cheese Bur	5.75 oz	50	55	3	82	1.17	0.45	33.3	0	0.4	0	2.33	7.33	1.67	0.83	0.00
Weighted Daily Average			679	*46	1016	13.81	3.72	504.0	545	24.34	*33	28.74	95.54	21.75	7.34	0.37
% of Calories											*19.6%	16.9%	56.3%	28.8%	9.7%	0.5%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted 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 - 03/22/2017																
Elementary Lunch-Traditional	Total	300														
Waffle Sticks with Syrup	1	300	186	0	266	2.00	1.09	20.6	25	0.0	9	4.0	39.06	2.0	0.00	*0.00
Turkey Sausage Patty	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 Shaped Potatoes	8 pieces	300	130	0	310	2.00	0.00	0.0	*N/A*	3.6	*N/A*	2.0	16.0	6.0	1.00	0.00
Juice Apple 4oz	4 oz	250	46	0	13	0.00	0.00	0.0	0	25.0	*N/A*	0.0	12.5	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	1/2 cup	250	21	0	2	2.50	0.30	8.3	0	11.0	1	0.0	5.0	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	21	0	67	0.00	0.00	0.0	2	0.0	0	0.0	0.84	2.11	0.21	0.00
Senor Felix Bean & Cheese Bur	5.75 oz	50	55	3	82	1.17	0.45	33.3	0	0.4	0	2.33	7.33	1.67	0.83	0.00
Weighted Daily Average			628	*37	980	7.67	2.20	398.1	*526	41.59	*26	23.31	96.70	16.61	3.54	*0.00
% of Calories											*16.4%	14.8%	61.6%	23.8%	5.1%	*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 - 03/23/2017																
Elementary Lunch-Traditional	Total	300														
Taco Salad with Turkey	4 oz	300	87	27	263	1.45	1.77	74.6	626	3.31	*1	10.49	5.86	2.74	0.93	*0.00
Legume Vegetable	1/2 cup	250	92	0	117	4.17	*N/A*	*N/A*	*N/A*	*N/A*	4	5.83	16.67	0.83	0.00	0.00
Tortilla Chips	12 chips/ 1 oz	250	113	*N/A*	50	1.67	0.33	15.0	83	0.83	*N/A*	1.67	15.83	4.17	0.83	*N/A*
APPLES,Fresh	1/2 cup	250	60	0	1	2.76	0.14	6.9	62	5.29	12	0.3	15.88	0.2	0.03	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
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Hummus Portion Packs	4 tbsp	50	22	0	82	0.50	0.24	6.7	0	0.2	0	0.83	2.17	1.17	0.17	0.00
Pita Bread WG	2 oz	50	22	0	43	0.99	0.18	9.9	0	0.0	0	0.99	4.31	0.33	0.00	0.00
Weighted Daily Average			554	*31	779	14.54	*3.02	*439.0	*1273	*24.43	*35	29.09	83.69	12.79	2.71	*0.00
% of Calories											*25.0%	21.0%	60.4%	20.8%	4.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted 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)
Fri - 03/24/2017																
Elementary Lunch-Traditional	Total	300														
Big Daddy Cheese 51% WG	140gram	300	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															
Frozen Fruit Cup	4 oz	250	46	0	11	0.03	0.00	0.0	152	1.04	8	0.0	13.05	0.0	0.00	0.00
Tomatoes, Grape	.25 cup	250	4	0	0	0.00	0.00	0.0	0	0.0	0	2.5	2.5	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
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Weighted Daily Average			550	*33	825	7.03	2.16	625.9	1053	15.84	*25	30.48	74.52	17.36	6.75	0.00
% of Calories											*18.4%	22.2%	54.2%	28.4%	11.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/27/2017																
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
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
PEACHES: canned,light syrup	.5 CUP	300	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	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
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Weighted Daily Average			601	*26	858	12.58	3.93	534.0	1116	27.33	*34	24.68	93.24	14.75	6.40	*0.04
% of Calories											*22.4%	16.4%	62.1%	22.1%	9.6%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/28/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Nugget WG	5 Pieces	300	180	20	450	2.00	1.80	40.0	0	0.0	*N/A*	13.0	14.0	8.0	1.50	0.00
Criss Cut Fries	4 pieces	300	120	0	320	1.00	0.36	0.0	*N/A*	0.0	*N/A*	1.0	14.0	6.0	1.50	2.00
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 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	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Grilled Cheese WG RS RF Chs	1 sandwich	50	47	4	95	0.38	0.20	59.5	76	0.0	*N/A*	2.52	5.02	1.31	0.96	0.00

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Santa Monica-Malibu USD

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted 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)
Weighted Daily Average % of Calories			602	*27	1090	11.52	3.02	440.3	*619	21.93	*33 *21.9%	26.09 17.3%	81.28 54.0%	18.91 28.3%	4.75 7.1%	2.00 3.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 03/29/2017																
Elementary Lunch-Traditional	Total	300														
BBQ BEEF ON BUN:Ground Beef	SERVINGS	250	*266	*51	*394	*0.78	*2.53	*62.3	*155	*1.57	*8	*17.95	*24.3	*10.27	*3.78	*0.01
Tater Tots	2.52 oz	250	109	0	260	1.68	0.00	0.0	0	3.02	0	1.68	13.42	5.03	0.84	0.00
ORANGES	1/2 cup	250	38	0	0	1.92	0.08	32.0	180	42.56	7	0.75	9.4	0.1	0.01	0.00
Milk Variety 2016-2017	8 oz.	250	91	*3	116	0.00	0.00	263.2	416	1.33	13	7.48	13.3	0.69	0.42	0.00
Ranch Dressing, Light	.25 oz	250	21	0	67	0.00	0.00	0.0	2	0.0	0	0.0	0.84	2.11	0.21	0.00
Salad 4 way	2.118 oz	250	8	0	6	0.83	0.30	8.3	1500	5.0	1	0.83	1.67	0.0	0.00	0.00
Grilled Cheese WG RS RF Chs	1 sandwich	50	47	4	95	0.38	0.20	59.5	76	0.0	*N/A*	2.52	5.02	1.31	0.96	0.00
Weighted Daily Average % of Calories			*581	*57	*939	*5.58	*3.11	*425.3	*2328	*53.48	*29 *20.1%	*31.21 *21.5%	*67.95 *46.8%	*19.51 *30.2%	*6.22 *9.6%	*0.01 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/30/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Fajita Meat	3 ounces	250	108	67	275	0.00	0.30	0.0	0	0.0	*N/A*	13.33	1.67	5.83	1.67	0.00
Tortilla WW Flour 8"	Tortilla	250	93	0	161	2.50	0.90	91.7	4	0.0	1	3.33	15.83	2.5	0.00	0.00
SPANISH RICE	1/4 CUP	250	52	0	148	0.61	0.70	7.5	182	5.27	*0	1.1	10.41	0.61	0.09	*0.00
BEANS,BAKED,CANNED,PLAIN /VEGET	.25 cup	250	50	0	183	2.19	0.63	18.1	58	0.0	4	2.53	11.27	0.2	0.04	0.00
BANANAS	.5 cup	250	75	0	1	2.19	0.22	4.2	54	7.32	10	0.92	19.22	0.28	0.09	0.00
Milk Variety 2016-2017	8 oz.	250	91	*3	116	0.00	0.00	263.2	416	1.33	13	7.48	13.3	0.69	0.42	0.00
Salad 4 way	2.118 oz	250	8	0	6	0.83	0.30	8.3	1500	5.0	1	0.83	1.67	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	21	0	67	0.00	0.00	0.0	2	0.0	0	0.0	0.84	2.11	0.21	0.00
Grilled Cheese WG RS RF Chs	1 sandwich	50	47	4	95	0.38	0.20	59.5	76	0.0	*N/A*	2.52	5.02	1.31	0.96	0.00
Weighted Daily Average % of Calories			547	*73	1051	8.70	3.25	452.5	2292	18.92	*30 *21.8%	32.05 23.5%	79.25 58.0%	13.54 22.3%	3.47 5.7%	*0.00 *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 - 03/31/2017																
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
Apples, Sliced	1/2 cup	250	28	0	0	1.67	0.15	8.3	42	103.0	5	0.0	6.67	0.0	*N/A*	*N/A*
Milk Variety 2016-2017	8 oz.	250	91	*3	116	0.00	0.00	263.2	416	1.33	13	7.48	13.3	0.69	0.42	0.00
Salad 4 way	2.118 oz	250	8	0	6	0.83	0.30	8.3	1500	5.0	1	0.83	1.67	0.0	0.00	0.00
Ranch Dressing, Light	.25 oz	250	21	0	67	0.00	0.00	0.0	2	0.0	0	0.0	0.84	2.11	0.21	0.00
Tomatoes, Grape	.25 cup	250	4	0	0	0.00	0.00	0.0	0	0.0	0	2.5	2.5	0.0	0.00	0.00
Weighted Daily Average			453	*28	770	6.50	2.25	529.9	2259	109.33	33	26.81	59.98	13.80	*5.63	*0.00
% of Calories											29.1%	23.7%	53.0%	27.4%	*11.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			*568	*49	*870	*8.92	*3.11	*549.3	*4453	*44.46	*32	*28.91	*79.60	*16.13	*5.57	*0.11
											*50.6%	*20.3%	*56.0%	*25.5%	*8.8%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	568		550 - 650	100%	Missing			
Cholesterol (mg)	49				Missing			
Sodium (mg)	870		1230		Missing			
Fiber (g)	8.92				Missing			
Iron (mg)	3.11				Missing			
Calcium (mg)	549.3				Missing			
Vitamin A (IU)	4453				Missing			
Sugars (g)	32	22.49%			Missing			
Vitamin C (mg)	44.46				Missing			
Protein (g)	28.91	20.35%			Missing			
Carbohydrate (g)	79.60	56.02%			Missing			
Total Fat (g)	16.13	25.54%			Missing			
Saturated Fat (g)	5.57	8.82%	<10.00%		Missing			
Trans Fat ¹ (g)	0.11	0.18%			Missing			

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.