

Santa Monica-Malibu USD

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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Generated on: 10/10/2016 1:40:01 PM

| | 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Tue - 11/01/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 300 | | | | | | | | | | | | | | |
| Mini Corn Dogs | 6 pop dogs | 250 | 270 | 37 | 420 | 4.50 | 2.16 | 150.0 | 30 | *N/A* | 6 | 10.5 | 29.99 | 12.0 | 3.75 | 0.00 |
| Legume Vegetable | 1/4 cup | 250 | 55 | 0 | 70 | 2.50 | *N/A* | *N/A* | *N/A* | *N/A* | 2 | 3.5 | 10.0 | 0.5 | 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 | 1/2 oz | 300 | 51 | 0 | 162 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 0.0 | 2.03 | 5.06 | 0.51 | 0.00 |
| Bell Peppers, Red | 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 | 51 | 0 | 2 | 1.00 | *N/A* | *N/A* | 55 | *N/A* | 11 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| Milk Variety 2016-2017 | 8 oz. | 300 | 110 | *3 | 140 | 0.00 | 0.00 | 315.9 | 499 | 1.6 | 15 | 8.98 | 15.96 | 0.83 | 0.50 | 0.00 |
| Cheese Quesadilla | 1 quesadill | 50 | 350 | 38 | 742 | 2.92 | 1.88 | 307.2 | 303 | 0.0 | *N/A* | 19.31 | 31.87 | 17.77 | 8.89 | 0.00 |
| Weighted Daily Average % of Calories | | | 599 | *41 | 858 | 10.82 | *2.75 | *527.0 | *784 | *65.20 | *38 *25.3% | 24.77 16.5% | 85.19 56.9% | 19.39 29.1% | 5.65 8.5% | 0.00 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) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Wed - 11/02/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 300 | | | | | | | | | | | | | | |
| Chicken Nugget WG | 5 Pieces | 250 | 180 | 20 | 450 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | *N/A* | 13.0 | 14.0 | 8.0 | 1.50 | 0.00 |
| Baked Potato Wedges | 6 pieces | 250 | 167 | 0 | 597 | 2.78 | 1.50 | 0.0 | 0 | 3.33 | *N/A* | 2.78 | 25.0 | 6.94 | 1.39 | 0.00 |
| 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 | 1/2 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 |
| carrot and celery sticks | .5 cup | 300 | 36 | 0 | 94 | 2.78 | 0.32 | 45.9 | 10970 | 5.7 | 4 | 1.02 | 7.97 | 0.26 | 0.05 | 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 |
| 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 |
| Milk Variety 2016-2017 | 8 oz. | 300 | 110 | *3 | 140 | 0.00 | 0.00 | 315.9 | 499 | 1.6 | 15 | 8.98 | 15.96 | 0.83 | 0.50 | 0.00 |
| Cheese Quesadilla | 1 quesadill | 50 | 350 | 38 | 742 | 2.92 | 1.88 | 307.2 | 303 | 0.0 | *N/A* | 19.31 | 31.87 | 17.77 | 8.89 | 0.00 |
| Weighted Daily Average % of Calories | | | 664 | *26 | 1397 | 13.58 | 4.05 | 495.7 | 11730 | 118.14 | *32 *19.5% | 28.10 16.9% | 93.66 56.4% | 22.23 30.1% | 4.99 6.8% | *0.00 *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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Elementary Lunch-Traditional

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|-------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/03/2016 | | | | | | | | | | | | | | | | |
| 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 | 1/2 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 |
| Tortilla Chips | 12 chips/ 1 oz | 250 | 135 | *N/A* | 60 | 2.00 | 0.40 | 18.0 | 100 | 1.0 | *N/A* | 2.0 | 19.0 | 5.0 | 1.00 | *N/A* |
| 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 | 1/4 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 |
| 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* |
| 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 | | | 633 | *66 | 1263 | *13.82 | 5.28 | 600.8 | 1873 | 152.13 | *25 | 39.22 | 78.29 | 18.07 | *7.47 | *0.00 |
| % of Calories | | | | | | | | | | | *15.9% | 24.8% | 49.5% | 25.7% | *10.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|------|
| Fri - 11/04/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| HOLIDAY | SERVING | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 11/07/2016 | | | | | | | | | | | | | | | | |
| 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 |
| Broccoli Florets FZN 30lb | 1/4 cup | 300 | 13 | 0 | 11 | 1.50 | 0.28 | 23.5 | 465 | 18.5 | 1 | 1.5 | 2.5 | 0.0 | 0.00 | 0.00 |
| Ranch Dressing, Light | 1/2 oz | 300 | 51 | 0 | 162 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 0.0 | 2.03 | 5.06 | 0.51 | 0.00 |
| 4-Way Salad | 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 |
| 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 |
| 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 |
| CELERY STICKS | 6 sticks | 300 | 4 | 0 | 19 | 0.38 | 0.05 | 9.6 | 108 | 0.74 | 0 | 0.17 | 0.71 | 0.04 | 0.01 | 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 |
| Milk Variety 2016-2017 | 8 oz. | 300 | 110 | *3 | 140 | 0.00 | 0.00 | 315.9 | 499 | 1.6 | 15 | 8.98 | 15.96 | 0.83 | 0.50 | 0.00 |
| Senor Felix Bean & Cheese Bur | 5.75 oz | 50 | 330 | 20 | 490 | 7.00 | 2.70 | 200.0 | 0 | 2.4 | 0 | 14.0 | 44.0 | 10.0 | 5.00 | 0.00 |
| Weighted Daily Average | | | 615 | *33 | 900 | 13.52 | 2.64 | 812.2 | 24682 | 72.69 | *42 | 29.92 | 93.07 | 16.24 | 6.53 | 0.00 |
| % of Calories | | | | | | | | | | | *27.0% | 19.5% | 60.5% | 23.8% | 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) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 11/08/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 300 | | | | | | | | | | | | | | |
| Pasta w/ Meat Sauce Turkey | 1 cup | 250 | 373 | 52 | 284 | 5.00 | 3.83 | 56.4 | 164 | 6.13 | *2 | 23.95 | 44.86 | 10.14 | 3.41 | 0.00 |
| Hawaiian Roll | 1 oz | 250 | 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 | 1/2 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 |
| 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 |
| 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* |
| Milk Variety 2016-2017 | 8 oz. | 300 | 110 | *3 | 140 | 0.00 | 0.00 | 315.9 | 499 | 1.6 | 15 | 8.98 | 15.96 | 0.83 | 0.50 | 0.00 |
| Senor Felix Bean & Cheese Bur | 5.75 oz | 50 | 330 | 20 | 490 | 7.00 | 2.70 | 200.0 | 0 | 2.4 | 0 | 14.0 | 44.0 | 10.0 | 5.00 | 0.00 |
| Weighted Daily Average | | | 656 | *50 | 757 | 10.61 | *4.96 | 461.6 | *795 | 206.81 | *26 | 34.02 | 89.67 | *17.08 | *4.94 | *0.00 |
| % of Calories | | | | | | | | | | | *16.1% | 20.7% | 54.6% | *23.4% | *6.8% | *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) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 11/09/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 300 | | | | | | | | | | | | | | |
| Turkey Pepperoni Mini Crescent | 3 pieces | 250 | 340 | 35 | 470 | 5.00 | 2.70 | 350.0 | 400 | 9.0 | 6 | 24.0 | 34.0 | 13.0 | 6.00 | 0.00 |
| Baby Carrots | 1/4 cup | 300 | 13 | 0 | 24 | 0.75 | 0.13 | 7.5 | 2250 | 2.25 | *N/A* | 0.38 | 3.0 | 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 | 1/2 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 |
| carrot and celery sticks | .5 cup | 300 | 36 | 0 | 94 | 2.78 | 0.32 | 45.9 | 10970 | 5.7 | 4 | 1.02 | 7.97 | 0.26 | 0.05 | 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 |
| 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 |
| Milk Variety 2016-2017 | 8 oz. | 300 | 110 | *3 | 140 | 0.00 | 0.00 | 315.9 | 499 | 1.6 | 15 | 8.98 | 15.96 | 0.83 | 0.50 | 0.00 |
| Senor Felix Bean & Cheese Bur | 5.75 oz | 50 | 330 | 20 | 490 | 7.00 | 2.70 | 200.0 | 0 | 2.4 | 0 | 14.0 | 44.0 | 10.0 | 5.00 | 0.00 |
| Weighted Daily Average | | | 647 | *36 | 896 | 13.50 | 3.64 | 733.1 | 14234 | 42.08 | *30 | 33.82 | 89.89 | 18.97 | 6.95 | *0.00 |
| % of Calories | | | | | | | | | | | *18.7% | 20.9% | 55.6% | 26.4% | 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) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 11/10/2016 | | | | | | | | | | | | | | | | |
| 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 | 1/2 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 |
| 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 | 1/4 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 |
| 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 |
| 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 |
| Milk Variety 2016-2017 | 8 oz. | 300 | 110 | *3 | 140 | 0.00 | 0.00 | 315.9 | 499 | 1.6 | 15 | 8.98 | 15.96 | 0.83 | 0.50 | 0.00 |
| Senor Felix Bean & Cheese Bur | 5.75 oz | 50 | 330 | 20 | 490 | 7.00 | 2.70 | 200.0 | 0 | 2.4 | 0 | 14.0 | 44.0 | 10.0 | 5.00 | 0.00 |
| Weighted Daily Average | | | 680 | *63 | 1260 | *12.16 | 5.96 | 587.3 | 1821 | 70.48 | *34 | 39.33 | 93.03 | 17.51 | 6.08 | 0.00 |
| % of Calories | | | | | | | | | | | *19.9% | 23.1% | 54.7% | 23.2% | 8.1% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

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|--------------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/11/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional HOLIDAY | Total SERVING | 1 | | | | | | | | | | | | | | |
| | | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/14/2016 | | | | | | | | | | | | | | | | |
| 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 | 1/2 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 |
| CELERY STICKS | 6 sticks | 300 | 4 | 0 | 19 | 0.38 | 0.05 | 9.6 | 108 | 0.74 | 0 | 0.17 | 0.71 | 0.04 | 0.01 | 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 |
| Baby Carrots | 1/4 cup | 300 | 13 | 0 | 24 | 0.75 | 0.13 | 7.5 | 2250 | 2.25 | *N/A* | 0.38 | 3.0 | 0.0 | 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, Assorted Driftwood | 8 oz | 50 | 51 | 2 | 31 | 0.00 | 0.09 | 150.0 | 304 | 0.3 | 8 | 1.87 | 9.44 | 0.53 | 0.31 | 0.00 |
| Goldfish Pretzel | .75 oz | 50 | 90 | 0 | 200 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 16.0 | 1.5 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 588 | *29 | 854 | 13.00 | 2.93 | 726.1 | 3455 | 39.29 | *38 | 28.61 | 89.45 | 14.88 | 5.28 | 0.00 |
| | | | | | | | | | | | *25.9% | 19.5% | 60.8% | 22.8% | 8.1% | 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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/15/2016 | | | | | | | | | | | | | | | | |
| 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 |
| Potato Smiles Reduced Sodium | 4 pieces | 250 | 130 | 0 | 180 | 2.00 | 0.36 | 0.0 | 0 | 2.4 | *N/A* | 2.0 | 20.0 | 4.5 | 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 | 1/2 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 | 1/4 cup | 300 | 25 | 0 | 1 | 0.50 | *N/A* | *N/A* | 28 | *N/A* | 5 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| Oranges | 1/2 cup | 300 | 35 | 0 | 0 | 1.77 | 0.07 | 29.7 | 169 | 39.83 | 7 | 0.7 | 8.79 | 0.09 | 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, Assorted Driftwood | 8 oz | 50 | 51 | 2 | 31 | 0.00 | 0.09 | 150.0 | 304 | 0.3 | 8 | 1.87 | 9.44 | 0.53 | 0.31 | 0.00 |
| Goldfish Pretzel | .75 oz | 50 | 90 | 0 | 200 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 16.0 | 1.5 | 0.00 | 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

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 6

Generated on: 10/10/2016 1:40:01 PM

| | 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 | | | 632 | *37 | 1092 | 10.75 | *3.98 | *540.1 | 1001 | *108.27 | *34 | 27.78 | 87.67 | 20.47 | 5.30 | 0.42 |
| % of Calories | | | | | | | | | | | *21.3% | 17.6% | 55.5% | 29.1% | 7.5% | 0.6% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| Wed - 11/16/2016 | | | | | | | | | | | | | | | | |
|------------------------------|----------|-----|---------|-----|------|------|-------|-------|------|--------|--------|-------|-------|--------|--------|------|
| 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 - Lunch | 1.025 oz | 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 | 2.52 oz | 250 | 131 | 0 | 312 | 2.01 | 0.00 | 0.0 | 0 | 3.62 | 0 | 2.01 | 16.1 | 6.04 | 1.01 | 0.00 |
| Juice, Assorted 2016-2017 | 2.67 oz | 300 | 50 | 0 | 13 | 0.00 | 0.00 | 8.9 | 89 | 26.73 | *6 | 0.67 | 12.7 | 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 | 1/2 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 |
| Broccoli Florets FZN 30lb | 1/4 cup | 300 | 13 | 0 | 11 | 1.50 | 0.28 | 23.5 | 465 | 18.5 | 1 | 1.5 | 2.5 | 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 |
| Peaches, Diced Yellow LS | 1/4 cup | 300 | 35 | 0 | 5 | 0.50 | 0.00 | 0.0 | 150 | 0.6 | 8 | 0.5 | 8.5 | 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 |
| Yogurt, Assorted Driftwood | 8 oz | 50 | 51 | 2 | 31 | 0.00 | 0.09 | 150.0 | 304 | 0.3 | 8 | 1.87 | 9.44 | 0.53 | 0.31 | 0.00 |
| Goldfish Pretzel | .75 oz | 50 | 90 | 0 | 200 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 16.0 | 1.5 | 0.00 | 0.00 |
| Weighted Daily Average | | | 652 | *37 | 947 | 8.35 | *1.50 | 451.0 | 1322 | *69.60 | *45 | 23.64 | 97.20 | *20.43 | 3.56 | 0.00 |
| % of Calories | | | | | | | | | | | *27.3% | 14.5% | 59.7% | *28.2% | 4.9% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| Thu - 11/17/2016 | | | | | | | | | | | | | | | | |
|------------------------------|---------|-----|-----|----|-----|-------|------|-------|-----|-------|-------|------|-------|------|-------|-------|
| 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 | 1/2 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 |
| 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 |
| 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* |
| 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 | 1/4 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 |
| 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, Assorted Driftwood | 8 oz | 50 | 51 | 2 | 31 | 0.00 | 0.09 | 150.0 | 304 | 0.3 | 8 | 1.87 | 9.44 | 0.53 | 0.31 | 0.00 |
| Goldfish Pretzel | .75 oz | 50 | 90 | 0 | 200 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 16.0 | 1.5 | 0.00 | 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

Nov 1, 2016 thru Nov 30, 2016

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Generated on: 10/10/2016 1:40:01 PM

| | 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 | | | 627 | *60 | 1289 | *16.32 | 5.79 | 665.1 | 1896 | 168.78 | *30 | 38.88 | 89.96 | 13.93 | *5.23 | *0.00 |
| % of Calories | | | | | | | | | | | *19.4% | 24.8% | 57.4% | 20.0% | *7.5% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| Fri - 11/18/2016 | | | | | | | | | | | | | | | | |
|-------------------------------|---------|-----|---------|-----|------|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| 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 |
| 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 |
| 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 | 1/2 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* |
| 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 |
| 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 |
| Weighted Daily Average | | | 630 | *23 | 874 | 7.63 | 2.91 | 634.7 | 1241 | 38.23 | *46 | 29.68 | 95.68 | 17.09 | 5.02 | *0.00 |
| % of Calories | | | | | | | | | | | *29.5% | 18.8% | 60.7% | 24.4% | 7.2% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| Mon - 11/21/2016 | | | | | | | | | | | | | | | | |
|---------------------------------|----------|-----|---------|-----|------|------|-------|--------|-------|---------|--------|-------|-------|-------|--------|-------|
| 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 |
| 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* |
| 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 |
| 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 | 1/2 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 |
| 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* |
| CELERY STICKS | 6 sticks | 1 | 4 | 0 | 19 | 0.38 | 0.05 | 9.6 | 108 | 0.74 | 0 | 0.17 | 0.71 | 0.04 | 0.01 | 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 |
| 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, Traditional | 1.90 oz | 50 | 110 | 0 | 300 | 3.00 | *N/A* | *N/A* | 5 | *N/A* | 1 | 4.0 | 12.0 | 5.0 | 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 | | | 586 | *28 | 1414 | 8.35 | *2.57 | *752.5 | *1386 | *112.91 | *25 | 27.92 | 79.49 | 17.75 | *6.50 | *0.00 |
| % of Calories | | | | | | | | | | | *17.3% | 19.0% | 54.2% | 27.3% | *10.0% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Santa Monica-Malibu USD

Nov 1, 2016 thru Nov 30, 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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/22/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 300 | | | | | | | | | | | | | | |
| Chicken Strips, Breaded | 3 pieces | 250 | 200 | 55 | 680 | 1.00 | 1.80 | 20.0 | 100 | 0.0 | *N/A* | 14.0 | 12.0 | 10.0 | 2.00 | 0.00 |
| Sweet Potato Cubes | 1/2 cup | 250 | 86 | 0 | 55 | 3.00 | 0.54 | 30.0 | 14200 | 2.4 | 4 | 2.0 | 20.0 | 0.0 | 0.00 | 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 |
| Ranch Dressing, Light | 1/2 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 |
| 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 |
| Tomatoes, Red | 1/4 cup | 300 | 4 | 0 | 1 | 0.30 | 0.04 | 2.0 | 200 | 3.36 | 1 | 0.22 | 0.96 | 0.04 | 0.00 | *N/A* |
| Broccoli Florets FZN 30lb | 1/4 cup | 300 | 13 | 0 | 11 | 1.50 | 0.28 | 23.5 | 465 | 18.5 | 1 | 1.5 | 2.5 | 0.0 | 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 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, Traditional | 1.90 oz | 50 | 110 | 0 | 300 | 3.00 | *N/A* | *N/A* | 5 | *N/A* | 1 | 4.0 | 12.0 | 5.0 | 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 | | | 596 | *49 | 1109 | 13.25 | *3.36 | *420.4 | 13318 | *37.46 | *38 | 28.10 | 90.00 | 16.16 | 2.95 | *0.00 |
| % of Calories | | | | | | | | | | | *25.5% | 18.9% | 60.4% | 24.4% | 4.5% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |
| Wed - 11/23/2016 | | | | | | | | | | | | | | | | |
| 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 | 1/2 cup | 250 | 26 | 0 | 22 | 3.00 | 0.56 | 47.0 | 930 | 37.0 | 1 | 3.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| Oranges | 1/4 cup | 250 | 18 | 0 | 0 | 0.89 | 0.04 | 14.9 | 84 | 19.91 | 3 | 0.35 | 4.4 | 0.05 | 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 | 1/2 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 | 1/2 cup | 300 | 8 | 0 | 1 | 0.30 | 0.18 | 0.0 | 50 | 1.2 | 1 | 0.3 | 1.9 | 0.1 | 0.00 | *N/A* |
| Applesauce | 1/4 cup | 300 | 25 | 0 | 1 | 0.50 | *N/A* | *N/A* | 28 | *N/A* | 5 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| Baby Carrots | 1/4 cup | 300 | 13 | 0 | 24 | 0.75 | 0.13 | 7.5 | 2250 | 2.25 | *N/A* | 0.38 | 3.0 | 0.0 | 0.00 | 0.00 |
| Green Beans, Fancy Cut RS | 1/2 cup | 300 | 20 | 0 | 140 | 2.00 | 0.72 | 20.0 | 300 | 2.4 | 2 | 1.0 | 4.0 | 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 |
| 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, Traditional | 1.90 oz | 50 | 110 | 0 | 300 | 3.00 | *N/A* | *N/A* | 5 | *N/A* | 1 | 4.0 | 12.0 | 5.0 | 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 | | | 601 | *37 | 819 | 14.88 | *2.98 | *426.2 | 5646 | *69.97 | *50 | 26.95 | 104.11 | 10.62 | 1.76 | *0.00 |
| % of Calories | | | | | | | | | | | *33.5% | 17.9% | 69.3% | 15.9% | 2.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Santa Monica-Malibu USD

Nov 1, 2016 thru Nov 30, 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) |
|--------------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/24/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional HOLIDAY | Total SERVING | 1 | | | | | | | | | | | | | | |
| Weighted Daily Average | | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| % of Calories | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |
| Fri - 11/25/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional HOLIDAY | Total SERVING | 1 | | | | | | | | | | | | | | |
| Weighted Daily Average | | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |
| Mon - 11/28/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 300 | | | | | | | | | | | | | | |
| Senor Felix Bean & Cheese Bur | 5.75 oz | 250 | 330 | 20 | 490 | 7.00 | 2.70 | 200.0 | 0 | 2.4 | 0 | 14.0 | 44.0 | 10.0 | 5.00 | 0.00 |
| Sweet Corn | 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 |
| 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 | 1/2 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 |
| 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 |
| Peaches, Diced Yellow LS | 1/4 cup | 300 | 35 | 0 | 5 | 0.50 | 0.00 | 0.0 | 150 | 0.6 | 8 | 0.5 | 8.5 | 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 |
| Grilled Cheese Sandwich | 4.19 oz | 50 | 280 | 32 | 581 | 3.00 | 1.64 | 465.9 | 26151 | 0.0 | 6 | 18.55 | 30.96 | 9.91 | 5.56 | 0.00 |
| Weighted Daily Average | | | 579 | *25 | 922 | 10.00 | 3.22 | 579.1 | 7795 | 16.49 | *27 | 25.80 | 82.60 | 16.44 | 6.19 | 0.00 |
| % of Calories | | | | | | | | | | | *18.5% | 17.8% | 57.1% | 25.6% | 9.6% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

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Santa Monica-Malibu USD

Nov 1, 2016 thru Nov 30, 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) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 11/29/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 300 | | | | | | | | | | | | | | |
| Hamburger Bun 4" 51% WG | 1 bun | 250 | 160 | 0 | 220 | 3.00 | 1.80 | 60.0 | 0 | 12.0 | *N/A* | 6.0 | 33.0 | 1.0 | 0.00 | 0.00 |
| Seasoned Potato Wedges | 6 pieces | 250 | 130 | 0 | 380 | 2.00 | 0.00 | 0.0 | *N/A* | 1.2 | *N/A* | 2.0 | 16.0 | 6.0 | 1.00 | 2.00 |
| Bananas, Raw | 1/2 cup | 300 | 67 | 0 | 1 | 2.00 | 0.20 | 40.0 | 100 | 0.0 | 2 | 0.82 | 17.13 | 0.25 | 0.08 | 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 | 1/2 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 |
| Chips, Dill Pickle | 1 oz | 300 | 5 | 0 | 390 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 0 | 0.5 | 0.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| Hummus, Traditional | 1.90 oz | 50 | 110 | 0 | 300 | 3.00 | *N/A* | *N/A* | 5 | *N/A* | 1 | 4.0 | 12.0 | 5.0 | 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 | | | 621 | *3 | 1289 | 14.31 | *2.36 | *435.8 | *646 | *26.33 | *35 | 19.22 | 110.54 | 13.37 | 2.13 | 1.67 |
| % of Calories | | | | | | | | | | | *22.9% | 12.4% | 71.2% | 19.4% | 3.1% | 2.4% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------------|----------|-----|---------|-----|------|-------|-------|--------|-----|---------|--------|-------|-------|--------|------|--------|
| Wed - 11/30/2016 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 300 | | | | | | | | | | | | | | |
| Chicken Nugget WG | 5 Pieces | 250 | 180 | 20 | 450 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | *N/A* | 13.0 | 14.0 | 8.0 | 1.50 | 0.00 |
| Baked Potato Wedges | 6 pieces | 250 | 167 | 0 | 597 | 2.78 | 1.50 | 0.0 | 0 | 3.33 | *N/A* | 2.78 | 25.0 | 6.94 | 1.39 | 0.00 |
| 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 | 1/2 oz | 300 | 51 | 0 | 162 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 0.0 | 2.03 | 5.06 | 0.51 | 0.00 |
| Bell Peppers, Red | 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 |
| 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 |
| 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 |
| 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 |
| Hummus, Traditional | 1.90 oz | 50 | 110 | 0 | 300 | 3.00 | *N/A* | *N/A* | 5 | *N/A* | 1 | 4.0 | 12.0 | 5.0 | 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 | | | 638 | *20 | 1297 | 10.36 | *4.23 | *395.0 | 804 | *106.39 | *45 | 25.14 | 92.69 | *19.56 | 3.58 | 0.00 |
| % of Calories | | | | | | | | | | | *28.1% | 15.8% | 58.1% | *27.6% | 5.1% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|------|--------|-------|--------|-------|--------|--------|-------|-------|--------|-------|-------|
| Weighted Average | | | 625 | *37 | 1069 | *11.96 | *3.62 | *569.1 | *5246 | *84.51 | *36 | 29.49 | 91.23 | *17.23 | *5.01 | *0.12 |
| | | | | | | | | | | | *51.3% | 18.9% | 58.4% | *24.8% | *7.2% | *0.2% |

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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) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-----------|-------------------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | |
| Calories | 625 | | 550 - 650 | | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 37 | | | | | Missing | | | | | | | | | | | |
| Sodium (mg) | 1069 | | 1230 | | | | | | | | | | | | | | |
| Fiber (g) | 11.96 | | | | | Missing | | | | | | | | | | | |
| Iron (mg) | 3.62 | | | | | Missing | | | | | | | | | | | |
| Calcium (mg) | 569.1 | | | | | Missing | | | | | | | | | | | |
| Vitamin A (IU) | 5246 | | | | | Missing | | | | | | | | | | | |
| Sugars (g) | 36 | 22.81% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 84.51 | | | | | Missing | | | | | | | | | | | |
| Protein (g) | 29.49 | 18.89% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 91.23 | 58.42% | | | | | | | | | | | | | | | |
| Total Fat (g) | 17.23 | 24.83% | | | | Missing | | | | | | | | | | | |
| Saturated Fat (g) | 5.01 | 7.21% | | | <10.00% | Missing | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.12 | 0.17% | | | | Missing | | | | | | | | | | | |

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