

Santa Monica-Malibu USD

Oct 1, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Generated on: 9/20/2016 1:52:55 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)
Mon - 10/03/2016																
Elementary Lunch-Traditional HOLIDAY	Total 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 % 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)
Tue - 10/04/2016																
Elementary Lunch-Traditional	Total	300														
Chicken Corn Dogs, WG	4 oz	250	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	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
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
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
APPLES,Fresh	1/4 cup	300	36	0	1	1.66	0.08	4.1	37	3.17	7	0.18	9.53	0.12	0.02	0.00
Ketchup	7 g	250	10	0	65	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard	6 g	250	5	0	85	0.00	0.00	0.0	0	0.0	0	*N/A*	*N/A*	0.0	0.00	0.00
Milk Variety 2016-2017	8 oz.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
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 % of Calories			695	*40	1345	14.30	3.94	488.5	1135	33.05	*32	*23.62	*104.98	20.38	5.18	0.00
											*18.6%	*13.6%	*60.4%	26.4%	6.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/05/2016																
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
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*
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
carrot and celery sticks	.5 cup	300	18	0	47	1.39	0.16	23.0	5485	2.85	2	0.51	3.99	0.13	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
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
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

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Base Menu Spreadsheet

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)
Weighted Daily Average			560	*52	1001	12.17	2.80	422.6	6241	36.62	*39	24.79	81.29	16.45	3.59	*0.00
% of Calories											*27.5%	17.7%	58.1%	26.4%	5.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/06/2016																
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
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			629	*63	1221	*14.50	5.42	582.9	1822	152.53	*25	38.34	80.31	16.78	*6.82	*0.00
% of Calories											*16.0%	24.4%	51.0%	24.0%	*9.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/07/2016																
Elementary Lunch-Traditional	Total	300														
Tony's Thin Crust Cheese Pizza	4.5 oz	300	300	25	580	4.00	1.80	250.0	300	0.0	14	16.0	35.0	11.0	5.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	0.0	0.00	0.00
Ranch Dressing, Light	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*
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
Tomatoes, Grape	1/4 cup	300	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Grapes, Lunch Bunch	1/4 cup	300	40	0	6	*N/A*	0.00	10.0	45	0.6	9	0.0	10.0	0.0	0.00	0.00
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			583	*28	914	*8.38	2.33	602.2	3226	29.08	*43	29.06	85.68	17.09	6.02	*0.00
% of Calories											*29.8%	19.9%	58.8%	26.4%	9.3%	*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)
Mon - 10/10/2016																
Elementary Lunch-Traditional	Total	300														
Grilled Cheese Sandwich	4.19 oz	250	280	32	581	3.00	1.64	465.9	26151	0.0	6	18.55	30.96	9.91	5.56	0.00
Baby Carrots	1/4 cup	300	13	0	24	0.75	0.13	7.5	2250	2.25	*N/A*	0.38	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
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	0.0	0.00	0.00
Tomatoes, Grape	1/4 cup	300	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Cauliflower	1/4 cup	300	7	0	8	0.50	*N/A*	6.0	5	12.5	*N/A*	0.5	1.5	*N/A*	0.00	0.00
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
Apples, Sliced	1/4 cup	300	17	0	0	1.00	0.09	5.0	25	61.8	3	0.0	4.0	0.0	*N/A*	*N/A*
Milk Variety 2016-2017	8 oz.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
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			566	*30	860	11.56	*2.21	767.6	24668	91.93	*42	29.55	87.81	*14.72	*5.73	*0.00
% of Calories											*29.7%	20.9%	62.1%	*23.4%	*9.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	
Tue - 10/11/2016																
Elementary Lunch-Traditional	Total	300														
Turkey Pepperoni Calzone	5 oz	250	339	35	469	4.99	2.69	349.4	399	8.98	6	23.96	33.94	12.98	5.99	0.00
Baby Carrots	1/4 cup	300	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
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*
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
Ketchup	7 g	250	10	0	65	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard	6 g	250	5	0	85	0.00	0.00	0.0	0	0.0	0	*N/A*	*N/A*	0.0	0.00	0.00
Milk Variety 2016-2017	8 oz.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
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			551	*33	884	9.08	2.98	669.5	3198	24.58	*26	*30.37	*69.74	17.17	6.09	*0.00
% of Calories											*19.1%	*22.1%	*50.7%	28.1%	10.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/12/2016																
Elementary Lunch-Traditional HOLIDAY	Total 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 % 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)
Thu - 10/13/2016																
Elementary Lunch-Traditional	Total	300														
Tostada Bowl	1 Bowl	250	110	0	5	0.00	0.36	20.0	0	0.0	*N/A*	1.0	14.0	5.0	0.00	0.00
Turkey Taco Meat	2.97 oz	250	110	50	390	0.00	1.44	40.0	200	0.0	*N/A*	16.0	3.0	4.0	1.00	0.00
Refried Beans	.5 cup	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
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
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			665	*60	1217	*14.45	5.44	578.6	1819	32.55	*36	37.73	96.62	16.18	5.32	0.00
											*21.8%	22.7%	58.1%	21.9%	7.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Fri - 10/14/2016																
Elementary Lunch-Traditional	Total	300														
Big Daddy's Cheese Pizza	1/8 pizza	250	360	35	600	3.00	2.70	450.0	400	0.0	9	21.0	34.0	16.0	7.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	0.0	0.00	0.00
Tomatoes, Grape	1/4 cup	300	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Ranch Dressing, Light	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
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
Cucumbers	1/4 cup	300	4	0	0	0.15	0.09	0.0	25	0.6	0	0.15	0.95	0.05	0.00	*N/A*
Fresh Fruit, Assorted	1/4 cup	300	49	0	0	1.98	0.12	13.8	102	17.44	*3	0.56	12.75	0.14	0.02	0.00
Milk Variety 2016-2017	8 oz.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Frozen Fruit Cup	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
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			622	*33	881	7.09	2.91	742.2	3447	29.78	*39	31.21	88.92	19.76	6.91	*0.00
% of Calories											*25.3%	20.1%	57.2%	28.6%	10.0%	*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)
Mon - 10/17/2016																
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
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
Tomatoes, Grape	1/4 cup	300	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Cauliflower	1/4 cup	300	7	0	8	0.50	*N/A*	6.0	5	12.5	*N/A*	0.5	1.5	*N/A*	0.00	0.00
PEARS,FRESH	1 EACH	300	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.04	0.00
Milk Variety 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
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
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			559	*7	771	*11.94	*2.31	*535.0	1053	*31.08	*42	25.17	93.34	*13.42	3.04	*0.00
% of Calories											*30.4%	18.0%	66.8%	*21.6%	4.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Oct 1, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

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)
Tue - 10/18/2016																
Elementary Lunch-Traditional	Total	300														
Cheeseburger on WG Bun	4.45 oz	250	293	40	611	3.77	3.09	173.4	0	0.0	*0	17.74	29.98	12.48	4.58	0.50
Baked Potato Smiles	2.41 oz	250	131	0	181	2.01	0.36	0.0	0	2.41	0	2.01	20.09	4.52	0.50	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	0.0	0.00	0.00
Ranch Dressing, Light	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
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
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
Ketchup	7 g	250	10	0	65	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard	6 g	250	5	0	85	0.00	0.00	0.0	0	0.0	0	*N/A*	*N/A*	0.0	0.00	0.00
Milk Variety 2016-2017	8 oz.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
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			726	*37	1288	14.93	*4.33	*502.7	695	*78.61	*37	*29.50	*108.27	21.96	5.52	0.42
% of Calories											*20.5%	*16.3%	*59.7%	27.2%	6.9%	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 - 10/19/2016																
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 Apple 8oz	8 oz	300	110	0	30	0.00	0.00	20.0	200	60.0	*N/A*	2.0	29.0	0.0	0.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	0.0	0.00	0.00
Ranch Dressing, Light	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
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			698	*37	1003	8.56	*1.30	*438.4	852	*103.63	*32	24.34	108.97	*21.31	3.68	0.00
% of Calories											*18.6%	14.0%	62.5%	*27.5%	4.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Oct 1, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

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 - 10/20/2016																
Elementary Lunch-Traditional	Total	300														
Turkey Taco Meat	2.97 oz	250	110	50	390	0.00	1.44	40.0	200	0.0	*N/A*	16.0	3.0	4.0	1.00	0.00
Flour Tortilla	1.5 oz	250	112	0	193	3.00	1.08	110.0	5	0.0	1	4.0	19.0	3.0	0.00	0.00
Refried Beans	0.5 cup	250	160	0	480	8.00	2.70	40.0	5	0.0	1	9.0	27.0	2.5	1.00	0.00
Lettuce, Shredded	1/4 cup	300	5	0	3	0.50	0.18	10.0	150	0.6	1	0.5	1.0	0.0	0.00	0.00
Cheese, Shredded	1/2 oz	300	57	15	88	0.00	0.10	102.1	142	0.0	0	3.53	0.18	4.7	2.99	0.00
Salsa NUTR Enhanced LS	2 tbsp	300	10	0	70	*N/A*	0.36	20.0	500	6.0	1	0.0	2.0	0.0	0.00	0.00
Jicama Sticks	1/4 cup	300	13	0	1	1.50	0.18	5.0	2	6.6	0	0.0	3.0	0.0	0.00	*N/A*
Jalapenos, Diced	1/4 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	1/4 cup	300	17	0	0	1.00	0.09	5.0	25	61.8	3	0.0	4.0	0.0	*N/A*	*N/A*
Milk Variety 2016-2017	8 oz.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
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			578	*60	1343	*14.66	*5.62	*631.2	1719	*89.50	*24	39.33	75.29	14.61	*5.32	*0.00
% of Calories											*16.3%	27.2%	52.1%	22.7%	*8.3%	*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 - 10/21/2016																
Elementary Lunch-Traditional	Total	300														
French Bread Cheese Pizza	4.94 oz	300	300	20	570	3.00	1.80	300.0	500	6.0	4	17.0	34.0	11.0	4.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	0.0	0.00	0.00
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
Tomatoes, Grape	1/4 cup	300	5	0	0	0.00	0.00	0.0	0	0.0	0	3.0	3.0	0.0	0.00	0.00
Cucumbers	1/4 cup	300	4	0	0	0.15	0.09	0.0	25	0.6	0	0.15	0.95	0.05	0.00	*N/A*
Grapes, Lunch Bunch	1/4 cup	300	40	0	6	*N/A*	0.00	10.0	45	0.6	9	0.0	10.0	0.0	0.00	0.00
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			570	*23	880	*6.63	2.19	644.7	1176	32.83	*33	29.68	81.68	17.09	5.02	*0.00
% of Calories											*23.4%	20.8%	57.3%	27.0%	7.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Oct 1, 2016 thru Oct 31, 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)
Mon - 10/24/2016																
Elementary Lunch-Traditional	Total	300														
Macaroni & Cheese WG RF	6 oz	250	290	30	980	2.00	1.08	420.0	800	0.0	*N/A*	17.0	31.0	11.0	6.00	0.00
Green Beans, 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
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
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*
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
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.	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			573	*34	1316	6.57	2.30	766.0	8159	15.85	*38	27.76	78.43	16.76	6.93	*0.00
% of Calories											*26.6%	19.4%	54.7%	26.3%	10.9%	*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 - 10/25/2016																
Elementary Lunch-Traditional	Total	300														
Halloween Nuggets	3pieces	250	250	35	350	2.00	1.44	20.0	0	0.0	1	14.0	15.0	14.0	3.50	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*
French Fries, Cross Trax	3.23 oz	250	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	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
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
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
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
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
Ketchup	7 g	250	10	0	65	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard	6 g	250	5	0	85	0.00	0.00	0.0	0	0.0	0	*N/A*	*N/A*	0.0	0.00	0.00
Milk Variety 2016-2017	8 oz.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
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			665	*38	1445	5.89	2.94	479.1	*5213	27.85	*24	*31.17	*76.22	27.04	5.96	*0.00
% of Calories											*14.5%	*18.7%	*45.8%	36.6%	8.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/26/2016																
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	98 grams	250	108	0	5	1.80	0.41	10.0	0	0.0	*N/A*	2.52	22.39	0.88	0.18	0.00
Broccoli Florets FZN 30lb	1/4 cup	250	13	0	11	1.50	0.28	23.5	465	18.5	1	1.5	2.5	0.0	0.00	0.00
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
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
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	1/2 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
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			570	*42	739	9.64	*2.48	*481.3	5731	*102.73	*45	26.35	94.68	10.95	2.55	0.00
% of Calories											*31.6%	18.5%	66.4%	17.3%	4.0%	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)
Thu - 10/27/2016																
Elementary Lunch-Traditional	Total	300														
Turkey Taco Meat	2.97 oz	250	110	50	390	0.00	1.44	40.0	200	0.0	*N/A*	16.0	3.0	4.0	1.00	0.00
Tortilla Chips	12 chips/ 1 oz	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*
Refried Beans	.5 cup	250	160	0	480	8.00	2.70	40.0	5	0.0	1	9.0	27.0	2.5	1.00	0.00
Lettuce, Shredded	1/4 cup	300	5	0	3	0.50	0.18	10.0	150	0.6	1	0.5	1.0	0.0	0.00	0.00
Cheese, Shredded	1/2 oz	300	57	15	88	0.00	0.10	102.1	142	0.0	0	3.53	0.18	4.7	2.99	0.00
Salsa NUTR Enhanced LS	2 tbsp	300	10	0	70	*N/A*	0.36	20.0	500	6.0	1	0.0	2.0	0.0	0.00	0.00
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
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
APPLES,Fresh	1/4 cup	300	36	0	1	1.66	0.08	4.1	37	3.17	7	0.18	9.53	0.12	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
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			745	*65	1322	*18.11	5.70	633.8	6247	36.51	*43	41.19	111.24	17.61	7.05	*0.00
% of Calories											*23.1%	22.1%	59.7%	21.3%	8.5%	*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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Santa Monica-Malibu USD

Oct 1, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

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)
Fri - 10/28/2016																
Elementary Lunch-Traditional	Total	300														
Tony's Thin Crust Cheese Pizza	4.5 oz	300	300	25	580	4.00	1.80	250.0	300	0.0	14	16.0	35.0	11.0	5.00	0.00
4-Way Salad	1/4 cup	300	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	0.0	0.00	0.00
Ranch Dressing, Light	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
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
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
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
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			647	*28	921	14.88	2.82	630.6	3662	53.52	*51	31.01	102.51	17.27	6.06	0.00
% of Calories											*31.3%	19.2%	63.4%	24.0%	8.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/31/2016																
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
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	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
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
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
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			653	*26	1341	*11.53	*3.44	*572.5	*2991	*34.75	*29	26.60	98.01	17.83	6.75	0.00
% of Calories											*17.7%	16.3%	60.0%	24.6%	9.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			624	*39	1089	*11.31	*3.34	*587.9	*4371	*54.58	*36	*30.36	*90.74	*17.60	*5.45	*0.02
											*51.8%	*19.5%	*58.2%	*25.4%	*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)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	624		550 - 650		100%												
Cholesterol (mg)	39					Missing											
Sodium (mg)	1089		1230														
Fiber (g)	11.31					Missing											
Iron (mg)	3.34					Missing											
Calcium (mg)	587.9					Missing											
Vitamin A (IU)	4371					Missing											
Sugars (g)	36	23.02%				Missing											
Vitamin C (mg)	54.58					Missing											
Protein (g)	30.36	19.46%				Missing											
Carbohydrate (g)	90.74	58.16%				Missing											
Total Fat (g)	17.60	25.38%				Missing											
Saturated Fat (g)	5.45	7.86%	<10.00%			Missing											
Trans Fat ¹ (g)	0.02	0.03%				Missing											

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