

Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 30, 2016

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/01/2016																
Elementary Brkfst-Traditional	Total	100														
French Toast Sticks WG	2.65 oz	70	160	125	300	3.00	1.60	46.1	200	0.0	5	8.0	24.0	4.5	1.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			536	*91	476	*6.67	*3.83	*472.2	1531	*118.25	*47	*18.83	*108.21	5.73	1.58	0.00
% of Calories											*35.3%	*14.0%	*80.7%	9.6%	2.7%	0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 09/02/2016																
Elementary Brkfst-Traditional	Total	100														
Yogurt, LF Vanilla	4 oz	70	100	3	52	*N/A*	0.00	100.0	500	0.0	14	3.5	19.5	0.75	0.50	0.00
Granola, LF Fruit	55 g	70	210	0	270	3.00	1.08	20.0	90	0.0	18	4.0	44.0	2.5	0.50	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			629	*10	459	*6.27	*3.01	*530.3	1569	*118.25	*64	*19.98	*129.96	5.46	2.33	0.00
% of Calories											*40.6%	*12.7%	*82.6%	7.8%	3.3%	0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 09/05/2016																
Elementary Brkfst-Traditional	Total	100														
Coffee Cake WG 4oz	1	70	400	50	360	3.00	1.80	80.0	100	0.0	34	6.0	61.0	15.0	1.50	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			704	*38	518	*6.67	*3.97	*495.9	1461	*118.25	*68	*17.43	*134.11	13.08	1.93	0.00
% of Calories											*38.4%	*9.9%	*76.2%	16.7%	2.5%	0.0%
Nutrient Guideline			350-500		540											<10.00

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Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 30, 2016

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/06/2016																
Elementary Brkfst-Traditional	Total	100														
Biscuits, Honey WW	64 g	70	190	0	320	2.00	1.44	150.0	30	1.2	6	4.0	30.0	6.0	2.00	0.00
Turkey Sausage Patty	1.025 oz	70	60	30	100	0.00	0.36	20.0	0	0.0	*N/A*	6.0	0.0	4.0	1.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			587	*29	527	*5.57	*3.51	*565.3	1177	*119.09	*46	*21.73	*106.51	10.18	3.73	0.00
% of Calories											*31.1%	*14.8%	*72.6%	15.6%	5.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Wed - 09/07/2016																
Elementary Brkfst-Traditional	Total	100														
Pizza Bagel Breakfast WG	1 Bagel	70	192	15	383	0.90	1.59	217.0	365	3.8	*N/A*	11.65	23.16	5.71	3.01	*N/A*
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			559	*14	534	*5.20	*3.82	*591.8	1646	*120.91	*44	*21.38	*107.62	6.58	2.99	*0.00
% of Calories											*31.3%	*15.3%	*77.1%	10.6%	4.8%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 09/08/2016																
Elementary Brkfst-Traditional	Total	100														
Pancakes, Mini Maple	100 g	70	230	10	270	3.00	0.72	60.0	70	*N/A*	14	5.0	40.03	7.01	1.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00

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

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Sep 1, 2016 thru Sep 30, 2016

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			585	*10	455	*6.67	*3.21	*481.9	1440	*118.25	*54 *36.6%	*16.73 *11.4%	*119.43 *81.6%	7.49 11.5%	1.58 2.4%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 09/09/2016																	
Elementary Brkfst-Traditional	Total	100															
Zucchini Bread	3.4 oz	70	270	0	220	2.00	1.08	100.0	100	1.2	25	5.0	43.0	10.0	2.00	0.00	
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00	
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00	
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00	
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00	
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00	
Weighted Daily Average % of Calories			613	*3	420	*5.97	*3.46	*509.9	1461	*119.09	*61 *40.0%	*16.73 *10.9%	*121.51 *79.3%	9.58 14.1%	2.28 3.3%	0.00 0.0%	
Nutrient Guideline			350-500		540											<10.00	

Mon - 09/12/2016																	
Elementary Brkfst-Traditional	Total	100															
Banana Bread	3.4 oz	70	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00	
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00	
String Cheese, Mozzarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00	
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00	
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00	
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00	
Weighted Daily Average % of Calories			608	*8	387	*5.57	*3.00	*502.3	1226	*118.25	*59 *38.8%	*18.23 *12.0%	*116.31 *76.5%	10.18 15.1%	3.03 4.5%	0.00 0.0%	
Nutrient Guideline			350-500		540											<10.00	

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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 - 09/13/2016																
Elementary Brkfst-Traditional	Total	100														
Waffle Stix- Belgian Chef WG	62 g	70	154	0	274	2.19	1.18	21.9	27	0.0	5	4.39	29.61	2.19	0.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			532	*3	458	*6.10	*3.54	*455.3	1410	*118.25	*48	*16.30	*112.14	4.12	0.88	0.00
% of Calories											*35.8%	*12.3%	*84.4%	7.0%	1.5%	0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 09/14/2016																
Elementary Brkfst-Traditional	Total	100														
Pizza Bagel Breakfast WG	1 Bagel	70	192	15	383	0.90	1.59	217.0	365	3.8	*N/A*	11.65	23.16	5.71	3.01	*N/A*
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			547	*18	501	*4.80	*3.36	*598.2	1411	*120.91	*41	*22.88	*101.72	7.18	3.74	*0.00
% of Calories											*30.4%	*16.7%	*74.4%	11.8%	6.2%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 09/15/2016																
Elementary Brkfst-Traditional	Total	100														
French Toast Sticks WG	2.65 oz	70	160	125	300	3.00	1.60	46.1	200	0.0	5	8.0	24.0	4.5	1.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			536	*91	476	*6.67	*3.83	*472.2	1531	*118.25	*47	*18.83	*108.21	5.73	1.58	0.00
% of Calories											*35.3%	*14.0%	*80.7%	9.6%	2.7%	0.0%
Nutrient Guideline			350-500		540											<10.00

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/16/2016																
Elementary Brkfst-Traditional	Total	100														
Yogurt, LF Vanilla	8 oz	70	200	5	105	*N/A*	0.00	200.0	1000	0.0	28	7.0	39.0	1.5	1.00	0.00
Granola, LF Fruit	55 g	70	210	0	270	3.00	1.08	20.0	90	0.0	18	4.0	44.0	2.5	0.50	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozzarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			699	*11	496	*6.27	*3.01	*600.3	1919	*118.25	*74	*22.43	*143.61	5.98	2.68	0.00
% of Calories											*42.1%	*12.8%	*82.2%	7.7%	3.5%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 09/19/2016																
Elementary Brkfst-Traditional	Total	100														
Coffee Cake WG 4oz	1	70	400	50	360	3.00	1.80	80.0	100	0.0	34	6.0	61.0	15.0	1.50	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			704	*38	518	*6.67	*3.97	*495.9	1461	*118.25	*68	*17.43	*134.11	13.08	1.93	0.00
% of Calories											*38.4%	*9.9%	*76.2%	16.7%	2.5%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 09/20/2016																
Elementary Brkfst-Traditional	Total	100														
Biscuits, Honey WW	64 g	70	190	0	320	2.00	1.44	150.0	30	1.2	6	4.0	30.0	6.0	2.00	0.00
Turkey Sausage Patty	1.025 oz	70	60	30	100	0.00	0.36	20.0	0	0.0	*N/A*	6.0	0.0	4.0	1.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozzarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00

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Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 30, 2016

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			587	*29	527	*5.57	*3.51	*565.3	1177	*119.09	*46 *31.1%	*21.73 *14.8%	*106.51 *72.6%	10.18 15.6%	3.73 5.7%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 09/21/2016																	
Elementary Brkfst-Traditional	Total	100															
Pizza Bagel Breakfast WG	1 Bagel	70	192	15	383	0.90	1.59	217.0	365	3.8	*N/A*	11.65	23.16	5.71	3.01	*N/A*	
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00	
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00	
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00	
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00	
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00	
Weighted Daily Average % of Calories			559	*14	534	*5.20	*3.82	*591.8	1646	*120.91	*44 *31.3%	*21.38 *15.3%	*107.62 *77.1%	6.58 10.6%	2.99 4.8%	*0.00 *0.0%	
Nutrient Guideline			350-500		540											<10.00	

Thu - 09/22/2016																	
Elementary Brkfst-Traditional	Total	100															
Pancakes, Mini Maple	100 g	70	230	10	270	3.00	0.72	60.0	70	*N/A*	14	5.0	40.03	7.01	1.00	0.00	
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00	
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00	
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00	
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00	
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00	
Weighted Daily Average % of Calories			585	*10	455	*6.67	*3.21	*481.9	1440	*118.25	*54 *36.6%	*16.73 *11.4%	*119.43 *81.6%	7.49 11.5%	1.58 2.4%	0.00 0.0%	
Nutrient Guideline			350-500		540											<10.00	

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Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 30, 2016

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/23/2016																
Elementary Brkfst-Traditional	Total	100														
Zucchini Bread	3.4 oz	70	270	0	220	2.00	1.08	100.0	100	1.2	25	5.0	43.0	10.0	2.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			613	*3	420	*5.97	*3.46	*509.9	1461	*119.09	*61	*16.73	*121.51	9.58	2.28	0.00
% of Calories											*40.0%	*10.9%	*79.3%	14.1%	3.3%	0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 09/26/2016																
Elementary Brkfst-Traditional	Total	100														
Banana Bread	001521 oz	70	125259	0	98417	894.73	482.94	35788.	44735	0.0	11184	2236.6	19683.	4473.6	894.73	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			88093	*8	69126	*630.48	*340.31	*25498.	32471	*118.25	*7870	*1580.3	*13864.	3134.7	627.94	0.00
% of Calories											*35.7%	*7.2%	*63.0%	32.0%	6.4%	0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 09/27/2016																
Elementary Brkfst-Traditional	Total	100														
Waffle Stix- Belgian Chef WG	62 g	70	154	0	274	2.19	1.18	21.9	27	0.0	5	4.39	29.61	2.19	0.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			532	*3	458	*6.10	*3.54	*455.3	1410	*118.25	*48	*16.30	*112.14	4.12	0.88	0.00
% of Calories											*35.8%	*12.3%	*84.4%	7.0%	1.5%	0.0%
Nutrient Guideline			350-500		540											<10.00

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Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 30, 2016

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

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Wed - 09/28/2016																
Elementary Brkfst-Traditional	Total	100														
Pizza Bagel Breakfast WG	1 Bagel	70	192	15	383	0.90	1.59	217.0	365	3.8	*N/A*	11.65	23.16	5.71	3.01	*N/A*
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozzarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			547	*18	501	*4.80	*3.36	*598.2	1411	*120.91	*41	*22.88	*101.72	7.18	3.74	*0.00
% of Calories											*30.4%	*16.7%	*74.4%	11.8%	6.2%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 09/29/2016																
Elementary Brkfst-Traditional	Total	100														
French Toast Sticks WG	2.65 oz	70	160	125	300	3.00	1.60	46.1	200	0.0	5	8.0	24.0	4.5	1.00	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
Elf Grahams, Assorted	28 g	30	120	0	112	1.33	1.60	185.6	928	0.0	8	2.0	20.66	4.0	1.00	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
Weighted Daily Average			536	*91	476	*6.67	*3.83	*472.2	1531	*118.25	*47	*18.83	*108.21	5.73	1.58	0.00
% of Calories											*35.3%	*14.0%	*80.7%	9.6%	2.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Fri - 09/30/2016																
Elementary Brkfst-Traditional	Total	100														
Yogurt, LF Vanilla	8 oz	70	200	5	105	*N/A*	0.00	200.0	1000	0.0	28	7.0	39.0	1.5	1.00	0.00
Granola, LF Fruit	55 g	70	210	0	270	3.00	1.08	20.0	90	0.0	18	4.0	44.0	2.5	0.50	0.00
Cereal, Assorted	28 g	30	102	*0	178	*0.67	*6.60	*46.7	475	*5.6	4	*1.78	*19.01	0.9	0.15	0.00
String Cheese, Mozzarella	28 g	30	80	15	4	0.00	0.07	207.0	146	0.0	0	7.0	1.0	6.0	3.50	0.00
Fresh Fruit, Assorted	1/2 cup	100	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
Milk Variety 2016-2017	8 oz.	100	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Juice, Assorted 2016-2017	8 oz	100	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00

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Santa Monica-Malibu USD

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Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			699	*11	496	*6.27	*3.01	*600.3	1919	*118.25	*74 *42.1%	*22.43 *12.8%	*143.61 *82.2%	5.98 7.7%	2.68 3.5%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Weighted Average			4572	*25	3601	*34.40	*18.80	*1661.1	2896	*118.88	*409 *80.6%	*90.28 *7.9%	*742.19 *64.9%	149.82 29.5%	30.80 6.1%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4572		350 - 500	914%			4072	Correction Required - Calories too High
Cholesterol (mg)	25				Missing			
Sodium (mg)	3601		540				3061	Correction Required - Sodium too High
Fiber (g)	34.40				Missing			
Iron (mg)	18.80				Missing			
Calcium (mg)	1661.1				Missing			
Vitamin A (IU)	2896							
Sugars (g)	409	35.81%			Missing			
Vitamin C (mg)	118.88				Missing			
Protein (g)	90.28	7.90%			Missing			
Carbohydrate (g)	742.19	64.93%			Missing			
Total Fat (g)	149.82	29.49%						
Saturated Fat (g)	30.80	6.06%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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