

Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 30, 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 - 09/01/2016																
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	.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	62 g	300	10	0	5	1.00	0.36	20.0	300	1.2	1	1.0	2.0	0.0	0.00	0.00
Cheese, Shredded	100 g	300	403	105	621	0.00	0.72	720.0	265	0.0	1	24.9	1.28	33.14	21.09	0.00
Salsa NUTR Enhanced LS	29 g	300	5	0	34	*N/A*	0.17	9.7	241	2.9	0	0.0	0.97	0.0	0.00	0.00
Jicama Sticks	65 g	300	25	0	3	3.00	0.36	10.0	5	13.2	1	0.0	6.0	0.0	0.00	*N/A*
Jalapenos, Diced	58 g	300	17	0	125	2.00	0.36	10.0	450	25.8	2	1.0	4.0	0.0	0.00	0.00
Apples, Sliced	2 oz	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			977	*153	1895	*18.33	6.95	1287.2	1985	168.69	*28	62.38	86.37	43.55	*24.09	*0.00
% of Calories											*11.4%	25.5%	35.4%	40.1%	*22.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/02/2016																
Elementary Lunch-Traditional	Total	300														
Big Daddy's Cheese Pizza	1/8 pizza	300	360	35	600	3.00	2.70	450.0	400	0.0	9	21.0	34.0	16.0	7.00	0.00
Fruit Cup, Cry Baby Sour	4 oz	300	99	0	15	0.00	0.00	0.0	125	12.0	25	0.0	25.0	0.0	0.00	0.00
4-Way Salad	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	1/2 cup	300	9	0	0	0.00	0.00	0.0	0	0.0	0	6.0	6.0	0.0	0.00	0.00
Cucumbers	52 g	300	8	0	1	0.30	0.18	0.0	50	1.2	1	0.3	1.9	0.1	0.00	*N/A*
Peaches, Diced Yellow LS	130 g	300	70	0	10	1.00	0.00	0.0	300	1.2	16	1.0	17.0	0.0	0.00	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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
Weighted Daily Average			716	*38	935	5.30	3.24	775.9	3179	22.00	68	38.28	103.88	21.99	8.00	*0.00
% of Calories											38.1%	21.4%	58.0%	27.6%	10.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/05/2016																
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

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Sep 1, 2016 thru Sep 30, 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)
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

Tue - 09/06/2016																
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	126 g	300	112	*N/A*	1	3.30	0.33	6.0	4	11.0	15	1.37	28.78	0.42	*N/A*	*N/A*
4-Way Salad	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	121 g	300	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	0.0	0.00	0.00
Bell Peppers, Red	148 g	300	25	0	40	2.00	0.72	20.0	200	114.0	4	1.0	6.0	0.0	0.00	0.00
Applesauce	122 g	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	126 g	300	112	*N/A*	1	3.30	0.33	6.0	4	11.0	15	1.37	28.78	0.42	*N/A*	*N/A*
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			897	*40	1522	20.25	*5.66	*477.9	2896	*149.17	*71	*26.86	*156.38	20.85	*5.08	*0.00
% of Calories											*31.7%	*12.0%	*69.8%	20.9%	*5.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/07/2016																
Elementary Lunch-Traditional	Total	300														
Chicken Nuggets	96 grams	250	240	42	504	0.00	1.73	0.0	120	0.0	*N/A*	18.0	15.6	12.0	1.80	*N/A*
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing, Light	.5 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	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	52 g	300	8	0	1	0.30	0.18	0.0	50	1.2	1	0.3	1.9	0.1	0.00	*N/A*
Fresh Fruit, Assorted	1/2 cup	300	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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	202	10	125	0.00	0.36	600.0	1215	1.2	31	7.5	37.75	2.13	1.25	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

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Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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Weighted Daily Average			575	*40	946	5.43	2.41	453.5	2865	43.87	*31	27.97	71.36	21.94	3.26	*0.00
% of Calories											*21.4%	19.4%	49.6%	34.3%	5.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 09/08/2016																
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	62 g	300	10	0	5	1.00	0.36	20.0	300	1.2	1	1.0	2.0	0.0	0.00	0.00
Cheese, Shredded	100 g	300	403	105	621	0.00	0.72	720.0	265	0.0	1	24.9	1.28	33.14	21.09	0.00
Salsa NUTR Enhanced LS	29 g	300	5	0	34	*N/A*	0.17	9.7	241	2.9	0	0.0	0.97	0.0	0.00	0.00
Sweet Corn	100 g	300	80	0	171	1.95	0.87	4.9	80	8.54	*N/A*	2.62	18.59	1.0	0.16	0.00
Jalapenos, Diced	58 g	300	17	0	125	2.00	0.36	10.0	450	25.8	2	1.0	4.0	0.0	0.00	0.00
Pineapple Tidbits, LS, Canned	140 g	300	100	0	0	1.00	0.72	0.0	110	6.0	22	0.0	24.0	0.0	0.00	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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	202	10	125	0.00	0.36	600.0	1215	1.2	31	7.5	37.75	2.13	1.25	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			1111	*152	1924	*14.45	7.17	1262.1	2402	47.07	*47	62.58	116.59	45.16	24.46	*0.00
% of Calories											*17.0%	22.5%	42.0%	36.6%	19.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 09/09/2016																
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	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	3 oz	300	35	0	65	2.00	0.36	20.0	6000	6.0	*N/A*	1.0	8.0	0.0	0.00	0.00
Cucumbers	52 g	300	8	0	1	0.30	0.18	0.0	50	1.2	1	0.3	1.9	0.1	0.00	*N/A*
Peaches, Diced Yellow LS	130 g	300	70	0	10	1.00	0.00	0.0	300	1.2	16	1.0	17.0	0.0	0.00	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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

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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			583	*28	965	8.30	2.70	595.9	8954	16.00	*48	28.28	81.88	16.99	6.00	*0.00
% of Calories											*33.1%	19.4%	56.1%	26.2%	9.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/12/2016																
Elementary Lunch-Traditional	Total	300														
Grilled Cheese Sandwich	4.19 oz	300	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	3 oz	300	35	0	65	2.00	0.36	20.0	6000	6.0	*N/A*	1.0	8.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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
Fresh Fruit, Assorted	1/2 cup	300	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
ADD ITEM HERE	SERVING	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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
Weighted Daily Average			634	*35	1117	9.97	2.61	839.4	34664	48.47	*30	30.64	86.47	21.15	7.11	0.00
% of Calories											*19.1%	19.3%	54.6%	30.0%	10.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/13/2016																
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
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
4-Way Salad	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	100 g	300	80	0	171	1.95	0.87	4.9	80	8.54	*N/A*	2.62	18.59	1.0	0.16	0.00
Bell Peppers, Red	148 g	300	25	0	40	2.00	0.72	20.0	200	114.0	4	1.0	6.0	0.0	0.00	0.00
Applesauce	122 g	300	51	0	2	1.00	*N/A*	*N/A*	55	*N/A*	11	0.0	14.0	0.0	0.00	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	50	129	0	259	5.97	1.07	59.7	0	0.0	2	5.97	25.86	1.99	0.00	0.00	0.00
Cheese Stick W/Marinara Sauce	1 each	50	241	5	431	3.96	1.98	207.9	548	3.18	*N/A*	12.52	31.52	7.35	2.19	*0.00
Grapes, Lunch Bunch	56.7 g	50	40	0	6	*N/A*	0.00	10.0	45	0.6	9	0.0	10.0	0.0	0.00	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Generated on: 7/21/2016 2:32:19 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 % of Calories			768	*37	1637	*13.94	*4.56	*463.7	2768	*135.77	*40 *20.9%	*26.51 *13.8%	*116.80 *60.9%	22.62 26.5%	4.61 5.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/14/2016																	
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	3 oz	250	35	0	65	2.00	0.36	20.0	6000	6.0	*N/A*	1.0	8.0	0.0	0.00	0.00	
4-Way Salad	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00	
Ranch Dressing, Light	.5 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	92 grams	300	26	0	22	3.00	0.56	47.0	930	37.0	1	3.0	5.0	0.0	0.00	0.00	
Cauliflower	1.9 oz	300	13	0	16	1.00	*N/A*	12.0	10	25.0	*N/A*	1.0	3.0	*N/A*	0.00	0.00	
Pineapple Tidbits, LS, Canned	140 g	300	100	0	0	1.00	0.72	0.0	110	6.0	22	0.0	24.0	0.0	0.00	0.00	
Apples, Sliced	2 oz	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	
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	
Cheese Stick W/Marinara Sauce	1 each	50	241	5	431	3.96	1.98	207.9	548	3.18	*N/A*	12.52	31.52	7.35	2.19	*0.00	
Grapes, Lunch Bunch	56.7 g	50	40	0	6	*N/A*	0.00	10.0	45	0.6	9	0.0	10.0	0.0	0.00	0.00	
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
Weighted Daily Average % of Calories			742	*33	958	*15.98	*4.87	*749.0	8836	*212.31	*53 *28.7%	38.52 20.8%	108.17 58.3%	*19.10 *23.2%	*6.53 *7.9%	*0.00 *0.0%	
Nutrient Guideline			550-650		1230											<10.00	

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Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 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 - 09/15/2016																
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
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
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	62 g	300	10	0	5	1.00	0.36	20.0	300	1.2	1	1.0	2.0	0.0	0.00	0.00
Cheese, Shredded	100 g	300	403	105	621	0.00	0.72	720.0	265	0.0	1	24.9	1.28	33.14	21.09	0.00
Salsa NUTR Enhanced LS	29 g	300	5	0	34	*N/A*	0.17	9.7	241	2.9	0	0.0	0.97	0.0	0.00	0.00
Jicama Sticks	65 g	300	25	0	3	3.00	0.36	10.0	5	13.2	1	0.0	6.0	0.0	0.00	*N/A*
Jalapenos, Diced	58 g	300	17	0	125	2.00	0.36	10.0	450	25.8	2	1.0	4.0	0.0	0.00	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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
Cheese Stick W/Marinara Sauce	1 each	50	241	5	431	3.96	1.98	207.9	548	3.18	*N/A*	12.52	31.52	7.35	2.19	*0.00
Grapes, Lunch Bunch	56.7 g	50	40	0	6	*N/A*	0.00	10.0	45	0.6	9	0.0	10.0	0.0	0.00	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			973	*151	1822	*14.82	*6.23	*1215.1	2031	*45.32	*23	61.29	80.10	45.95	23.79	*0.00
% of Calories											*9.5%	25.2%	32.9%	42.5%	22.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/16/2016																
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	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	1/2 cup	300	9	0	0	0.00	0.00	0.0	0	0.0	0	6.0	6.0	0.0	0.00	0.00
Cucumbers	52 g	300	8	0	1	0.30	0.18	0.0	50	1.2	1	0.3	1.9	0.1	0.00	*N/A*
Pears Canned Bartlett Diced #1	124 grams	300	58	0	2	2.00	0.24	8.0	0	2.5	*N/A*	0.37	15.02	0.12	0.00	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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
Weighted Daily Average			545	*23	882	6.30	2.58	633.9	2854	17.30	*22	33.65	76.91	17.11	5.00	*0.00
% of Calories											*16.3%	24.7%	56.4%	28.2%	8.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 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)
Mon - 09/19/2016																
Elementary Lunch-Traditional	Total	300														
Cheese Stick W/Marinara Sauce	1 each	300	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	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	3 oz	300	35	0	65	2.00	0.36	20.0	6000	6.0	*N/A*	1.0	8.0	0.0	0.00	0.00
Cucumbers	52 g	300	8	0	1	0.30	0.18	0.0	50	1.2	1	0.3	1.9	0.1	0.00	*N/A*
Fresh Fruit, Assorted	1/2 cup	300	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Milk Variety 2016-2017	8 oz.	1	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
Weighted Daily Average			443	*5	667	11.23	3.13	266.6	8608	51.25	*9	15.96	70.99	12.80	2.74	*0.00
% of Calories											*8.4%	14.4%	64.2%	26.0%	5.6%	*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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/20/2016																
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
Lettuce, Shredded	62 g	300	10	0	5	1.00	0.36	20.0	300	1.2	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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
Tomatoes, Red	123 g	300	22	0	6	1.50	0.18	10.0	1000	16.8	3	1.1	4.8	0.2	0.00	*N/A*
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Oranges	131 g	300	62	0	0	3.10	0.13	52.0	295	69.7	12	1.23	15.39	0.16	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
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			672	*42	1584	10.92	*3.82	*620.0	*6466	*91.31	*35	*32.36	*88.73	22.07	6.19	*0.42
% of Calories											*21.1%	*19.3%	*52.8%	29.6%	8.3%	*0.6%
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 - 09/21/2016																
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	2.05 oz	250	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	8.0	2.00	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	8 oz	300	150	0	39	0.00	0.00	26.7	267	80.1	*19	2.0	38.05	0.0	0.00	0.00
4-Way Salad	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Applesauce	122 g	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	126 g	300	112	*N/A*	1	3.30	0.33	6.0	4	11.0	15	1.37	28.78	0.42	*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
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			931	*67	1099	9.98	*2.16	*519.6	7047	*101.71	*75	32.29	152.75	25.50	*5.27	*0.00
% of Calories											*32.2%	13.9%	65.6%	24.6%	*5.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/22/2016																
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	.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	62 g	300	10	0	5	1.00	0.36	20.0	300	1.2	1	1.0	2.0	0.0	0.00	0.00
Cheese, Shredded	100 g	300	403	105	621	0.00	0.72	720.0	265	0.0	1	24.9	1.28	33.14	21.09	0.00
Salsa NUTR Enhanced LS	29 g	300	5	0	34	*N/A*	0.17	9.7	241	2.9	0	0.0	0.97	0.0	0.00	0.00
Sweet Corn	100 g	300	80	0	171	1.95	0.87	4.9	80	8.54	*N/A*	2.62	18.59	1.0	0.16	0.00
Jalapenos, Diced	58 g	300	17	0	125	2.00	0.36	10.0	450	25.8	2	1.0	4.0	0.0	0.00	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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
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			990	*155	2078	*14.62	7.11	1316.4	6369	40.03	*22	65.76	88.79	44.54	24.34	0.00
% of Calories											*8.8%	26.6%	35.9%	40.5%	22.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 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)
Fri - 09/23/2016																
Elementary Lunch-Traditional	Total	300														
Big Daddy's Cheese Pizza	1/8 pizza	300	360	35	600	3.00	2.70	450.0	400	0.0	9	21.0	34.0	16.0	7.00	0.00
Fruit Cup, Cry Baby Sour	4 oz	300	99	0	15	0.00	0.00	0.0	125	12.0	25	0.0	25.0	0.0	0.00	0.00
4-Way Salad	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	3 oz	300	35	0	65	2.00	0.36	20.0	6000	6.0	*N/A*	1.0	8.0	0.0	0.00	0.00
Tomatoes, Grape	1/2 cup	300	9	0	0	0.00	0.00	0.0	0	0.0	0	6.0	6.0	0.0	0.00	0.00
Peaches, Diced Yellow LS	130 g	300	70	0	10	1.00	0.00	0.0	300	1.2	16	1.0	17.0	0.0	0.00	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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
Weighted Daily Average			743	*38	999	7.00	3.42	795.9	9129	26.80	*67	38.98	109.98	21.89	8.00	0.00
% of Calories											*36.2%	21.0%	59.2%	26.5%	9.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/26/2016																
Elementary Lunch-Traditional	Total	300														
Mac and Cheese	252 g	300	420	45	1460	2.00	1.80	600.0	1000	0.0	9	24.0	46.0	16.0	9.00	0.50
Green Beans, Fancy Cut RS	121 g	300	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	0.0	0.00	0.00
4-Way Salad	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fresh Fruit, Assorted	1/2 cup	300	98	0	1	3.97	0.25	27.6	204	34.87	*6	1.11	25.5	0.28	0.04	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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
Weighted Daily Average			708	*48	1909	8.97	3.13	973.5	3808	44.87	*35	36.09	95.48	22.18	10.04	0.50
% of Calories											*19.6%	20.4%	53.9%	28.2%	12.8%	0.6%
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)
Tue - 09/27/2016																
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
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
ADD ITEM HERE	SERVING	250	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
4-Way Salad	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	100 g	300	80	0	171	1.95	0.87	4.9	80	8.54	*N/A*	2.62	18.59	1.0	0.16	0.00
ADD ITEM HERE	SERVING	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Pears Canned Bartlett Diced #1	124 grams	300	58	0	2	2.00	0.24	8.0	0	2.5	*N/A*	0.37	15.02	0.12	0.00	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
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			688	*55	1797	7.94	3.88	406.6	2526	23.64	*19	*29.52	*88.91	24.98	5.15	0.00
% of Calories											*11.0%	*17.2%	*51.7%	32.7%	6.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/28/2016																
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	92 grams	250	26	0	22	3.00	0.56	47.0	930	37.0	1	3.0	5.0	0.0	0.00	0.00
4-Way Salad	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	148 g	300	25	0	40	2.00	0.72	20.0	200	114.0	4	1.0	6.0	0.0	0.00	0.00
Cauliflower	1.9 oz	300	13	0	16	1.00	*N/A*	12.0	10	25.0	*N/A*	1.0	3.0	*N/A*	0.00	0.00
Pineapple Tidbits, LS, Canned	140 g	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	131 g	300	62	0	0	3.10	0.13	52.0	295	69.7	12	1.23	15.39	0.16	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 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			665	*43	744	12.59	*3.65	508.6	3786	254.13	*65	30.19	112.35	*12.25	3.07	0.00
% of Calories											*38.9%	18.2%	67.5%	*16.6%	4.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 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 - 09/29/2016																
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	62 g	300	10	0	5	1.00	0.36	20.0	300	1.2	1	1.0	2.0	0.0	0.00	0.00
Cheese, Shredded	100 g	300	403	105	621	0.00	0.72	720.0	265	0.0	1	24.9	1.28	33.14	21.09	0.00
Salsa NUTR Enhanced LS	29 g	300	5	0	34	*N/A*	0.17	9.7	241	2.9	0	0.0	0.97	0.0	0.00	0.00
Jicama Sticks	65 g	300	25	0	3	3.00	0.36	10.0	5	13.2	1	0.0	6.0	0.0	0.00	*N/A*
Jalapenos, Diced	58 g	300	17	0	125	2.00	0.36	10.0	450	25.8	2	1.0	4.0	0.0	0.00	0.00
Apples, Sliced	2 oz	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			999	*156	1826	*16.82	6.25	1228.4	2115	169.13	*27	61.60	84.35	46.52	*25.57	*0.00
% of Calories											*10.9%	24.7%	33.8%	41.9%	*23.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/30/2016																
Elementary Lunch-Traditional	Total	300														
Tony's Thin Crust Cheese Pizza	1 slice	300	300	25	580	4.00	1.80	250.0	300	0.0	14	16.0	35.0	11.0	5.00	0.00
4-Way Salad	60 g	300	10	0	7	1.00	0.36	10.0	1800	6.0	1	1.0	2.0	0.0	0.00	0.00
Ranch Dressing, Light	.5 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	1/2 cup	300	9	0	0	0.00	0.00	0.0	0	0.0	0	6.0	6.0	0.0	0.00	0.00
Cucumbers	52 g	300	8	0	1	0.30	0.18	0.0	50	1.2	1	0.3	1.9	0.1	0.00	*N/A*
Peaches, Diced Yellow LS	130 g	300	70	0	10	1.00	0.00	0.0	300	1.2	16	1.0	17.0	0.0	0.00	0.00
Fresh Fruit, Assorted	1/2 cup	300	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.	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			655	*28	900	10.27	2.59	603.5	3158	44.87	*55	34.39	105.38	17.28	6.04	*0.00
% of Calories											*33.3%	21.0%	64.4%	23.7%	8.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			763	*65	1343	*11.59	*4.20	*761.6	*6021	*83.51	*41	*38.77	*99.17	*26.02	*10.21	*0.04
											*49.0%	*20.3%	*52.0%	*30.7%	*12.0%	*0.1%

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Santa Monica-Malibu USD

Sep 1, 2016 thru Sep 30, 2016

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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)	Error Messages (if any)
Calories	763		550 - 650		117%				113									Correction Required - Calories too High
Cholesterol (mg)	65					Missing			113									Correction Required - Sodium too High
Sodium (mg)	1343		1230															
Fiber (g)	11.59					Missing												
Iron (mg)	4.20					Missing												
Calcium (mg)	761.6					Missing												
Vitamin A (IU)	6021					Missing												
Sugars (g)	41	21.76%				Missing												
Vitamin C (mg)	83.51					Missing												
Protein (g)	38.77	20.33%				Missing												
Carbohydrate (g)	99.17	52.01%				Missing												
Total Fat (g)	26.02	30.70%				Missing												
Saturated Fat (g)	10.21	12.05%	<10.00%			Missing												Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.04	0.05%				Missing												

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