

Santa Monica-Malibu USD

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/22/2017																
Elementary Lunch-Traditional	Total	300														
Corn Dog Turkey	1 Corn Dog	250	225	25	617	0.83	2.25	66.7	0	0.0	*N/A*	8.33	22.5	11.67	3.33	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
GRAPES,Fresh	.5 CUP	300	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	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
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
Grilled Cheese Sandwich	4.19 oz	75	70	8	145	0.75	0.41	116.5	6538	0.0	1	4.64	7.74	2.48	1.39	0.00
LETTUCE,ICEBERG,FRESH	.5 cup	300	4	0	3	0.33	0.11	5.0	138	0.77	1	0.25	0.82	0.04	0.00	0.00
Bell Peppers, Red	1/2 cup	300	25	0	40	2.00	0.72	20.0	200	114.0	4	1.0	6.0	0.0	0.00	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*
TANGERINES,FRESH	1 EACH	300	45	0	2	1.51	0.13	31.1	572	22.43	9	0.68	11.21	0.26	0.03	0.00
sliced apples	1 bag	300	34	0	0	2.00	0.18	10.0	50	123.6	*N/A*	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average			637	*36	1175	10.14	4.47	591.5	14098	271.43	*40	25.47	92.04	20.60	5.82	*0.00
% of Calories											*24.8%	16.0%	57.8%	29.1%	8.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 08/23/2017																
Elementary Lunch-Traditional	Total	300														
CHICKEN NUGGETS	5 pieces	250	183	37	542	0.83	1.50	16.7	83	1.0	*N/A*	11.67	12.5	10.0	2.08	*N/A*
Potato Smiles	4 pieces	300	130	0	180	2.00	0.36	0.0	0	2.4	*N/A*	2.0	20.0	4.5	0.50	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
Yogurt and Pretzel	1 portion	75	73	4	101	0.00	0.27	62.5	25	6.0	*N/A*	2.25	13.75	1.0	0.37	0.00
LETTUCE,ICEBERG,FRESH	.5 cup	300	4	0	3	0.33	0.11	5.0	138	0.77	1	0.25	0.82	0.04	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
CARROT STICKS	.5 cup	300	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.02	0.00
ZUCCHINI SQUASH: boiled	0.5 CUP	300	18	0	4	1.20	0.44	21.6	1340	15.48	2	1.37	3.23	0.43	0.09	0.00
STRAWBERRIES,FRESH	0.5 CUP	300	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
Bananas,raw	1 each	300	90	0	1	2.63	0.26	5.1	65	8.79	*N/A*	1.1	23.07	0.33	0.11	*N/A*
Weighted Daily Average			754	*45	1166	12.36	3.66	483.3	9583	164.39	*33	29.53	114.28	22.99	4.22	*0.00
% of Calories											*17.3%	15.7%	60.6%	27.4%	5.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Thu - 08/24/2017																
Elementary Lunch-Traditional	Total	300														
Turkey Bologna Cheese Sandwich	113.4g	250	222	35	709	2.27	3.88	227.2	129	1.27	*N/A*	12.58	25.79	8.87	2.87	0.00
Baked Lay's Original Chips	1.125 oz	300	130	0	150	2.01	0.36	0.0	10	2.41	2	2.01	26.08	2.01	0.00	0.00
NECTARINES,FRESH	1 EACH	300	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	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
Hummus Box	1 box	75	101	4	220	2.99	0.78	84.8	37	0.3	1	5.26	13.2	4.01	1.14	0.00
Lettuce, Shredded	1/2 cup	300	10	0	5	1.00	0.36	20.0	300	1.2	1	1.0	2.0	0.0	0.00	0.00
TOMATOES,FRESH,RED RIPE	.5 cup	300	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
PICKLES,DILL	1 EACH	300	8	0	526	0.65	0.17	37.0	81	1.49	1	0.32	1.57	0.19	0.05	0.00
Jicama Sticks	1/2 cup	300	25	0	3	3.00	0.36	10.0	5	13.2	1	0.0	6.0	0.0	0.00	*N/A*
PEACHES,FRESH	1 EACH	300	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.02	0.00
Weighted Daily Average			714	*42	1757	16.42	6.71	715.7	2417	44.76	*41	33.03	116.14	16.72	4.63	*0.00
% of Calories											*23.1%	18.5%	65.1%	21.1%	5.8%	*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 - 08/25/2017																
Elementary Lunch-Traditional	Total	300														
Tony's Thin Crust Cheese Pizza	1 slice	250	250	21	483	3.33	1.50	208.3	250	0.0	12	13.33	29.17	9.17	4.17	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
4-Way Salad	1/2 cup	300	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
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
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	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*
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
GRAPES,Fresh	0.5 CUP	300	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Weighted Daily Average			638	*24	804	8.09	2.89	540.7	1142	25.09	69	28.90	108.60	15.32	5.22	*0.00
% of Calories											43.5%	18.1%	68.0%	21.6%	7.4%	*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 - 08/28/2017																
Elementary Lunch-Traditional	Total	300														
Bosco Cheese Stick w/Marinara	2 sticks	250	263	25	467	4.17	2.10	333.3	417	1.0	*N/A*	17.5	30.83	8.33	4.17	0.00
PEACHES,FRESH	1 EACH	300	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.02	0.00
Milk Variety 2016-2017	8 oz.	300	110	*3	140	0.00	0.00	315.9	499	1.6	15	8.98	15.96	0.83	0.50	0.00
LETTUCE,ICEBERG,FRESH	.5 cup	300	4	0	3	0.33	0.11	5.0	138	0.77	1	0.25	0.82	0.04	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	.5 cup	300	14	0	169	1.28	0.61	17.6	236	2.9	*N/A*	0.81	3.04	0.07	0.01	*N/A*
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
GRAPES,Fresh	0.5 CUP	300	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	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
Weighted Daily Average % of Calories			595	*28	1009	12.20	3.81	734.0	7702	103.28	*40 *26.7%	30.64 20.6%	90.05 60.6%	15.18 23.0%	5.28 8.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 08/29/2017																
Elementary Lunch-Traditional	Total	300														
Cheeseburger Mini Twins	4.25 oz	250	223	26	361	1.92	2.52	55.3	65	8.17	*N/A*	15.38	23.42	7.66	2.60	0.00
French Fries, Cross Trax	3.23 oz	300	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Bananas,raw	1 each	300	90	0	1	2.63	0.26	5.1	65	8.79	*N/A*	1.1	23.07	0.33	0.11	*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	75	70	8	145	0.75	0.41	116.5	6538	0.0	1	4.64	7.74	2.48	1.39	0.00
LETTUCE,ICEBERG,FRESH	.5 cup	300	4	0	3	0.33	0.11	5.0	138	0.77	1	0.25	0.82	0.04	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,FRESH,RED RIPE	.5 cup	300	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
PICKLES,DILL	1 EACH	300	8	0	526	0.65	0.17	37.0	81	1.49	1	0.32	1.57	0.19	0.05	0.00
STRAWBERRIES,FRESH	0.5 CUP	300	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
NECTARINES,FRESH	1 EACH	300	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	0.00
Weighted Daily Average % of Calories			821	*38	1942	12.92	5.07	561.8	8472	86.71	*35 *17.1%	35.25 17.2%	119.37 58.1%	25.40 27.8%	6.23 6.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/30/2017																
Elementary Lunch-Traditional	Total	300														
Burrito Bean & Cheese Combo	187 grams	250	325	21	583	4.17	3.75	66.7	250	5.0	*N/A*	14.17	43.33	10.0	2.92	0.00
Green Beans	.5 cup	300	14	0	169	1.28	0.61	17.6	236	2.9	*N/A*	0.81	3.04	0.07	0.01	*N/A*
apples, sliced	1 bag	300	29	0	1	1.40	0.70	3.0	31	2.6	*N/A*	0.15	7.83	0.1	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 and Pretzel	1 portion	75	73	4	101	0.00	0.27	62.5	25	6.0	*N/A*	2.25	13.75	1.0	0.37	0.00
LETTUCE,ICEBERG,FRESH	.5 cup	300	4	0	3	0.33	0.11	5.0	138	0.77	1	0.25	0.82	0.04	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
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
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*
Jicama Sticks	1/2 cup	300	25	0	3	3.00	0.36	10.0	5	13.2	1	0.0	6.0	0.0	0.00	*N/A*
GRAPES,Fresh	0.5 CUP	300	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Weighted Daily Average			672	*28	1184	11.28	6.16	496.6	1392	35.85	*27	27.36	103.25	17.40	4.40	*0.00
% of Calories											*15.8%	16.3%	61.5%	23.3%	5.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 08/31/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Taquito	3 each	250	351	45	385	5.00	2.15	91.2	755	5.0	*1	18.75	37.5	15.0	3.37	0.00
Black Beans	.5 cup	300	109	0	140	8.30	2.28	42.0	5	3.2	*N/A*	7.24	19.87	0.35	0.10	0.00
GRAPES,Fresh	0.5 CUP	300	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	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 Box	1 box	75	101	4	220	2.99	0.78	84.8	37	0.3	1	5.26	13.2	4.01	1.14	0.00
Lettuce, Shredded	1/2 cup	300	10	0	5	1.00	0.36	20.0	300	1.2	1	1.0	2.0	0.0	0.00	0.00
shredded cheese	1 ounce	300	99	15	273	0.00	0.14	205.8	522	0.0	0	6.76	0.47	7.82	3.54	0.00
SALSA,COMMODITY	1 ounce	300	10	0	122	0.40	0.64	3.4	156	1.13	*N/A*	0.43	1.98	0.06	0.01	*N/A*
Jalapenos, Diced	1/2 cup	300	17	0	125	2.00	0.36	10.0	450	25.8	2	1.0	4.0	0.0	0.00	0.00
sliced apples	1 bag	300	34	0	0	2.00	0.18	10.0	50	123.6	*N/A*	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average			872	*67	1411	22.10	7.01	789.6	2819	163.67	*28	49.70	110.88	28.23	8.71	*0.00
% of Calories											*13.0%	22.8%	50.8%	29.1%	9.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			713	*38	1306	13.19	4.97	614.1	5953	111.90	*39	32.48	106.83	20.23	5.56	*0.00
											*49.3%	18.2%	59.9%	25.5%	7.0%	*0.0%

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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)	
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	713		550 - 650	110%				63	Correction Required - Calories too High								
Cholesterol (mg)	38				Missing												
Sodium (mg)	1306		1230					76	Correction Required - Sodium too High								
Fiber (g)	13.19																
Iron (mg)	4.97																
Calcium (mg)	614.1																
Vitamin A (IU)	5953																
Sugars (g)	39	21.92%			Missing												
Vitamin C (mg)	111.90																
Protein (g)	32.48	18.23%															
Carbohydrate (g)	106.83	59.94%															
Total Fat (g)	20.23	25.54%															
Saturated Fat (g)	5.56	7.02%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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