

**Santa Monica-Malibu USD**

**Dec 1, 2017 thru Dec 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 <sup>1</sup> (g)
Fri - 12/01/2017																
Elementary Lunch-Traditional	Total	300														
Pizza WG Cheese	149 grams	150	140	10	295	2.00	0.90	250.0	375	3.0	*N/A*	10.0	17.0	4.0	1.75	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
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
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
Tony's Thick Crust Cheese Pizz	1 slice	150	185	8	250	2.50	1.35	175.0	250	0.0	*N/A*	10.5	25.0	5.0	2.00	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
Weighted Daily Average			608	*21	850	11.46	2.86	778.5	1333	52.67	*24	30.59	91.48	15.18	4.79	0.00
% of Calories											*15.6%	20.1%	60.2%	22.5%	7.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 12/04/2017																
Elementary Lunch-Traditional	Total	300														
Bosco Stick & 2oz Marinara Cup	1 ea	300	345	30	679	4.99	2.52	419.9	599	5.97	*5	20.99	40.96	11.49	5.00	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
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
Apples 4 oz sliced	1 cup	300	59	0	0	4.00	0.18	10.0	50	143.4	*N/A*	0.0	16.0	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
Weighted Daily Average			589	*33	983	11.99	3.06	755.8	1153	164.16	*22	29.97	80.95	17.39	6.00	0.00
% of Calories											*15.1%	20.3%	55.0%	26.6%	9.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 12/05/2017																
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
CORN,SWEET YELLOW,CANN ED,DRAIN	.5 CUP	300	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
4-Way Salad	1/2 cup	75	6	0	1	0.75	0.09	2.5	0	3.3	0	0.0	1.5	0.0	0.00	0.00
Ranch Dressing, Light	.5 oz	75	13	0	40	0.00	0.00	0.0	1	0.0	0	0.0	0.51	1.27	0.13	0.00
Hummus Panini	sandwich	75	91	0	199	1.98	0.85	3.3	132	15.97	*0	2.52	8.47	5.46	0.16	*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
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*

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

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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 <sup>1</sup> (g)
Weighted Daily Average			587	*30	910	8.91	3.94	384.5	800	39.30	*20	29.85	84.68	16.54	3.70	*0.00
% of Calories											*13.5%	20.3%	57.7%	25.4%	5.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 12/06/2017																
Elementary Lunch-Traditional	Total	300														
TACO BAR	1 plate	250	204	*42	375	1.67	1.53	48.3	250	0.83	*N/A*	15.0	18.33	7.5	1.67	*0.00
Veggie Beans	100 g	250	74	0	296	2.68	2.50	51.1	477	1.34	0	4.03	14.78	0.33	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
Protein Box/ bagel	1	75	116	53	98	*1.01	0.98	81.1	206	*16.51	*5	5.25	13.11	5.02	*2.76	*0.00
Weighted Daily Average			598	*98	910	*10.51	5.31	511.4	1473	*27.42	*36	33.85	87.47	13.92	*4.96	*0.00
% of Calories											*24.2%	22.6%	58.5%	20.9%	*7.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 12/07/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Tenders Krisp N' Krun	3 pieces	250	167	46	567	0.83	1.50	16.7	83	0.0	*N/A*	11.67	10.0	8.33	1.67	0.00
Mashed Potato	1/2 cup	250	58	0	96	0.83	0.16	6.0	2	5.36	1	0.83	12.5	0.0	0.00	0.00
4-Way Salad	3/4 cup	300	38	0	4	4.50	0.54	15.0	0	19.8	1	0.0	9.0	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
Grapes, Lunch Bunch	1/2 cup	300	80	0	12	*N/A*	0.00	20.0	90	1.2	18	0.0	20.0	0.0	0.00	0.00
Bean Taco	2 each	75	55	2	166	1.70	0.87	50.0	135	1.11	*N/A*	3.32	6.79	1.78	0.56	*0.00
Ranch Dressing, Light	.5 oz	1	0	0	1	0.00	0.00	0.0	0	0.0	0	0.0	0.01	0.02	0.00	0.00
Weighted Daily Average			507	*51	985	*7.87	3.07	423.5	809	29.06	*35	24.79	74.26	10.96	2.72	*0.00
% of Calories											*27.8%	19.6%	58.6%	19.4%	4.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 12/08/2017																
Elementary Lunch-Traditional	Total	300														
Big Daddy Ch/Pepp Pizza 51% Wg	1/8 pizza	300	175	18	325	2.00	1.35	125.0	250	0.6	*N/A*	9.5	17.5	8.0	3.00	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
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
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
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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Dec 1, 2017 thru Dec 31, 2017

## Base Menu Spreadsheet

Elementary Lunch-Traditional

### Weighted 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			419	*21	468	6.00	2.43	450.9	859	21.40	*38 *36.6%	24.48 23.4%	69.46 66.4%	8.83 19.0%	3.50 7.5%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 12/11/2017																
Elementary Lunch-Traditional Macaroni and Cheese w/ WG & RF	Total	300														
Green Beans	1/2 cup	250	181	19	612	0.62	0.67	249.9	500	0.0	*N/A*	9.99	19.99	6.87	3.75	0.00
4-Way Salad	1 cup	300	27	0	339	2.57	1.22	35.1	471	5.81	*N/A*	1.62	6.08	0.14	0.03	*N/A*
Ranch Dressing, Light	1/2 cup	75	6	0	1	0.75	0.09	2.5	0	3.3	0	0.0	1.5	0.0	0.00	0.00
Milk Variety 2016-2017	.5 oz	75	13	0	40	0.00	0.00	0.0	1	0.0	0	0.0	0.51	1.27	0.13	0.00
Hummus Panini	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 % of Calories	sandwich	75	91	0	199	1.98	0.85	3.3	132	15.97	*0	2.52	8.47	5.46	0.16	*0.00
Nutrient Guideline			550-650		1230						*16 *15.1%	23.11 21.6%	52.50 49.1%	14.56 30.7%	4.56 9.6%	*0.00 *0.0%

Tue - 12/12/2017																
Elementary Lunch-Traditional HOTDOG,BEEF	Total	300														
Hot Dog Bun 6" 51% Whole Grai	1 each	250	119	21	372	0.00	0.45	4.5	0	0.0	0	4.19	1.26	10.61	4.12	*N/A*
Veggie Beans	1 Bun	250	133	0	192	1.67	1.20	50.0	0	10.0	*N/A*	5.0	25.83	1.67	0.00	0.00
4-Way Salad	100 g	300	89	0	355	3.22	3.00	61.3	573	1.61	0	4.83	17.74	0.4	0.00	0.00
Ranch Dressing, Light	1/2 cup	75	6	0	1	0.75	0.09	2.5	0	3.3	0	0.0	1.5	0.0	0.00	0.00
Milk Variety 2016-2017	.5 oz	75	13	0	40	0.00	0.00	0.0	1	0.0	0	0.0	0.51	1.27	0.13	0.00
Hummus Panini	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 % of Calories	sandwich	75	91	0	199	1.98	0.85	3.3	132	15.97	*0	2.52	8.47	5.46	0.16	*0.00
Nutrient Guideline	1/2 cup	1	0	0	0	0.01	0.00	0.1	0	0.28	0	0.0	0.04	0.0	0.00	0.00
Nutrient Guideline			550-650		1298	7.62	5.59	437.6	1205	32.75	*17 *11.9%	25.51 18.2%	71.32 50.9%	20.23 32.5%	4.91 7.9%	*0.00 *0.0%

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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 <sup>1</sup> (g)
<b>Wed - 12/13/2017</b>																
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*
Criss Cut Fries	4 pieces	300	120	0	320	1.00	0.36	0.0	*N/A*	0.0	*N/A*	1.0	14.0	6.0	1.50	2.00
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
Protein Box/ bagel	1	75	116	53	98	*1.01	0.98	81.1	206	*16.51	*5	5.25	13.11	5.02	*2.76	*0.00
4-Way Salad	1/2 cup	75	6	0	1	0.75	0.09	2.5	0	3.3	0	0.0	1.5	0.0	0.00	0.00
Ranch Dressing, Light	.5 oz	75	13	0	40	0.00	0.00	0.0	1	0.0	0	0.0	0.51	1.27	0.13	0.00
Weighted Daily Average			642	*94	1142	*8.74	3.23	431.1	*831	*29.54	*37	27.49	82.86	23.35	*7.01	*2.00
% of Calories											*22.8%	17.1%	51.6%	32.7%	*9.8%	*2.8%
Nutrient Guideline			550-650		1230										<10.00	

<b>Thu - 12/14/2017</b>																
Elementary Lunch-Traditional	Total	300														
Sandwich Bread WW	1 slice	250	58	0	92	1.67	0.60	33.3	0	4.0	*N/A*	2.5	11.67	0.83	0.00	0.00
Turkey Ham Deli Style	3.58 oz	300	120	65	870	0.00	1.08	0.0	0	1.2	*N/A*	15.0	2.0	5.0	2.00	0.00
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	300	5	0	2	0.36	0.09	3.4	230	3.51	1	0.26	1.11	0.06	0.01	0.00
Apples 2 oz Sliced	1 cup	300	68	0	0	4.00	0.36	20.0	100	247.2	*N/A*	0.0	16.0	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
4-Way Salad	1/2 cup	75	6	0	1	0.75	0.09	2.5	0	3.3	0	0.0	1.5	0.0	0.00	0.00
Ranch Dressing, Light	.5 oz	75	13	0	40	0.00	0.00	0.0	1	0.0	0	0.0	0.51	1.27	0.13	0.00
Bean Taco	2 each	75	55	2	166	1.70	0.87	50.0	135	1.11	*N/A*	3.32	6.79	1.78	0.56	*0.00
Lay's Baked Potato Chips	1 bag	1	1	0	1	0.01	0.00	0.0	0	0.02	0	0.01	0.17	0.01	0.00	0.00
Weighted Daily Average			436	*70	1311	8.49	3.09	425.0	965	261.93	*17	30.07	55.71	9.78	3.19	*0.00
% of Calories											*15.2%	27.6%	51.1%	20.2%	6.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Fri - 12/15/2017</b>																
Elementary Lunch-Traditional	Total	300														
Pizza Bagel	piece	250	291	25	588	1.23	2.29	359.2	596	5.87	*N/A*	18.46	32.78	9.37	4.99	*N/A*
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
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
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
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
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 Panini	sandwich	75	91	0	199	1.98	0.85	3.3	132	15.97	*0	2.52	8.47	5.46	0.16	*0.00

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Weighted Daily Average % of Calories			631	*28	1105	6.25	3.50	688.4	1414	37.88	*28 *17.6%	35.95 22.8%	86.90 55.1%	20.72 29.6%	6.16 8.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 12/18/2017																
Elementary Lunch-Traditional Bean and Cheese Burrito	Total	300														
Frozen Fruit Cup	1 burrito	250	215	3	570	6.88	2.48	85.9	137	0.42	*1	9.33	25.5	9.07	2.38	*0.00
Ranch Dressing, Light	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	.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	1/2 cup	75	6	0	1	0.75	0.09	2.5	0	3.3	0	0.0	1.5	0.0	0.00	0.00
Milk Variety 2016-2017	.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
Hummus Panini	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 % of Calories	sandwich	75	91	0	199	1.98	0.85	3.3	132	15.97	*0	2.52	8.47	5.46	0.16	*0.00
Nutrient Guideline			545	*6	1115	10.88	3.55	422.1	8296	25.13	*30 *22.1%	21.23 15.6%	73.33 53.8%	20.52 33.9%	3.57 5.9%	*0.00 *0.0%
			550-650		1230										<10.00	

Tue - 12/19/2017																
Elementary Lunch-Traditional French Toast Sticks	Total	300														
Turkey Sausage Patty - Lunch	3 sticks 2.65oz	250	142	96	258	2.50	1.50	66.7	167	3.0	*N/A*	7.5	21.67	3.33	0.83	0.00
FRUIT JUICE, ASSORTED	1.025 oz	300	60	30	100	0.00	0.36	20.0	0	0.0	*N/A*	6.0	0.0	4.0	1.00	0.00
4-Way Salad	4 fl.oz.	300	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
Ranch Dressing, Light	1/2 cup	75	6	0	1	0.75	0.09	2.5	0	3.3	0	0.0	1.5	0.0	0.00	0.00
Hummus Panini	.5 oz	75	13	0	40	0.00	0.00	0.0	1	0.0	0	0.0	0.51	1.27	0.13	0.00
Milk Variety 2016-2017	sandwich	75	91	0	199	1.98	0.85	3.3	132	15.97	*0	2.52	8.47	5.46	0.16	*0.00
APPLES, Fresh	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 % of Calories	1/2 cup	1	0	0	0	0.01	0.00	0.0	0	0.02	0	0.0	0.06	0.0	0.00	0.00
Nutrient Guideline			486	*129	743	5.52	3.04	421.5	858	48.34	*29 *24.3%	25.47 21.0%	63.79 52.5%	15.05 27.9%	2.65 4.9%	*0.00 *0.0%
			550-650		1230										<10.00	

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**Santa Monica-Malibu USD**

**Dec 1, 2017 thru Dec 31, 2017**

Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted 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 <sup>1</sup> (g)
<b>Wed - 12/20/2017</b>																
Elementary Lunch-Traditional	Total	300														
Teriyaki Chicken	#12 scoop	250	115	62	425	0.00	*N/A*	*N/A*	40	*N/A*	8	14.17	8.86	3.1	0.89	0.00
Brown Rice	1/2 cup	300	108	0	5	1.80	0.41	10.0	0	0.0	*N/A*	2.52	22.39	0.88	0.18	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
4-Way Salad	1/2 cup	75	6	0	1	0.75	0.09	2.5	0	3.3	0	0.0	1.5	0.0	0.00	0.00
Ranch Dressing, Light	.5 oz	75	13	0	40	0.00	0.00	0.0	1	0.0	0	0.0	0.51	1.27	0.13	0.00
Protein Box/ bagel	1	75	116	53	98	*1.01	0.98	81.1	206	*16.51	*5	5.25	13.11	5.02	*2.76	*0.00
Weighted Daily Average			562	*118	710	*8.71	*1.78	*424.4	787	*28.54	*45	31.52	87.61	11.33	*4.48	*0.00
% of Calories											*31.7%	22.4%	62.4%	18.1%	*7.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Thu - 12/21/2017</b>																
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 Wedges 8-cut with skin	3 oz	300	173	0	613	2.67	1.44	0.0	0	3.2	0	2.67	25.33	6.67	1.33	0.00
Grapes, Lunch Bunch	1/2 cup	300	80	0	12	*N/A*	0.00	20.0	90	1.2	18	0.0	20.0	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
4-Way Salad	1/2 cup	75	6	0	1	0.75	0.09	2.5	0	3.3	0	0.0	1.5	0.0	0.00	0.00
Ranch Dressing, Light	.5 oz	75	13	0	40	0.00	0.00	0.0	1	0.0	0	0.0	0.51	1.27	0.13	0.00
Bean Taco	2 each	75	55	2	166	1.70	0.87	50.0	135	1.11	*N/A*	3.32	6.79	1.78	0.56	*0.00
Cookie Pumpkin WG	31 grams	1	1	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.01	0.07	0.03	0.01	0.00
Weighted Daily Average			621	*42	1514	*5.96	3.91	405.0	809	11.40	*34	26.63	82.66	20.57	4.61	*0.00
% of Calories											*21.8%	17.2%	53.3%	29.8%	6.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Fri - 12/22/2017</b>																
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	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
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
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
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
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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**Santa Monica-Malibu USD**

**Dec 1, 2017 thru Dec 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			594	*28	885	8.00	2.88	575.9	914	20.80	53 35.9%	30.98 20.8%	88.99 59.9%	16.89 25.6%	6.00 9.1%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			551	*51	1016	*8.30	*3.38	*508.9	*1507	*53.56	*30 *49.1%	28.22 20.5%	77.12 56.0%	15.99 26.1%	*4.55 *7.4%	*0.12 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	551		550 - 650	100%				
Cholesterol (mg)	51				Missing			
Sodium (mg)	1016		1230					
Fiber (g)	8.30				Missing			
Iron (mg)	3.38				Missing			
Calcium (mg)	508.9				Missing			
Vitamin A (IU)	1507				Missing			
Sugars (g)	30	21.81%			Missing			
Vitamin C (mg)	53.56				Missing			
Protein (g)	28.22	20.49%						
Carbohydrate (g)	77.12	56.01%						
Total Fat (g)	15.99	26.13%						
Saturated Fat (g)	4.55	7.44%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.12	0.20%			Missing			

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