

Santa Monica-Malibu USD

May 1, 2018 thru May 31, 2018

Planned Menu Spreadsheet

Elementary Lunch-Traditional

Weighted Values - Detailed

014 - WEBSTER

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	Portion Size	Plan 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 - 05/01/2018																
Elementary Lunch-Traditional	Total	300														
Baked Corn dOG	1 EACH	250	225	29	775	0.00	0.90	0.0	0	0.0	*N/A*	8.33	25.0	10.0	2.50	*N/A*
Juice, Assorted	1 each	250	96	0	22	0.00	0.20	11.1	56	40.0	*N/A*	0.83	25.0	0.0	0.00	*N/A*
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Potato, Seasoned Wedge Fries	2.88 oz	250	100	0	358	1.67	0.90	0.0	0	2.0	*N/A*	1.67	15.0	4.17	0.83	0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Salad Bar 5 Veg Daily (2)	1 cup	250	50	0	128	2.32	1.04	27.8	588	17.29	*2	1.75	10.74	0.2	0.05	*0.00
Hummus Box	1 box	50	57	3	126	1.50	0.43	51.6	25	0.2	1	3.01	6.67	2.51	0.76	0.00
Weighted Daily Average			755	*35	1587	*8.12	3.80	430.8	1248	82.49	*31	25.15	127.55	17.97	*4.65	*0.00
% of Calories											*16.4%	13.3%	67.6%	21.4%	*5.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/02/2018																
Elementary Lunch-Traditional	Total	300														
French Toast Sticks WG	2.65 oz	250	133	104	250	2.50	1.33	38.4	167	0.0	4	6.67	20.0	3.75	0.83	0.00
Beef, Sausage patty	1.2 oz	1	0	0	1	0.00	0.00	0.0	0	0.0	*N/A*	0.02	0.0	0.02	0.01	0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Salad Bar 5 Veg Daily (3)	1 cup	250	76	0	42	2.47	*0.67	16.8	2466	18.17	*0	2.45	15.83	*0.85	0.12	*0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00
Weighted Daily Average			505	*143	536	*8.10	*2.98	447.0	3338	*41.17	*34	22.19	87.24	*9.09	*3.34	*0.00
% of Calories											*27.2%	17.6%	69.1%	*16.2%	*5.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 05/03/2018																
Elementary Lunch-Traditional	Total	300														
Terkiyaki Chicken, Smoked,CMDY	2.88	250	108	58	400	0.00	0.60	*N/A*	*N/A*	*N/A*	7	12.5	8.33	2.92	0.83	0.00
Brown Rice	1/2 cup	250	90	0	4	1.50	0.34	8.3	0	0.0	*N/A*	2.1	18.66	0.74	0.15	0.00
BROCCOLI: fresh, boiled	1 CUP	250	46	0	53	4.29	0.87	52.0	2012	84.37	2	3.09	9.33	0.53	0.10	0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Salad Bar 5 Veg Daily (1)	1 cup	250	14	0	21	0.49	0.19	9.7	840	7.07	*0	0.62	2.74	0.17	0.01	*0.00
Hummus Box	1 box	50	57	3	126	1.50	0.43	51.6	25	0.2	1	3.01	6.67	2.51	0.76	0.00

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

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	Portion Size	Plan 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			543	*64	783	*10.41	2.77	*462.0	*3456	*114.65	*39	30.87	90.87	7.96	*2.37	*0.00
% of Calories											*28.9%	22.8%	67.0%	13.2%	*3.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/04/2018																
Elementary Lunch-Traditional	Total	300														
Pappa John's Pepperoni Pizza	1 slice	250	325	25	842	1.67	2.25	208.3	417	3.0	*N/A*	14.17	35.0	14.17	5.00	0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Salad Bar 5 Veg Daily (2)	1 cup	250	50	0	128	2.32	1.04	27.8	588	17.29	*2	1.75	10.74	0.2	0.05	*0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00
Weighted Daily Average			670	*64	1213	*7.12	4.26	627.9	1711	*43.29	*31	28.97	97.15	18.84	*7.42	*0.00
% of Calories											*18.7%	17.3%	58.0%	25.3%	*10.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/07/2018																
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
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Mixed Vegetables - Adams	1/2 cup	250	53	0	31	3.33	0.62	19.0	3250	2.42	*2	2.17	9.9	0.49	0.09	*0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00
Turkey Breast Sandwich	1 each	50	38	6	124	0.70	1.50	2.6	126	0.69	*0	2.32	5.2	0.82	0.17	*0.00
Weighted Daily Average			648	*69	865	*11.33	5.19	746.8	4498	*27.11	*32	35.05	97.35	14.12	*6.80	*0.00
% of Calories											*19.9%	21.6%	60.1%	19.6%	*9.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 05/08/2018																
Elementary Lunch-Traditional	Total	300														
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
BUN, HAMBURGER	EACH 2 oz	250	146	0	242	0.95	1.30	24.2	0	0.11	*4	3.7	24.74	3.52	0.48	*0.00
Hamburger with Potato Wedges	1 portion	250	364	33	938	4.92	3.60	148.4	52	2.27	*1	17.57	42.09	14.04	4.69	*0.42
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Salad Bar 5 Veg Daily (1)	1 cup	250	14	0	21	0.49	0.19	9.7	840	7.07	*0	0.62	2.74	0.17	0.01	*0.00
Hummus Box	1 box	50	57	3	126	1.50	0.43	51.6	25	0.2	1	3.01	6.67	2.51	0.76	0.00

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	Portion Size	Plan 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			809	*40	1506	*10.48	5.85	574.3	1496	32.65	*34	34.44	121.37	21.34	*6.45	*0.42
% of Calories											*17.1%	17.0%	60.0%	23.7%	*7.2%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/09/2018																
Elementary Lunch-Traditional	Total	300														
Pasta Bar with Sauce	6.75 oz	250	293	30	561	3.91	1.87	183.1	308	7.45	9	15.36	40.49	7.16	2.68	0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Salad Bar 5 Veg Daily (2)	1 cup	250	50	0	128	2.32	1.04	27.8	588	17.29	*2	1.75	10.74	0.2	0.05	*0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00
SALAD,TOSSED: no dressing	1 CUP	50	7	0	5	0.37	0.12	5.8	542	3.0	*1	0.43	1.19	0.14	0.02	0.00
Salad Dressing, Caesar 0.5 ser	29g	50	10	0	38	0.00	0.00	0.0	0	0.0	0	0.08	0.08	1.0	0.17	0.00
Weighted Daily Average			654	*69	975	*9.74	4.01	608.5	2143	*50.74	*41	30.68	103.92	12.98	*5.29	*0.00
% of Calories											*24.8%	18.8%	63.5%	17.9%	*7.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 05/10/2018																
Elementary Lunch-Traditional	Total	300														
Chicken Pattie Krisp N Krunchy	1 Pattie	250	167	46	575	833.34	1.50	16.7	83	0.0	*N/A*	11.67	10.0	8.33	1.67	0.00
Hamburger Bun, Whole Wheat	4" bun	250	128	0	267	2.31	1.37	127.8	0	0.0	*N/A*	4.78	23.32	2.07	0.48	0.00
Sweet potato, Tater Gems	71g	250	83	0	133	1.67	1.05	19.6	3502	4.2	7	1.67	11.67	3.33	0.42	0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Salad Bar 5 Veg Daily (3)	1 cup	250	76	0	42	2.47	*0.67	16.8	2466	18.17	*0	2.45	15.83	*0.85	0.12	*0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Hummus Box	1 box	50	57	3	126	1.50	0.43	51.6	25	0.2	1	3.01	6.67	2.51	0.76	0.00
Weighted Daily Average			739	*52	1322	*843.91	*5.36	572.8	6655	45.57	*36	33.13	112.62	*18.19	*3.96	*0.00
% of Calories											*19.8%	17.9%	61.0%	*22.2%	*4.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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	Portion Size	Plan 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 - 05/11/2018																
Elementary Lunch-Traditional	Total	300														
Pappa John's Pepperoni Pizza	1 slice	250	325	25	842	1.67	2.25	208.3	417	3.0	*N/A*	14.17	35.0	14.17	5.00	0.00
Salad Bar 5 Veg Daily (1)	1 cup	250	14	0	21	0.49	0.19	9.7	840	7.07	*0	0.62	2.74	0.17	0.01	*0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00
Weighted Daily Average			634	*64	1106	*5.29	3.41	609.9	1962	*33.08	*30	27.84	89.15	18.82	*7.39	*0.00
% of Calories											*19.0%	17.6%	56.2%	26.7%	*10.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/14/2018																
Elementary Lunch-Traditional	Total	300														
CORNBREAD:cheese	1 EACH	250	113	15	162	0.82	0.76	98.0	132	0.0	*3	3.54	15.22	4.23	1.43	*0.05
VEGETARIAN CHILI	2 CUPS	250	165	0	675	6.04	1.48	48.4	1102	40.04	6	6.03	24.69	5.92	0.56	0.02
Milk Variety Daily 2018	8 oz	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Hummus Box	1 box	50	57	3	126	1.50	0.43	51.6	25	0.2	1	3.01	6.67	2.51	0.76	0.00
Salad Bar 5 Veg Daily (2)	1 cup	1	0	0	1	0.01	0.00	0.1	2	0.07	*0	0.01	0.04	0.0	0.00	*0.00
Weighted Daily Average			563	*21	1142	*11.00	3.01	538.4	1840	63.31	*39	22.14	91.75	13.75	*3.26	*0.07
% of Calories											*27.8%	15.7%	65.2%	22.0%	*5.2%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 05/15/2018																
Elementary Lunch-Traditional	Total	300														
Flour Tortilla 8"	0.5 each	250	55	0	124	0.05	0.60	0.4	*N/A*	0.0	*N/A*	1.44	9.29	1.38	0.33	0.00
SPANISH RICE	1/4 CUP	250	52	0	148	0.61	0.70	7.5	182	5.27	*0	1.1	10.41	0.61	0.09	*0.00
CORN,SWEET YELLOW,CANN ED,DRAIN	.5 CUP	250	46	0	140	1.37	0.18	2.1	31	1.23	3	1.56	9.8	0.83	0.17	0.00
Churro	1 churro	250	102	0	94	0.42	0.58	5.7	1	0.0	*N/A*	1.62	14.52	3.81	0.71	*N/A*
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Salad Bar 5 Veg Daily (3)	1 cup	250	76	0	42	2.47	*0.67	16.8	2466	18.17	*0	2.45	15.83	*0.85	0.12	*0.00
Corn Tortilla	1 tortilla	250	53	0	16	0.83	0.30	16.7	0	0.0	*N/A*	0.83	10.83	0.83	0.00	0.00
Burrito Bar Meat	3 ounces	250	105	56	297	0.00	0.76	16.8	84	0.0	*N/A*	12.98	2.1	5.44	1.68	0.00
Cheese, Cheddar, Shredded	1.5 oz	250	100	20	257	0.00	0.05	320.2	224	0.0	*N/A*	9.64	0.71	6.48	4.16	0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00

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Weighted Daily Average % of Calories			884	*115	1361	*8.89	*4.82	777.9	*3694	*47.67	*34 *15.2%	44.68 20.2%	124.90 56.5%	*24.71 *25.2%	*9.63 *9.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/16/2018																
Elementary Lunch-Traditional	Total	300														
Pasta Bar with Sauce	6.75 oz	250	293	30	561	3.91	1.87	183.1	308	7.45	9	15.36	40.49	7.16	2.68	0.00
Vegetable Classic Blend Mixed	3.48 oz	250	59	0	71	2.93	0.82	21.7	1052	8.18	*N/A*	2.53	11.6	0.25	0.00	0.00
Salad 3 Way	2.1 oz	250	10	0	7	0.83	0.15	83.3	583	3.0	1	0.83	1.67	0.0	0.00	0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Chicken Breast, Italian Patty	1 oz	250	56	13	174	0.30	0.35	6.6	0	0.0	*N/A*	4.27	0.66	4.27	0.98	0.00
Salad Dressing, Caesar 0.5 ser	29g	250	50	2	192	0.00	0.00	0.0	0	0.0	0	0.42	0.42	5.0	0.83	0.00
Hummus Box	1 box	50	57	3	126	1.50	0.43	51.6	25	0.2	1	3.01	6.67	2.51	0.76	0.00
Weighted Daily Average % of Calories			752	*51	1309	*12.11	3.96	686.6	2546	41.83	*39 *20.9%	35.98 19.1%	106.63 56.7%	20.28 24.3%	*5.77 *6.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 05/17/2018																
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	250	90	0	4	1.50	0.34	8.3	0	0.0	*N/A*	2.1	18.66	0.74	0.15	0.00
CARROT STICKS	.5 cup	225	14	0	23	0.92	0.10	10.9	5506	1.94	2	0.31	3.16	0.08	0.01	0.00
Fresh Seasonal Fruit	.5 cup	300	59	0	1	2.48	0.18	27.3	236	37.87	*9	0.76	14.92	0.28	0.04	*0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	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	40	43	*0	109	1.13	0.39	10.6	*1	*0.03	*0	1.24	6.17	1.56	0.45	*0.00
DELI SUB:on Bun	1 EACH	10	11	2	35	0.11	0.09	2.2	0	0.46	*0	0.58	1.25	0.41	0.17	*0.00
Weighted Daily Average % of Calories			460	*67	780	6.89	*1.20	*378.5	*6284	*45.21	*35 *30.4%	28.17 24.5%	71.03 61.8%	8.27 16.2%	2.32 4.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

May 1, 2018 thru May 31, 2018

Planned Menu Spreadsheet

Elementary Lunch-Traditional

Weighted Values - Detailed

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	Portion Size	Plan 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)
Fri - 05/18/2018																
Elementary Lunch-Traditional	Total	300														
DOMINOS	128GM	250	200	13	342	2.50	1.50	291.7	417	5.0	3	13.33	25.83	5.0	2.08	0.00
Fruit Variety Daily salad bar	4 ounces	300	29	*0	10	*0.66	0.08	5.9	20	5.35	*3	0.14	7.28	0.06	*0.00	*0.00
Salad Bar 5 Veg Daily (2)	1 cup	250	50	0	128	2.32	1.04	27.8	588	17.29	*2	1.75	10.74	0.2	0.05	*0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Hummus Box	1 box	50	57	3	126	1.50	0.43	51.6	25	0.2	1	3.01	6.67	2.51	0.76	0.00
Weighted Daily Average			446	*18	745	*6.98	3.05	693.6	1549	29.44	*23	27.23	66.53	8.61	*3.39	*0.00
% of Calories											*20.9%	24.4%	59.7%	17.4%	*6.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/21/2018																
Elementary Lunch-Traditional	Total	300														
Green Beans	.5 cup	250	11	0	141	1.07	0.51	14.6	196	2.42	*N/A*	0.68	2.53	0.06	0.01	*N/A*
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Fruit Variety Daily salad bar	4 ounces	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Salad Bar 5 Veg Daily (1)	1 cup	250	14	0	21	0.49	0.19	9.7	840	7.07	*0	0.62	2.74	0.17	0.01	*0.00
Macaroni & Cheese WG RF	6 oz	250	242	25	817	1.67	0.90	350.0	667	0.0	*N/A*	14.17	25.83	9.17	5.00	0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00
Weighted Daily Average			562	*64	1222	*6.35	2.56	766.2	2409	*32.49	*30	28.51	82.51	13.87	*7.40	*0.00
% of Calories											*21.5%	20.3%	58.7%	22.2%	*11.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 05/22/2018																
Elementary Lunch-Traditional	Total	300														
CANADIAN TURKEY HAM	1.52 OZ	250	42	25	217	0.00	0.30	0.0	0	0.0	0	6.67	0.0	2.08	0.83	0.00
Juice, Assorted	1 each	250	96	0	22	0.00	0.20	11.1	56	40.0	*N/A*	0.83	25.0	0.0	0.00	*N/A*
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Waffle Sticks with Syrup	1	250	155	0	222	1.67	0.90	17.2	21	0.0	8	3.33	32.55	1.67	0.00	*0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Salad Bar 5 Veg Daily (2)	1 cup	250	50	0	128	2.32	1.04	27.8	588	17.29	*2	1.75	10.74	0.2	0.05	*0.00
Hummus Box	1 box	50	57	3	126	1.50	0.43	51.6	25	0.2	1	3.01	6.67	2.51	0.76	0.00
Weighted Daily Average			627	*31	893	*8.12	3.21	447.9	1269	80.49	*39	25.15	120.10	7.55	*2.15	*0.00
% of Calories											*24.6%	16.1%	76.7%	10.8%	*3.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

May 1, 2018 thru May 31, 2018

Planned Menu Spreadsheet

Elementary Lunch-Traditional

Weighted Values - Detailed

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	Portion Size	Plan 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 - 05/23/2018																
Elementary Lunch-Traditional	Total	300														
Orange Chicken, Rice, Veg	8 oz	250	260	36	371	2.23	2.34	32.8	552	33.63	*12	13.44	43.72	3.25	0.58	*0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Salad Bar 5 Veg Daily (3)	1 cup	250	76	0	42	2.47	*0.67	16.8	2466	18.17	*0	2.45	15.83	*0.85	0.12	*0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00
Weighted Daily Average			631	*75	656	*7.83	*3.98	441.3	3723	*74.80	*42	28.94	110.96	*8.57	*3.07	*0.00
% of Calories											*26.6%	18.3%	70.3%	*12.2%	*4.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 05/24/2018																
Elementary Lunch-Traditional	Total	300														
Refried Beans	.5 cup	250	133	0	400	6.67	2.25	33.3	4	0.0	1	7.5	22.5	2.08	0.83	0.00
Tortilla Chips	1 oz	250	113	*N/A*	50	1.67	0.33	15.0	83	0.83	*N/A*	1.67	15.83	4.17	0.83	*N/A*
ZUCCHINI SQUASH: boiled	0.5 CUP	250	15	0	3	1.00	0.37	18.0	1117	12.9	2	1.14	2.69	0.36	0.07	0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Salad Bar 5 Veg Daily (1)	1 cup	250	14	0	21	0.49	0.19	9.7	840	7.07	*0	0.62	2.74	0.17	0.01	*0.00
Hummus Box	1 box	50	57	3	126	1.50	0.43	51.6	25	0.2	1	3.01	6.67	2.51	0.76	0.00
Weighted Daily Average			560	*6	778	*13.96	3.91	468.0	2648	44.01	*32	23.49	95.56	10.39	*3.02	*0.00
% of Calories											*23.1%	16.8%	68.3%	16.7%	*4.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/25/2018																
Elementary Lunch-Traditional	Total	300														
Pappa John's Pepperoni Pizza	1 slice	250	325	25	842	1.67	2.25	208.3	417	3.0	*N/A*	14.17	35.0	14.17	5.00	0.00
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Salad Bar 5 Veg Daily (2)	1 cup	250	50	0	128	2.32	1.04	27.8	588	17.29	*2	1.75	10.74	0.2	0.05	*0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00
Weighted Daily Average			670	*64	1213	*7.12	4.26	627.9	1711	*43.29	*31	28.97	97.15	18.84	*7.42	*0.00
% of Calories											*18.7%	17.3%	58.0%	25.3%	*10.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

May 1, 2018 thru May 31, 2018

Planned Menu Spreadsheet

Elementary Lunch-Traditional

Weighted Values - Detailed

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	Portion Size	Plan 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 - 05/28/2018																
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
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Salad Bar 5 Veg Daily (3)	1 cup	250	76	0	42	2.47	*0.67	16.8	2466	18.17	*0	2.45	15.83	*0.85	0.12	*0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00
Weighted Daily Average			634	*64	752	*9.77	*3.74	741.9	3588	*42.17	*30	33.00	98.07	*13.66	*6.66	*0.00
% of Calories											*19.0%	20.8%	61.9%	*19.4%	*9.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 05/29/2018																
Elementary Lunch-Traditional	Total	300														
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
BUN, HAMBURGER	EACH 2 oz	250	146	0	242	0.95	1.30	24.2	0	0.11	*4	3.7	24.74	3.52	0.48	*0.00
Hamburger with Potato Wedges	1 portion	250	364	33	938	4.92	3.60	148.4	52	2.27	*1	17.57	42.09	14.04	4.69	*0.42
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Salad Bar 5 Veg Daily (1)	1 cup	250	14	0	21	0.49	0.19	9.7	840	7.07	*0	0.62	2.74	0.17	0.01	*0.00
Hummus Box	1 box	50	57	3	126	1.50	0.43	51.6	25	0.2	1	3.01	6.67	2.51	0.76	0.00
Weighted Daily Average			809	*40	1506	*10.48	5.85	574.3	1496	32.65	*34	34.44	121.37	21.34	*6.45	*0.42
% of Calories											*17.1%	17.0%	60.0%	23.7%	*7.2%	*0.5%
Nutrient Guideline			550-650		1230											<10.00

Wed - 05/30/2018																
Elementary Lunch-Traditional	Total	300														
French Toast Sticks WG	2.65 oz	250	133	104	250	2.50	1.33	38.4	167	0.0	4	6.67	20.0	3.75	0.83	0.00
Beef Sausage Patty	1 patty	250	72	16	192	0.00	0.61	6.2	6	0.06	*N/A*	7.08	0.42	4.42	1.75	0.00
Juice, Assorted	1 each	250	96	0	22	0.00	0.20	11.1	56	40.0	*N/A*	0.83	25.0	0.0	0.00	*N/A*
Milk Variety Daily 2018	8 oz.	300	110	*3	140	0.00	0.00	316.7	500	1.6	15	9.0	16.0	0.83	0.50	0.00
Fruit Variety Daily salad bar	4 oz	300	118	*0	39	*2.63	0.33	23.6	79	21.4	*13	0.55	29.13	0.26	*0.01	*0.00
Salad Bar 5 Veg Daily (2)	1 cup	250	50	0	128	2.32	1.04	27.8	588	17.29	*2	1.75	10.74	0.2	0.05	*0.00
Protein Box/Bagel	5.8 oz	50	67	35	64	*0.50	0.64	51.5	126	*0.0	*1	3.51	6.28	3.38	1.86	0.00
Weighted Daily Average			646	*159	835	*7.95	4.15	475.3	1522	*80.35	*35	29.39	107.57	12.84	*5.01	*0.00
% of Calories											*21.9%	18.2%	66.7%	17.9%	*7.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Santa Monica-Malibu USD

May 1, 2018 thru May 31, 2018

Planned Menu Spreadsheet

Elementary Lunch-Traditional

Weighted Values - Detailed

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	Portion Size	Plan 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 - 05/31/2018																
Elementary Lunch-Traditional	Total	250														
Teriyaki Chicken	#12 scoop	250	138	74	510	0.00	*N/A*	*N/A*	48	*N/A*	10	17.01	10.63	3.72	1.06	0.00
Brown Rice	.5 cup	250	130	0	10	1.00	0.00	0.0	0	0.0	0	3.0	27.0	1.0	0.00	0.00
BROCCOLI: frozen, boiled	1 CUP	250	52	0	20	5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.03	0.00
Milk Variety Daily 2018	8 oz.	300	132	*4	168	0.00	0.00	380.0	600	1.92	18	10.8	19.2	1.0	0.60	0.00
Salad Bar 5 Veg Daily (3)	1 cup	250	92	0	50	2.96	*0.80	20.1	2959	21.81	*0	2.93	19.0	*1.02	0.14	*0.00
Fruit Variety Daily salad bar	4 oz	300	141	*0	47	*3.16	0.40	28.4	95	25.68	*16	0.66	34.96	0.31	*0.02	*0.00
Hummus Box	1 box	50	68	3	151	1.80	0.52	61.9	30	0.24	1	3.62	8.0	3.02	0.91	0.00
Weighted Daily Average			753	*81	956	*14.44	*2.85	*551.1	5591	*123.43	*48	43.73	128.63	*10.29	*2.76	*0.00
% of Calories											*25.5%	23.2%	68.3%	*12.3%	*3.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			650	*63	1045	*45.50	*3.83	*576.0	*2886	*54.43	*35	30.53	102.17	*14.45	*5.04	*0.04
											*48.3%	18.8%	62.9%	*20.0%	*7.0%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	650		550 - 650	100%				
Cholesterol (mg)	63				Missing			
Sodium (mg)	1045		1230					
Fiber (g)	45.50				Missing			
Iron (mg)	3.83				Missing			
Calcium (mg)	576.0				Missing			
Vitamin A (IU)	2886				Missing			
Sugars (g)	35	21.46%			Missing			
Vitamin C (mg)	54.43				Missing			
Protein (g)	30.53	18.78%						
Carbohydrate (g)	102.17	62.87%						
Total Fat (g)	14.45	20.00%			Missing			
Saturated Fat (g)	5.04	6.98%	<10.00%		Missing			
Trans Fat ¹ (g)	0.04	0.05%			Missing			

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