

Santa Monica-Malibu USD

Jan 1, 2018 thru Jan 31, 2018

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 ¹ (g)
Mon - 01/08/2018																
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
APPLES,Fresh	1/2 cup	300	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	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
Weighted Daily Average			463	*28	649	8.23	2.36	660.0	991	12.24	*30	26.84	67.86	10.66	4.83	0.00
% of Calories											*26.0%	23.2%	58.6%	20.7%	9.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 01/09/2018																
Elementary Lunch-Traditional	Total	300														
Sliders	2 sandwich hes	250	249	29	858	3.46	3.09	69.3	488	3.33	*N/A*	19.08	39.24	2.48	0.47	0.85
Tater Tots	8 pieces	250	129	0	308	1.98	0.00	0.0	*N/A*	3.57	*N/A*	1.98	15.87	5.95	0.99	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
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
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			688	*36	1579	*9.18	3.96	492.4	*1115	13.30	*35	35.30	106.28	14.54	3.22	0.85
% of Calories											*20.4%	20.5%	61.8%	19.0%	4.2%	1.1%
Nutrient Guideline			550-650		1230											<10.00

Wed - 01/10/2018																
Elementary Lunch-Traditional	Total	300														
French Toast Sticks	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
Turkey Sausage Patties Cooked	2 patties	250	118	45	243	0.00	1.67	18.3	63	0.0	2	13.33	1.67	6.67	1.83	0.00
FRUIT JUICE,ASSORTED	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
ORANGES	1 cup	300	90	0	0	4.61	0.19	76.8	432	102.14	18	1.8	22.56	0.23	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
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

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

	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			659	*197	785	*9.15	4.67	574.4	1427	*151.01	*53 *32.4%	37.34 22.7%	92.59 56.2%	17.51 23.9%	*6.10 *8.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 01/11/2018																
Elementary Lunch-Traditional	Total	300														
Popcorn Chicken - WG	12 Pieces	250	183	25	550	0.83	1.20	16.7	83	0.0	*N/A*	10.0	10.0	11.67	2.08	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
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*
Roll, Wheat	1.8 oz.	300	135	0	261	1.71	1.35	72.5	0	0.0	*N/A*	3.96	25.08	2.09	0.50	0.00
Bananas, Raw	1/2 cup	300	67	0	1	2.00	0.20	40.0	100	0.0	2	0.82	17.13	0.25	0.08	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
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
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 % of Calories			632	*30	1328	8.94	4.11	500.0	907	8.68	*22 *14.1%	29.25 18.5%	90.63 57.4%	18.98 27.0%	4.06 5.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 01/12/2018																
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 cup	300	50	0	6	6.00	0.72	20.0	0	26.4	2	0.0	12.0	0.0	0.00	0.00
Tomatoes, Grape	1 cup	300	18	0	0	0.00	0.00	0.0	0	0.0	0	12.0	12.0	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
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
Weighted Daily Average % of Calories			623	*28	889	15.15	2.82	600.8	845	35.13	48 31.1%	37.57 24.1%	102.27 65.7%	17.13 24.7%	6.04 8.7%	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)
Tue - 01/16/2018																
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
Beans, Vegetarian	113 g	250	83	0	117	4.17	1.50	33.3	21	0.0	4	5.0	15.83	0.42	0.00	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*
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
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
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
Weighted Daily Average			714	*49	989	15.14	4.79	505.4	850	13.17	*37	36.46	105.13	18.07	4.17	*0.00
% of Calories											*21.0%	20.4%	58.9%	22.8%	5.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 01/17/2018																
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*
Mashed Potatoes	2.04 oz	250	31	0	146	0.52	0.08	3.0	1	2.72	0	0.61	6.21	0.45	0.06	0.01
Grapes, Lunch Bunch	1/4 cup	300	40	0	6	*N/A*	0.00	10.0	45	0.6	9	0.0	10.0	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
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
Salad 4 way	2.118 oz	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	0.25 oz	300	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Weighted Daily Average			515	*94	1019	*3.37	2.92	436.7	2636	*28.42	*31	27.50	60.79	18.83	*5.65	*0.01
% of Calories											*23.8%	21.4%	47.2%	32.9%	*9.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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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 ¹ (g)
Thu - 01/18/2018																
Elementary Lunch-Traditional	Total	300														
Turkey Sandwich Sack Lunch	1 sandwich	250	593	49	988	4.45	3.56	557.3	*1096	*11.16	*17	32.1	75.19	18.77	4.69	*0.00
Lay's Baked Potato Chips	1 bag	250	216	0	250	3.33	0.60	0.0	0	3.99	3	3.33	43.27	3.33	0.00	0.00
CUCUMBER,RAW	1 OZ	300	3	0	1	0.20	0.06	4.0	20	0.91	0	0.17	0.61	0.05	0.00	0.00
ORANGES	1/2 cup	300	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
Weighted Daily Average			1042	*54	1585	12.74	5.28	968.0	*1968	*73.14	*45	48.79	155.11	26.14	5.89	*0.00
% of Calories											*17.4%	18.7%	59.6%	22.6%	5.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 01/19/2018																
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
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
Weighted Daily Average			469	*21	630	6.00	2.43	450.9	864	21.40	*39	24.48	71.49	13.89	4.00	0.00
% of Calories											*33.5%	20.9%	60.9%	26.6%	7.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 01/22/2018																
Elementary Lunch-Traditional	Total	300														
Mac and Cheese Red Fat	6 ounces	300	290	30	980	1.00	1.08	400.0	800	*N/A*	*N/A*	16.0	32.0	11.0	6.00	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*
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	0.25 oz	300	25	0	81	0.00	0.00	0.0	3	0.0	1	0.0	1.01	2.53	0.25	0.00
Grapes, Lunch Bunch	1 cup	300	160	0	24	*N/A*	0.00	40.0	180	2.4	36	0.0	40.0	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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Weighted Daily Average			605	*33	1395	*3.03	1.78	775.9	1717	*10.20	*52	25.79	93.51	14.43	6.76	*0.00
% of Calories											*34.4%	17.1%	61.8%	21.5%	10.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 01/23/2018																
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
CARROTS,FRESH,RAW	cup	250	42	0	70	2.85	0.30	33.5	16984	6.0	5	0.95	9.74	0.24	0.04	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
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 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
Weighted Daily Average			577	*69	901	9.09	*2.24	*445.0	17671	*17.19	*52	31.46	92.43	10.19	2.83	0.00
% of Calories											*36.0%	21.8%	64.1%	15.9%	4.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 01/24/2018																
Elementary Lunch-Traditional	Total	300														
Waffle Stix- Belgian Chef WG	62 g	250	128	0	228	1.83	0.99	18.3	23	0.0	5	3.66	24.68	1.83	0.00	0.00
Turkey Sausage Patties Cooked	2 patties	250	118	45	243	0.00	1.67	18.3	63	0.0	2	13.33	1.67	6.67	1.83	0.00
APPLES,Fresh	1/2 cup	300	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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
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			562	*101	752	*6.90	3.89	444.4	867	*27.75	*41	31.57	76.48	15.85	*5.26	*0.00
% of Calories											*29.2%	22.5%	54.4%	25.4%	*8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted Values - Detailed

Page 6

Generated on: 1/8/2018 12:48:44 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)
Thu - 01/25/2018																
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
Potato Wedges	6 pieces	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
CUCUMBER,RAW	1 OZ	300	3	0	1	0.20	0.06	4.0	20	0.91	0	0.17	0.61	0.05	0.00	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*
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
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
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			543	*51	1274	7.78	3.69	394.0	804	17.70	*16	26.90	73.44	16.75	3.80	*0.00
% of Calories											*11.9%	19.8%	54.1%	27.7%	6.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 01/26/2018																
Elementary Lunch-Traditional	Total	300														
Pizza Bagel	piece	300	349	30	705	1.48	2.75	431.0	715	7.04	*N/A*	22.15	39.34	11.25	5.99	*N/A*
4-Way Salad	1 cup	300	50	0	6	6.00	0.72	20.0	0	26.4	2	0.0	12.0	0.0	0.00	0.00
Tomatoes, Grape	1 cup	300	18	0	0	0.00	0.00	0.0	0	0.0	0	12.0	12.0	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
PEARS,FRESH	1 EACH	75	24	0	0	1.29	0.07	3.7	10	1.78	4	0.15	6.32	0.06	0.01	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			563	*33	892	8.77	3.54	770.6	1225	36.82	*22	43.28	86.13	13.40	6.62	*0.00
% of Calories											*15.3%	30.7%	61.2%	21.4%	10.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 01/29/2018																
Elementary Lunch-Traditional	Total	300														
Pasta w/ Marinara Sauce	1/2 cup	300	692	0	281	13.93	5.77	75.9	696	6.35	*6	22.03	132.03	7.21	0.39	*0.00
Garlic French Bread Pizza	1 piece	300	320	15	590	2.00	2.70	250.0	400	15.0	*N/A*	15.0	36.0	12.0	3.00	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
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
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

Jan 1, 2018 thru Jan 31, 2018

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 ¹ (g)
Weighted Daily Average			1235	*18	1054	21.82	8.86	659.2	1637	33.38	*38	46.61	211.28	21.53	4.05	*0.00
% of Calories											*12.3%	15.1%	68.4%	15.7%	2.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 01/30/2018																
Elementary Lunch-Traditional	Total	300														
Chicken Fajita WW Tortilla	1 portion	250	417	91	880	1.51	2.19	279.6	278	0.0	*0	24.32	39.91	18.25	7.59	*0.00
Beans Pinto Instant Smooth Sty	grams	300	1	0	4	0.06	0.02	0.3	0	0.0	*N/A*	0.07	0.21	0.02	0.01	0.00
Frozen Fruit Juice Cry Baby So	4 oz	300	99	0	15	0.00	0.00	200.0	125	0.0	25	0.0	25.0	0.0	0.00	0.00
ORANGES	1/2 cup	300	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	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
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
Weighted Daily Average			792	*98	1300	7.61	3.18	921.5	1156	56.27	*51	39.53	107.56	24.50	9.37	*0.00
% of Calories											*25.8%	20.0%	54.3%	27.8%	10.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 01/31/2018																
Elementary Lunch-Traditional	Total	300														
Teriyaki Beef Dunkers	4 pieces	250	133	29	367	0.00	1.20	16.7	0	0.0	*N/A*	11.67	5.0	7.5	2.92	0.42
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
APPLES,Fresh	1/2 cup	300	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
4-Way Salad	1 cup	75	13	0	1	1.50	0.18	5.0	0	6.6	0	0.0	3.0	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
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			546	*85	651	*7.33	2.87	435.3	780	*31.05	*35	28.35	75.30	15.58	*6.49	*0.42
% of Calories											*25.7%	20.8%	55.2%	25.7%	*10.7%	*0.7%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			660	*60	1039	*9.42	*3.73	*590.3	*2204	*34.52	*38	33.94	98.13	16.94	*5.24	*0.07
											*52.0%	20.6%	59.4%	23.1%	*7.1%	*0.1%

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Santa Monica-Malibu USD

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional

Weighted 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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	660		550 - 650	102%					10	Correction Required - Calories too High							
Cholesterol (mg)	60				Missing												
Sodium (mg)	1039		1230														
Fiber (g)	9.42				Missing												
Iron (mg)	3.73				Missing												
Calcium (mg)	590.3				Missing												
Vitamin A (IU)	2204				Missing												
Sugars (g)	38	23.12%			Missing												
Vitamin C (mg)	34.52				Missing												
Protein (g)	33.94	20.56%															
Carbohydrate (g)	98.13	59.44%															
Total Fat (g)	16.94	23.09%															
Saturated Fat (g)	5.24	7.15%	<10.00%		Missing												
Trans Fat ¹ (g)	0.07	0.10%			Missing												

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