

**Santa Monica-Malibu USD**

**Oct 1, 2017 thru Oct 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)
Mon - 10/02/2017																
Elementary Lunch-Traditional	Total	300														
Grilled Cheese Sandwich 3.75oz	1 each	300	276	19	879	1.47	1.88	261.7	384	0.0	*N/A*	14.46	37.24	8.28	4.57	*N/A*
Baby Carrots sliced apples	1 cup	300	70	0	130	4.00	0.72	40.0	12000	12.0	*N/A*	2.0	16.0	0.0	0.00	0.00
4-Way Salad	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
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	0.5 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	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
% of Calories			509	*22	1190	8.22	2.86	630.1	12934	140.50	*16	25.44	79.20	10.37	5.20	*0.00
Nutrient Guideline			550-650		1230						*12.4%	20.0%	62.3%	18.3%	9.2%	*0.0%

Tue - 10/03/2017																
Elementary Lunch-Traditional	Total	300														
CHICKEN LITTLE SLIDDERS	.5 EACH	250	437	82	815	3.93	3.88	917.2	9	17.99	5	30.51	52.21	12.7	3.35	*N/A*
Sweet Potato Fries	0.5 cups	250	84	0	130	1.56	1.05	19.6	3502	4.2	*N/A*	1.43	11.79	3.42	0.59	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	.25 oz	75	6	0	20	0.00	0.00	0.0	1	0.0	0	0.0	0.25	0.63	0.06	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
Weighted Daily Average			719	82	1166	13.37	6.17	957.6	3685	48.59	*22	35.05	99.51	22.45	4.21	*0.00
% of Calories											*12.3%	19.5%	55.4%	28.1%	5.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/04/2017																
Elementary Lunch-Traditional	Total	300														
Baked Chicken 8 Way	3 oz. Mixed Por	250	186	55	321	0.00	0.91	*N/A*	84	0.0	*N/A*	14.34	5.91	11.81	3.38	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
BROCCOLI: fresh, boiled	1 CUP	300	55	0	64	5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	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
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	0.5 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

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Santa Monica-Malibu USD**

**Oct 1, 2017 thru Oct 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			647	*111	671	*11.41	3.71	*502.5	3284	*206.08	*31 *19.0%	35.83 22.1%	83.77 51.8%	20.92 29.1%	*7.09 *9.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/05/2017																
Elementary Lunch-Traditional	Total	300														
Taco Salad with Turkey	8 oz	250	145	45	438	2.42	2.94	124.3	1043	5.52	*2	17.48	9.77	4.56	1.55	*0.00
Refried Beans	0.5 cup	300	160	0	480	8.00	2.70	40.0	5	0.0	1	9.0	27.0	2.5	1.00	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*
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	0.5 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
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 % of Calories			513	*50	1268	15.87	6.97	542.7	1689	24.73	*20 *15.3%	38.77 30.2%	67.53 52.6%	10.94 19.2%	3.73 6.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/06/2017																
Elementary Lunch-Traditional	Total	300														
Big Daddy Cheese 51% WG	140gram 4.94oz	300	340	30	590	4.00	1.80	300.0	400	0.0	*N/A*	19.0	36.0	14.0	6.00	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 Juice Cup	1 cup	300	140	0	20	6.00	0.60	144.6	1224	139.7	*N/A*	0.0	36.0	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
Ranch Dressing, Light	0.5 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 % of Calories			674	*33	915	13.00	2.76	770.5	2128	154.49	*17 *10.3%	33.98 20.2%	101.98 60.5%	19.89 26.6%	7.01 9.3%	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 <sup>1</sup> (g)
Mon - 10/09/2017																
Elementary Lunch-Traditional	Total	300														
Senor Felix Bean & Cheese Bur	5.75 oz	300	330	20	490	7.00	2.70	200.0	0	2.4	0	14.0	44.0	10.0	5.00	0.00
MEXICALI CORN	1/4 CUP	300	43	2	138	0.95	0.42	4.3	171	7.12	*0	1.14	8.01	1.35	0.65	*0.04
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	0.5 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			573	*26	810	12.01	3.38	531.0	745	20.76	*30	24.47	89.03	13.68	6.31	*0.04
% of Calories											*21.2%	17.1%	62.1%	21.5%	9.9%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/10/2017																
Elementary Lunch-Traditional	Total	300														
Cheeseburger on WG Bun	3 oz	250	196	29	419	2.12	1.74	97.4	1	0.0	*0	11.37	17.4	9.54	3.98	0.28
Potato Wedges	6 pieces	300	120	0	430	2.00	1.08	0.0	0	2.4	*N/A*	2.0	18.0	5.0	1.00	0.00
BANANAS	.5 cup	300	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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
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	0.5 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			625	*33	1230	9.47	4.02	424.1	698	32.05	*29	25.96	84.91	22.43	5.88	*0.28
% of Calories											*18.4%	16.6%	54.4%	32.3%	8.5%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/11/2017																
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 Patty	1.025 oz	250	50	25	83	0.00	0.30	16.7	0	0.0	*N/A*	5.0	0.0	3.33	0.83	0.00
Juice, Assorted 2016-2017	4 oz	300	75	0	19	0.00	0.00	13.3	134	40.05	*9	1.0	19.02	0.0	0.00	0.00
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
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	75	6	0	20	0.00	0.00	0.0	1	0.0	0	0.0	0.25	0.63	0.06	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

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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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			634	*177	927	*6.24	2.87	496.2	*1005	*68.02	*30 *18.7%	29.71 18.8%	87.39 55.2%	19.10 27.1%	*5.98 *8.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/12/2017																
Elementary Lunch-Traditional	Total	300														
enchiladas turkey	4 oz	250	27	*0	513	0.57	*0.27	5.7	301	0.28	2	0.56	4.76	0.63	0.09	0.00
Spanish Rice	4 oz	300	136	0	580	2.00	1.17	20.0	0	0.0	1	3.0	30.5	0.35	0.10	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	0.5 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
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 % of Calories			441	*5	1442	10.17	*2.71	409.0	978	13.42	*35 *31.3%	16.45 14.9%	85.30 77.3%	5.09 10.4%	1.41 2.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/13/2017																
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
Tomatoes, Grape	0.5 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 cup	300	200	0	0	2.00	1.44	0.0	220	12.0	44	0.0	48.0	0.0	0.00	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	0.5 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			638	*28	761	6.75	3.33	568.4	1020	16.90	74 46.3%	30.98 19.4%	106.97 67.1%	13.10 18.5%	5.63 7.9%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

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<b>Mon - 10/16/2017</b>																
Elementary Lunch-Traditional	Total	300														
Macaroni and Cheese w/ WG & RF	1/2 cup	300	217	22	735	0.75	0.81	299.8	600	0.0	*N/A*	11.99	23.99	8.25	4.50	0.00
Green Beans	1/2 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*
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
Hawaiian Roll	1 oz	300	77	0	129	0.34	0.72	41.4	*N/A*	0.0	*N/A*	2.1	13.76	1.29	0.32	*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	0.5 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			517	*26	1226	*3.12	2.23	697.1	*1425	9.00	*34	23.88	78.75	11.70	5.45	*0.00
% of Calories											*26.2%	18.5%	60.9%	20.4%	9.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 10/17/2017</b>																
Elementary Lunch-Traditional	Total	300														
Turkey Sand - Sack Lunch	1 sandwich	250	83	34	31	0.04	1.15	15.7	25	4.37	*0	13.14	0.77	2.72	1.36	0.00
COLE SLAW	1/4 CUP	250	71	5	56	0.85	0.22	15.8	917	10.25	*2	0.53	3.02	6.62	0.72	*0.00
KIWI FRUIT,(CHINESE GOOSE BERRI	1 cup	300	110	0	5	5.40	0.56	61.2	157	166.86	16	2.05	26.39	0.94	0.05	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	0.5 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			508	*95	371	*8.05	2.99	492.2	1805	*202.88	*38	29.95	61.26	17.40	*5.52	*0.00
% of Calories											*30.2%	23.6%	48.2%	30.8%	*9.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Wed - 10/18/2017</b>																
Elementary Lunch-Traditional	Total	300														
Orange Flavored Chicken	3.6 oz	250	125	33	233	0.00	0.60	0.0	42	1.0	8	9.17	15.83	2.5	0.42	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
BROCCOLI: fresh, boiled	.5 CUP	300	27	0	32	2.57	0.52	31.2	1207	50.62	1	1.86	5.6	0.32	0.06	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	.25 oz	75	6	0	20	0.00	0.00	0.0	1	0.0	0	0.0	0.25	0.63	0.06	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

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**Santa Monica-Malibu USD**

**Oct 1, 2017 thru Oct 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			593	*89	530	*11.28	2.90	455.6	1996	*80.16	*46 *31.0%	28.36 19.1%	99.93 67.4%	10.42 15.8%	*4.01 *6.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/19/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Taquito WG	4 oz	250	201	14	259	2.87	1.38	38.3	192	0.0	0	8.62	25.86	7.66	1.44	0.00
Black Bean & Corn Salsa	1/2 cup	300	84	*0	123	3.89	1.26	33.0	84	32.98	*1	3.56	15.52	1.64	*0.26	*0.00
APPLES,Fresh	1 cup	300	144	0	3	6.62	0.33	16.6	149	12.7	29	0.72	38.12	0.47	0.08	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	0.5 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
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 % of Calories			612	*19	731	15.84	3.93	456.2	1060	51.68	*46 *29.8%	25.19 16.5%	104.26 68.1%	13.65 20.1%	*2.95 *4.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/20/2017																
Elementary Lunch-Traditional	Total	300														
Big Daddy Cheese 51% WG	140gram 4.94oz	300	340	30	590	4.00	1.80	300.0	400	0.0	*N/A*	19.0	36.0	14.0	6.00	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
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
Ranch Dressing, Light	0.5 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
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
Weighted Daily Average % of Calories			689	*33	1107	9.02	3.01	629.2	1218	32.01	*28 *16.1%	42.49 24.7%	96.12 55.8%	25.35 33.1%	7.17 9.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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**Santa Monica-Malibu USD**

**Oct 1, 2017 thru Oct 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)
<b>Mon - 10/23/2017</b>																
Elementary Lunch-Traditional	Total	300														
Cheese Enchilada	3 oz	250	166	23	619	1.54	1.07	160.3	1322	2.09	2	7.06	16.89	8.06	3.96	*0.00
MEXICALI CORN	1/4 CUP	300	43	2	138	0.95	0.42	4.3	171	7.12	*0	1.14	8.01	1.35	0.65	*0.04
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	0.5 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
Weighted Daily Average			523	*29	1138	10.37	2.72	501.3	2167	37.21	*34	20.29	76.62	17.19	5.43	*0.04
% of Calories											*26.3%	15.5%	58.6%	29.6%	9.3%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 10/24/2017</b>																
Elementary Lunch-Traditional	Total	300														
Chicken Breast Tenders WG	2 pieces	250	233	42	483	1.67	1.50	0.0	0	0.0	*N/A*	16.67	14.17	11.67	2.08	0.00
CAULIFLOWER:fresh boiled	1 CUP	300	29	0	19	2.85	0.40	19.8	15	54.93	3	2.28	5.1	0.56	0.09	0.00
CARROTS: fresh, boiled	1 CUP	300	55	0	90	4.68	0.53	46.8	26571	5.62	5	1.19	12.82	0.28	0.05	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	0.5 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 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
Weighted Daily Average			536	*45	972	11.93	3.36	388.3	27219	81.41	*24	31.63	58.53	20.06	3.01	*0.00
% of Calories											*18.0%	23.6%	43.7%	33.7%	5.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Wed - 10/25/2017</b>																
Elementary Lunch-Traditional	Total	300														
Lasagna Rollup	piece	250	167	29	242	1.67	0.90	166.7	167	0.0	*N/A*	11.67	21.67	3.75	2.08	0.00
PEAS & CARROTS: frozen,boiled	1/2 CUP	300	38	0	54	2.48	0.75	18.4	7611	6.48	3	2.47	8.1	0.34	0.06	0.00
APRICOTS: canned,light syrup	1 CUP	300	159	0	10	4.05	0.99	27.8	3345	6.83	38	1.34	41.72	0.13	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	0.5 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

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# Santa Monica-Malibu USD

Oct 1, 2017 thru Oct 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			609	*85	585	*9.96	3.71	612.4	11828	*34.71	*62 *40.5%	29.71 19.5%	102.56 67.4%	11.33 16.7%	*5.54 *8.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/26/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Fajita Meat	3 ounces	300	130	80	330	0.00	0.36	0.0	0	0.0	*N/A*	16.0	2.0	7.0	2.00	0.00
Flour Tortilla	1.5 oz	250	93	0	161	2.50	0.90	91.7	4	0.0	1	3.33	15.83	2.5	0.00	0.00
PINTO BEANS: cooked	.5 CUP	300	122	0	1	7.70	1.79	39.3	0	0.68	0	7.7	22.42	0.56	0.12	0.00
Apples, Sliced	1/2 cup	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
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	0.5 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 % of Calories			563	*85	839	14.65	4.19	509.4	690	130.29	*23 *16.3%	39.33 27.9%	73.01 51.9%	13.93 22.3%	*3.30 *5.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/27/2017																
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
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
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	0.5 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
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	

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**Santa Monica-Malibu USD**

**Oct 1, 2017 thru Oct 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)
Mon - 10/30/2017																
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
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
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	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	0.5 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
Weighted Daily Average			564	*33	983	9.99	3.06	755.8	1153	144.36	*22	29.97	72.95	17.39	6.00	0.00
% of Calories											*15.8%	21.3%	51.7%	27.7%	9.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/31/2017																
Elementary Lunch-Traditional	Total	300														
Chicken Nugget WG	5 Pieces	250	150	17	375	1.67	1.50	33.3	0	0.0	*N/A*	10.83	11.67	6.67	1.25	0.00
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
Cookie Pumpkin WG	31 grams	300	160	0	95	1.00	0.72	0.0	0	0.0	*N/A*	2.0	20.0	8.0	2.00	0.00
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
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	.25 oz	75	6	0	20	0.00	0.00	0.0	1	0.0	0	0.0	0.25	0.63	0.06	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
Weighted Daily Average			573	17	1016	*6.40	3.52	49.1	*178	19.87	*10	16.35	65.89	26.76	4.98	*2.00
% of Calories											*6.8%	11.4%	46.0%	42.0%	7.8%	*3.1%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			584	*52	944	*10.23	*3.51	*543.4	*3628	*71.36	*33	29.31	84.75	16.36	*5.08	*0.11
											*50.6%	20.1%	58.0%	25.2%	*7.8%	*0.2%

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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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	584		550 - 650	100%													
Cholesterol (mg)	52				Missing												
Sodium (mg)	944		1230														
Fiber (g)	10.23				Missing												
Iron (mg)	3.51				Missing												
Calcium (mg)	543.4				Missing												
Vitamin A (IU)	3628				Missing												
Sugars (g)	33	22.48%			Missing												
Vitamin C (mg)	71.36				Missing												
Protein (g)	29.31	20.06%															
Carbohydrate (g)	84.75	58.02%															
Total Fat (g)	16.36	25.20%															
Saturated Fat (g)	5.08	7.83%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.11	0.17%			Missing												

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