

Santa Monica-Malibu USD

Sep 1, 2017 thru Sep 30, 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 ¹ (g)
Fri - 09/01/2017																
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
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
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
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
Weighted Daily Average			528	*28	885	9.00	2.34	585.9	854	138.40	*31	30.98	72.99	16.89	6.00	0.00
% of Calories											*23.7%	23.5%	55.3%	28.8%	10.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 09/05/2017																
Elementary Lunch-Traditional	Total	300														
TURKEY W/CHEESE SANDWICH	1 EACH	250	*172	*12	*434	*1.31	*1.82	*193.0	*134	*0.0	*3	*6.42	*24.45	*5.24	*2.47	*0.15
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
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
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	.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
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			*598	*15	*1007	*10.59	*3.48	*560.6	*994	*84.24	*31	*20.82	*93.25	*16.18	*3.40	*0.15
% of Calories											*20.8%	*13.9%	*62.4%	*24.3%	*5.1%	*0.2%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/06/2017																
Elementary Lunch-Traditional	Total	300														
Pasta w/ Meat Sauce Turkey	.5 cup	250	155	22	118	2.08	1.60	23.5	68	2.56	*1	9.98	18.69	4.22	1.42	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
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
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
BROCCOLI,raw: fresh	.5 CUP	300	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	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
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

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Santa Monica-Malibu USD

Sep 1, 2017 thru Sep 30, 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)
Weighted Daily Average % of Calories			605	*78	675	*9.44	4.62	547.5	1136	*147.98	*30 *19.9%	30.47 20.1%	91.07 60.2%	14.07 20.9%	*5.35 *8.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/07/2017																
Elementary Lunch-Traditional	Total	300														
Tostada Bowl	1 Bowl	250	92	0	4	0.00	0.30	16.7	0	0.0	*N/A*	0.83	11.67	4.17	0.00	0.00
PINTO BEANS: cooked	0.75 CUP	300	183	0	1	11.54	2.68	59.0	0	1.03	0	11.56	33.63	0.83	0.17	0.00
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
Chicken Fajita Meat	3 ounces	250	108	67	275	0.00	0.30	0.0	0	0.0	*N/A*	13.33	1.67	5.83	1.67	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	.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
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			589	*72	608	15.39	4.95	447.0	666	9.63	*16 *10.9%	38.17 25.9%	79.30 53.8%	14.17 21.6%	2.98 4.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/08/2017																
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
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
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
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
Weighted Daily Average % of Calories			603	*28	885	8.00	2.88	575.9	914	20.80	53 35.3%	36.98 24.5%	94.99 63.0%	16.89 25.2%	6.00 9.0%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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 - 09/11/2017																
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
Corn Salad	1/2 cup	300	68	0	140	1.76	0.75	4.9	100	14.49	*0	2.23	15.68	0.84	0.14	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
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
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	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			560	*23	811	10.81	3.75	528.5	884	27.53	*23	26.00	85.94	13.15	5.78	0.00
% of Calories											*16.6%	18.6%	61.3%	21.1%	9.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 09/12/2017																
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
Baked Potato Smiles	2 oz	300	108	0	150	1.67	0.30	0.0	0	2.0	0	1.67	16.68	3.75	0.42	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	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
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			702	*30	1016	13.71	4.32	399.4	743	48.07	*34	29.14	97.83	22.99	4.22	*0.00
% of Calories											*19.3%	16.6%	55.7%	29.5%	5.4%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/13/2017																
Elementary Lunch-Traditional	Total	300														
Waffle Stix	2 stix	250	167	0	233	0.83	2.25	50.0	1042	0.0	*N/A*	3.33	26.67	5.0	0.83	*N/A*
Turkey Sausage Patty	1.025	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
Tater Tots	8 pieces	300	155	0	369	2.38	0.00	0.0	*N/A*	4.29	*N/A*	2.38	19.05	7.14	1.19	0.00
Juice Apple 4oz	4 oz	300	55	0	15	0.00	0.00	0.0	0	30.0	*N/A*	0.0	15.0	0.0	0.00	*N/A*
4-Way Salad	1/2 cup	250	21	0	2	2.50	0.30	8.3	0	11.0	1	0.0	5.0	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	250	42	0	135	0.00	0.00	0.0	4	0.0	1	0.0	1.69	4.22	0.42	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

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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 ¹ (g)
Weighted Daily Average % of Calories			725	*86	1092	*6.73	3.89	475.3	*1751	*63.39	*22 *11.9%	25.94 14.3%	96.47 53.2%	26.21 32.6%	*6.71 *8.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/14/2017																
Elementary Lunch-Traditional	Total	300														
Taco Meat	2.97 oz	250	100	46	317	0.00	1.20	33.3	167	0.0	*N/A*	12.5	2.5	5.0	1.67	0.00
SPANISH RICE	1/2 CUP	300	124	0	354	1.47	1.68	18.0	438	12.65	*1	2.64	24.99	1.47	0.21	*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
Flour Tortilla 8"	1 each	300	133	0	297	0.13	1.44	0.9	*N/A*	0.0	*N/A*	3.45	22.3	3.3	0.79	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	1 each	75	27	1	83	0.85	0.44	25.0	68	0.55	*N/A*	1.66	3.4	0.89	0.28	*0.00
Weighted Daily Average % of Calories			572	*50	1232	7.20	5.03	405.6	*1222	161.49	*17 *11.8%	29.23 20.4%	87.15 61.0%	12.76 20.1%	3.57 5.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/15/2017																
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
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
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
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
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
Weighted Daily Average % of Calories			640	*28	1097	9.02	3.01	579.2	1118	32.01	*42 *26.1%	33.49 20.9%	89.12 55.7%	22.35 31.4%	6.17 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)
Mon - 09/18/2017																
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
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	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
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
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			551	*28	912	10.90	3.58	685.0	7099	151.46	*16	29.99	73.27	15.89	4.96	*0.00
% of Calories											*11.7%	21.8%	53.2%	26.0%	8.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/19/2017																
Elementary Lunch-Traditional	Total	300														
CHICKEN NUGGET:LT&DK ME AT,BREA	5 EACH	250	195	32	347	0.78	0.54	7.4	53	35.44	*N/A*	8.93	8.54	13.81	3.33	*N/A*
French Fries, Cross Trax	3 oz	300	158	0	557	1.86	0.67	0.0	0	5.57	*N/A*	1.86	20.43	7.43	0.93	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
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 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			612	*35	1290	*5.37	2.14	339.1	731	62.47	*25	22.28	65.41	28.79	5.05	*0.00
% of Calories											*16.4%	14.6%	42.7%	42.3%	7.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/20/2017																
Elementary Lunch-Traditional	Total	300														
MEATLOAF	3/4" SLICE	250	148	50	85	1.17	1.51	30.8	202	4.51	*1	12.82	7.11	7.4	2.78	*0.00
Mashed Potato	1 cup	300	140	0	230	2.00	0.38	14.4	4	12.86	1	2.0	30.0	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
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
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

Sep 1, 2017 thru Sep 30, 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)
Weighted Daily Average % of Calories			627	*106	595	*10.08	3.26	459.7	954	*45.91	*39 *24.7%	29.64 18.9%	93.47 59.6%	14.75 21.2%	*6.20 *8.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/22/2017																
Elementary Lunch-Traditional	Total	300														
Big Daddy Cheese 51% WG	140gram 4.94oz	250	283	25	492	3.33	1.50	250.0	333	0.0	*N/A*	15.83	30.0	11.67	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
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
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
Weighted Daily Average % of Calories			578	*28	796	7.33	2.58	575.9	947	20.80	*39 *27.2%	30.81 21.3%	83.99 58.2%	17.56 27.4%	6.00 9.4%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/25/2017																
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	1/2 CUP	300	86	5	276	1.89	0.84	8.7	341	14.24	*1	2.28	16.01	2.7	1.29	*0.07
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
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
FRUIT, CANNED, MIXED, EXTR A LI	1/2 cup	300	68	0	8	1.60	0.37	6.0	12	3.81	*N/A*	0.52	17.88	0.1	0.03	0.00
Weighted Daily Average % of Calories			569	*31	1284	9.17	3.91	499.7	2339	43.60	*18 *13.0%	21.50 15.1%	85.05 59.8%	18.51 29.3%	6.09 9.6%	*0.08 *0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Sep 1, 2017 thru Sep 30, 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 ¹ (g)
Tue - 09/26/2017																
Elementary Lunch-Traditional	Total	300														
BBQ Beef Rib Sandwich	1 each	250	258	*33	592	3.33	*1.50	*0.0	*0	*5.0	5	15.83	28.33	9.17	*3.33	*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*
ORANGES HALVES	1/2 EACH	300	23	0	0	1.15	0.05	19.2	108	25.54	4	0.45	5.64	0.06	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	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	75	13	0	40	0.00	0.00	0.0	1	0.0	0	0.0	0.51	1.27	0.13	0.00
Tomato, Cucumber Parsley Salad	3/4 cup	300	33	0	80	0.52	0.37	0.5	129	2.09	*1	4.14	7.27	1.5	*0.21	*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			565	*37	1223	11.27	*3.73	*366.4	*1105	*66.29	*28	32.72	75.22	18.35	*4.35	*0.00
% of Calories											*19.7%	23.2%	53.3%	29.2%	*6.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/27/2017																
Elementary Lunch-Traditional	Total	300														
Teriyaki Chicken	4 each	250	108	29	467	0.00	1.20	33.3	83	0.0	*N/A*	12.5	7.5	2.92	0.83	*N/A*
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
GRAPES,Fresh	1 CUP	300	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	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
BROCCOLI,raw: fresh	1 CUP	300	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	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
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			553	*85	782	*6.76	3.61	498.5	1448	*106.26	*37	32.39	82.79	11.57	*4.54	*0.00
% of Calories											*26.7%	23.4%	59.9%	18.8%	*7.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Santa Monica-Malibu USD

Sep 1, 2017 thru Sep 30, 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 ¹ (g)
Thu - 09/28/2017																
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
Refried Pinto Beans	.5 cup	300	103	0	140	5.50	1.75	52.0	0	1.1	*N/A*	5.83	18.3	0.97	0.20	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
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			672	*50	872	14.25	5.08	516.8	1674	17.85	*24	37.67	88.86	20.06	4.78	*0.00
% of Calories											*14.5%	22.4%	52.9%	26.9%	6.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/29/2017																
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
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
Sliced Apples	3 oz	300	51	0	0	3.00	0.27	15.0	75	185.4	9	0.0	12.0	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
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
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			636	*28	1084	11.98	3.28	594.2	1011	216.16	*41	33.49	85.46	22.35	*6.17	*0.00
% of Calories											*25.6%	21.1%	53.7%	31.6%	*8.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			*604	*46	*955	*9.84	*3.65	*507.4	*1452	*77.07	*30	*30.09	*85.35	*18.08	*5.18	*0.01
											*44.4%	*19.9%	*56.5%	*26.9%	*7.7%	*0.0%

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Sep 1, 2017 thru Sep 30, 2017

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	604		550 - 650	100%	Missing												
Cholesterol (mg)	46				Missing												
Sodium (mg)	955		1230		Missing												
Fiber (g)	9.84				Missing												
Iron (mg)	3.65				Missing												
Calcium (mg)	507.4				Missing												
Vitamin A (IU)	1452				Missing												
Sugars (g)	30	19.74%			Missing												
Vitamin C (mg)	77.07				Missing												
Protein (g)	30.09	19.91%			Missing												
Carbohydrate (g)	85.35	56.48%			Missing												
Total Fat (g)	18.08	26.92%			Missing												
Saturated Fat (g)	5.18	7.71%	<10.00%		Missing												
Trans Fat ¹ (g)	0.01	0.02%			Missing												

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