

# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

## Planned Menu Spreadsheet

BCE Breakfast

### Weighted Values - Detailed

007 - BCE Breakfast

Generated on: 2/21/2017 12:54:46 PM

	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 <sup>1</sup> (g)
<b>Wed - 03/01/2017</b>																
BCE Breakfast	Total	75														
Muffin Blueberry WG 1.9oz	1 each	30	47	7	30	0.72	0.30	2.1	14	0.27	3	0.96	7.78	0.96	0.20	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			385	24	350	5.48	3.04	415.4	986	28.58	*38	15.01	66.73	7.49	2.90	0.00
% of Calories											*39.2%	15.6%	69.3%	17.5%	6.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
<b>Thu - 03/02/2017</b>																
BCE Breakfast	Total	75														
Pancake Mini Maple WG Burst	serving	30	88	4	155	1.67	1.13	25.1	209	0.0	5	1.67	14.65	2.51	0.42	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			426	21	475	6.43	3.87	438.4	1181	28.31	*39	15.73	73.61	9.04	3.12	0.00
% of Calories											*37.0%	14.8%	69.1%	19.1%	6.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

\*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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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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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 <sup>1</sup> (g)
Fri - 03/03/2017																
BCE Breakfast	Total	75														
Pancake & Pork Sausage Stick	1 each	30	75	11	162	0.64	0.40	5.2	1	0.0	4	3.6	9.59	2.4	0.80	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			413	28	482	5.40	3.14	418.5	973	28.31	*39	17.65	68.55	8.93	3.50	0.00
% of Calories											*37.8%	17.1%	66.4%	19.4%	7.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 03/06/2017																
BCE Breakfast	Total	75														
Breakfast Burrito w/egg, chees	servng	30	74	22	89	1.28	0.65	42.3	102	0.48	0	3.81	8.43	3.01	1.23	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			412	39	409	6.04	3.39	455.6	1074	28.79	*35	17.86	67.38	9.54	3.94	0.00
% of Calories											*33.8%	17.3%	65.4%	20.8%	8.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

\*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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Mar 1, 2017 thru Mar 31, 2017

## Planned Menu Spreadsheet

BCE Breakfast

### Weighted Values - Detailed

007 - BCE Breakfast

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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 <sup>1</sup> (g)
Tue - 03/07/2017																
BCE Breakfast	Total	75														
French Toast WG Cinnmon Glazed	1 each	30	88	52	148	1.20	0.83	38.1	88	0.0	3	4.0	13.2	2.8	0.80	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
SYRUP,PANCAKE	1 TBSP	30	18	0	6	0.00	0.00	0.2	0	0.0	2	0.0	4.83	0.0	0.00	*N/A*
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			444	69	475	5.96	3.57	451.6	1060	28.31	*40	18.06	76.98	9.33	3.50	*0.00
% of Calories											*35.7%	16.3%	69.3%	18.9%	7.1%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 03/08/2017																
BCE Breakfast	Total	75														
Muffin Blueberry WG 1.9oz	1 each	30	47	7	30	0.72	0.30	2.1	14	0.27	3	0.96	7.78	0.96	0.20	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			385	24	350	5.48	3.04	415.4	986	28.58	*38	15.01	66.73	7.49	2.90	0.00
% of Calories											*39.2%	15.6%	69.3%	17.5%	6.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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## Planned Menu Spreadsheet

BCE Breakfast

### 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 <sup>1</sup> (g)
Thu - 03/09/2017																
BCE Breakfast	Total	75														
Pancake Mini Maple WG Burst	1 serving	30	88	4	155	1.67	1.13	25.1	209	0.0	5	1.67	14.65	2.51	0.42	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			426	21	475	6.43	3.87	438.4	1181	28.31	*39	15.73	73.61	9.04	3.12	0.00
% of Calories											*37.0%	14.8%	69.1%	19.1%	6.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 03/10/2017																
BCE Breakfast	Total	75														
Pancake & Pork Sausage Stick	1 each	30	75	11	162	0.64	0.40	5.2	1	0.0	4	3.6	9.59	2.4	0.80	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			413	28	482	5.40	3.14	418.5	973	28.31	*39	17.65	68.55	8.93	3.50	0.00
% of Calories											*37.8%	17.1%	66.4%	19.4%	7.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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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 <sup>1</sup> (g)
Mon - 03/13/2017																
BCE Breakfast	Total	75														
Breakfast Burrito w/egg, chees	1 serving	30	74	22	89	1.28	0.65	42.3	102	0.48	0	3.81	8.43	3.01	1.23	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			412	39	409	6.04	3.39	455.6	1074	28.79	*35	17.86	67.38	9.54	3.94	0.00
% of Calories											*33.8%	17.3%	65.4%	20.8%	8.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 03/14/2017																
BCE Breakfast	Total	75														
French Toast WG Cinnmon Glazed	1 each	30	88	52	148	1.20	0.83	38.1	88	0.0	3	4.0	13.2	2.8	0.80	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
SYRUP,PANCAKE	1 TBSP	30	18	0	6	0.00	0.00	0.2	0	0.0	2	0.0	4.83	0.0	0.00	*N/A*
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			444	69	475	5.96	3.57	451.6	1060	28.31	*40	18.06	76.98	9.33	3.50	*0.00
% of Calories											*35.7%	16.3%	69.3%	18.9%	7.1%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

\*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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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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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 <sup>1</sup> (g)
Wed - 03/15/2017																
BCE Breakfast	Total	75														
Muffin Blueberry WG 1.9oz	1 each	30	47	7	30	0.72	0.30	2.1	14	0.27	3	0.96	7.78	0.96	0.20	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			385	24	350	5.48	3.04	415.4	986	28.58	*38	15.01	66.73	7.49	2.90	0.00
% of Calories											*39.2%	15.6%	69.3%	17.5%	6.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 03/16/2017																
BCE Breakfast	Total	75														
Pancake Mini Maple WG Burst	serving	30	88	4	155	1.67	1.13	25.1	209	0.0	5	1.67	14.65	2.51	0.42	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			426	21	475	6.43	3.87	438.4	1181	28.31	*39	15.73	73.61	9.04	3.12	0.00
% of Calories											*37.0%	14.8%	69.1%	19.1%	6.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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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 <sup>1</sup> (g)
Fri - 03/17/2017																
BCE Breakfast	Total	75														
Pancake & Pork Sausage Stick	1 each	30	75	11	162	0.64	0.40	5.2	1	0.0	4	3.6	9.59	2.4	0.80	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			413	28	482	5.40	3.14	418.5	973	28.31	*39	17.65	68.55	8.93	3.50	0.00
% of Calories											*37.8%	17.1%	66.4%	19.4%	7.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 03/20/2017																
BCE Breakfast	Total	75														
Breakfast Burrito w/egg, chees	serving	30	74	22	89	1.28	0.65	42.3	102	0.48	0	3.81	8.43	3.01	1.23	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			412	39	409	6.04	3.39	455.6	1074	28.79	*35	17.86	67.38	9.54	3.94	0.00
% of Calories											*33.8%	17.3%	65.4%	20.8%	8.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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

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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

## Planned Menu Spreadsheet

BCE Breakfast

### Weighted Values - Detailed

007 - BCE Breakfast

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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 <sup>1</sup> (g)
Tue - 03/21/2017																
BCE Breakfast	Total	75														
French Toast WG Cinnmon Glazed	1 each	30	88	52	148	1.20	0.83	38.1	88	0.0	3	4.0	13.2	2.8	0.80	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
SYRUP,PANCAKE	1 TBSP	30	18	0	6	0.00	0.00	0.2	0	0.0	2	0.0	4.83	0.0	0.00	*N/A*
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			444	69	475	5.96	3.57	451.6	1060	28.31	*40	18.06	76.98	9.33	3.50	*0.00
% of Calories											*35.7%	16.3%	69.3%	18.9%	7.1%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 03/22/2017																
BCE Breakfast	Total	75														
Muffin Blueberry WG 1.9oz	1 each	30	47	7	30	0.72	0.30	2.1	14	0.27	3	0.96	7.78	0.96	0.20	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			385	24	350	5.48	3.04	415.4	986	28.58	*38	15.01	66.73	7.49	2.90	0.00
% of Calories											*39.2%	15.6%	69.3%	17.5%	6.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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

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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

## Planned Menu Spreadsheet

BCE Breakfast

### Weighted Values - Detailed

007 - BCE Breakfast

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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 <sup>1</sup> (g)
Thu - 03/23/2017																
BCE Breakfast	Total	75														
Pancake Mini Maple WG Burst	1 serving	30	88	4	155	1.67	1.13	25.1	209	0.0	5	1.67	14.65	2.51	0.42	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			426	21	475	6.43	3.87	438.4	1181	28.31	*39	15.73	73.61	9.04	3.12	0.00
% of Calories											*37.0%	14.8%	69.1%	19.1%	6.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 03/24/2017																
BCE Breakfast	Total	75														
Pancake & Pork Sausage Stick	1 each	30	75	11	162	0.64	0.40	5.2	1	0.0	4	3.6	9.59	2.4	0.80	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			413	28	482	5.40	3.14	418.5	973	28.31	*39	17.65	68.55	8.93	3.50	0.00
% of Calories											*37.8%	17.1%	66.4%	19.4%	7.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

\*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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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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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 <sup>1</sup> (g)
Mon - 03/27/2017																
BCE Breakfast	Total	75														
Breakfast Burrito w/egg, chees	1 serving	30	74	22	89	1.28	0.65	42.3	102	0.48	0	3.81	8.43	3.01	1.23	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			412	39	409	6.04	3.39	455.6	1074	28.79	*35	17.86	67.38	9.54	3.94	0.00
% of Calories											*33.8%	17.3%	65.4%	20.8%	8.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

	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 <sup>1</sup> (g)
Tue - 03/28/2017																
BCE Breakfast	Total	75														
French Toast WG Cinnmon Glazed	1 each	30	88	52	148	1.20	0.83	38.1	88	0.0	3	4.0	13.2	2.8	0.80	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
SYRUP,PANCAKE	1 TBSP	30	18	0	6	0.00	0.00	0.2	0	0.0	2	0.0	4.83	0.0	0.00	*N/A*
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			444	69	475	5.96	3.57	451.6	1060	28.31	*40	18.06	76.98	9.33	3.50	*0.00
% of Calories											*35.7%	16.3%	69.3%	18.9%	7.1%	*0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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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 <sup>1</sup> (g)
Wed - 03/29/2017																
BCE Breakfast	Total	75														
Muffin Blueberry WG 1.9oz	1 each	30	47	7	30	0.72	0.30	2.1	14	0.27	3	0.96	7.78	0.96	0.20	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			385	24	350	5.48	3.04	415.4	986	28.58	*38	15.01	66.73	7.49	2.90	0.00
% of Calories											*39.2%	15.6%	69.3%	17.5%	6.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 03/30/2017																
BCE Breakfast	Total	75														
Pancake Mini Maple WG Burst	serving	30	88	4	155	1.67	1.13	25.1	209	0.0	5	1.67	14.65	2.51	0.42	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			426	21	475	6.43	3.87	438.4	1181	28.31	*39	15.73	73.61	9.04	3.12	0.00
% of Calories											*37.0%	14.8%	69.1%	19.1%	6.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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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 <sup>1</sup> (g)
Fri - 03/31/2017																
BCE Breakfast	Total	75														
Pancake & Pork Sausage Stick	1 each	30	75	11	162	0.64	0.40	5.2	1	0.0	4	3.6	9.59	2.4	0.80	0.00
Yogurt 4oz Trix	1 each	10	12	0	7	0.00	0.00	13.4	67	0.0	*N/A*	0.54	0.8	0.13	0.00	0.00
Cereal Asst. BPK General Mills	Serving	20	33	0	48	0.74	1.23	44.1	136	1.63	2	0.46	7.09	0.66	0.07	0.00
Bagel Lenders WW IW 2oz SLV	1 EA	15	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Cream Cheese Light	1 each	15	8	2	20	0.00	0.00	4.0	60	0.0	0	0.4	0.2	0.7	0.40	0.00
Cracker Graham LF Honey MJM	1 each	30	41	0	52	0.74	1.00	0.0	108	1.34	3	0.74	7.43	1.3	0.19	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	25	0	0	1.16	0.06	2.9	26	2.23	5	0.13	6.7	0.08	0.01	0.00
ORANGES	1 EACH	20	12	0	0	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0	0.70	0.07	1.3	17	2.34	3	0.29	6.15	0.09	0.03	0.00
Juice Variety Sm Box	1 each	15	12	0	1	0.00	0.00	0.0	0	6.34	*N/A*	0.0	2.8	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	93	13	93	0.00	0.00	233.3	333	0.8	9	6.67	9.33	3.33	2.00	0.00
MILK,FF Chocolate	HALF PINT	25	50	2	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			413	28	482	5.40	3.14	418.5	973	28.31	*39	17.65	68.55	8.93	3.50	0.00
% of Calories											*37.8%	17.1%	66.4%	19.4%	7.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Weighted Average			415	35	438	5.85	3.40	434.3	1054	28.45	*38	16.77	70.52	8.82	3.37	*0.00
											*82.8%	16.2%	68.0%	19.1%	7.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	415		350 - 500	100%				
Cholesterol (mg)	35							
Sodium (mg)	438		540					
Fiber (g)	5.85							
Iron (mg)	3.40							
Calcium (mg)	434.3							
Vitamin A (IU)	1054							
Sugars (g)	38	36.82%			Missing			
Vitamin C (mg)	28.45							
Protein (g)	16.77	16.16%						
Carbohydrate (g)	70.52	67.96%						
Total Fat (g)	8.82	19.12%	<=30.00%					
Saturated Fat (g)	3.37	7.30%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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\* - 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.