

San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/02/2017															
BCE Breakfast	Total	75													
Breakfast Burrito w/egg, chees	1 serving	30	74	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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 - 10/03/2017															
BCE Breakfast	Total	75													
FRENCH TOAST STICKS	1 SERVING	30	96	104	0.80	0.29	16.0	0	0.0	4	2.4	15.2	2.8	0.40	0.00
Yogurt 4oz Trix	1 each	10	12	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			452	431	5.56	3.03	429.5	972	28.31	*40	16.46	78.98	9.33	3.10	*0.00
% of Calories										*35.8%	14.6%	69.8%	18.6%	6.2%	*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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/04/2017															
BCE Breakfast	Total	75													
Muffin Blueberry WG 1.9oz	1 each	30	47	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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 - 10/05/2017															
BCE Breakfast	Total	75													
Pancake Mini Maple WG Burst	serving	30	92	108	1.20	0.29	24.0	0	0.0	6	1.6	16.0	2.8	0.40	0.00
Yogurt 4oz Trix	1 each	10	12	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			430	428	5.96	3.03	437.3	972	28.31	*40	15.66	74.95	9.33	3.10	0.00
% of Calories										*37.6%	14.6%	69.7%	19.5%	6.5%	0.0%
Nutrient Guideline			350-500	540									<=30.0	<10.00	

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BCE Breakfast

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/06/2017															
BCE Breakfast	Total	75													
Pancake & Pork Sausage Stick	1 each	30	75	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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	

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/09/2017															
BCE Breakfast	Total	75													
Breakfast Burrito w/egg, chees	serving	30	74	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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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BCE Breakfast

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	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 - 10/10/2017															
BCE Breakfast	Total	75													
FRENCH TOAST STICKS	1 SERVING	30	96	104	0.80	0.29	16.0	0	0.0	4	2.4	15.2	2.8	0.40	0.00
Yogurt 4oz Trix	1 each	10	12	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			452	431	5.56	3.03	429.5	972	28.31	*40	16.46	78.98	9.33	3.10	*0.00
% of Calories										*35.8%	14.6%	69.8%	18.6%	6.2%	*0.0%
Nutrient Guideline			350-500	540									<=30.0	<10.00	

Wed - 10/11/2017															
BCE Breakfast	Total	75													
Muffin Blueberry WG 1.9oz	1 each	30	47	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/12/2017															
BCE Breakfast	Total	75													
Pancake Mini Maple WG Burst	1 serving	30	92	108	1.20	0.29	24.0	0	0.0	6	1.6	16.0	2.8	0.40	0.00
Yogurt 4oz Trix	1 each	10	12	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			430	428	5.96	3.03	437.3	972	28.31	*40	15.66	74.95	9.33	3.10	0.00
% of Calories										*37.6%	14.6%	69.7%	19.5%	6.5%	0.0%
Nutrient Guideline			350-500	540									<=30.0	<10.00	

Fri - 10/13/2017															
BCE Breakfast	Total	75													
Pancake & Pork Sausage Stick	1 each	30	75	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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

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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	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 - 10/16/2017															
BCE Breakfast	Total	75													
Breakfast Burrito w/egg, chees	1 serving	30	74	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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 - 10/17/2017															
BCE Breakfast	Total	75													
FRENCH TOAST STICKS	1 SERVING	30	96	104	0.80	0.29	16.0	0	0.0	4	2.4	15.2	2.8	0.40	0.00
Yogurt 4oz Trix	1 each	10	12	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			452	431	5.56	3.03	429.5	972	28.31	*40	16.46	78.98	9.33	3.10	*0.00
% of Calories										*35.8%	14.6%	69.8%	18.6%	6.2%	*0.0%
Nutrient Guideline			350-500	540									<=30.0	<10.00	

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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/18/2017															
BCE Breakfast	Total	75													
Muffin Blueberry WG 1.9oz	1 each	30	47	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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 - 10/19/2017															
BCE Breakfast	Total	75													
Pancake Mini Maple WG Burst	serving	30	92	108	1.20	0.29	24.0	0	0.0	6	1.6	16.0	2.8	0.40	0.00
Yogurt 4oz Trix	1 each	10	12	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			430	428	5.96	3.03	437.3	972	28.31	*40	15.66	74.95	9.33	3.10	0.00
% of Calories										*37.6%	14.6%	69.7%	19.5%	6.5%	0.0%
Nutrient Guideline			350-500	540									<=30.0	<10.00	

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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/20/2017															
BCE Breakfast	Total	75													
Pancake & Pork Sausage Stick	1 each	30	75	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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 - 10/23/2017															
BCE Breakfast	Total	75													
Breakfast Burrito w/egg, chees	serving	30	74	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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	Portion Size	Plan Qty	Cals (kcal)	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 - 10/24/2017															
BCE Breakfast	Total	75													
FRENCH TOAST STICKS	1 SERVING	30	96	104	0.80	0.29	16.0	0	0.0	4	2.4	15.2	2.8	0.40	0.00
Yogurt 4oz Trix	1 each	10	12	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			452	431	5.56	3.03	429.5	972	28.31	*40	16.46	78.98	9.33	3.10	*0.00
% of Calories										*35.8%	14.6%	69.8%	18.6%	6.2%	*0.0%
Nutrient Guideline			350-500	540									<=30.0	<10.00	

Wed - 10/25/2017															
BCE Breakfast	Total	75													
Muffin Blueberry WG 1.9oz	1 each	30	47	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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	Portion Size	Plan Qty	Cals (kcal)	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 - 10/26/2017															
BCE Breakfast	Total	75													
Pancake Mini Maple WG Burst	1 serving	30	92	108	1.20	0.29	24.0	0	0.0	6	1.6	16.0	2.8	0.40	0.00
Yogurt 4oz Trix	1 each	10	12	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			430	428	5.96	3.03	437.3	972	28.31	*40	15.66	74.95	9.33	3.10	0.00
% of Calories										*37.6%	14.6%	69.7%	19.5%	6.5%	0.0%
Nutrient Guideline			350-500	540									<=30.0	<10.00	

	Portion Size	Plan Qty	Cals (kcal)	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 - 10/27/2017															
BCE Breakfast	Total	75													
Pancake & Pork Sausage Stick	1 each	30	75	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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	Portion Size	Plan Qty	Cals (kcal)	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 - 10/30/2017															
BCE Breakfast	Total	75													
Breakfast Burrito w/egg, chees	1 serving	30	74	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	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	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 - 10/31/2017															
BCE Breakfast	Total	75													
FRENCH TOAST STICKS	1 SERVING	30	96	104	0.80	0.29	16.0	0	0.0	4	2.4	15.2	2.8	0.40	0.00
Yogurt 4oz Trix	1 each	10	12	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	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	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	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	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	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	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	0.61	0.03	10.2	58	13.62	2	0.24	3.01	0.03	0.00	0.00
BANANAS	1 EACH	20	24	0	0.70	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	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	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	67	0.00	0.00	100.0	167	0.0	9	3.0	9.67	0.0	0.00	0.00
Weighted Daily Average			452	431	5.56	3.03	429.5	972	28.31	*40	16.46	78.98	9.33	3.10	*0.00
% of Calories										*35.8%	14.6%	69.8%	18.6%	6.2%	*0.0%
Nutrient Guideline			350-500	540									<=30.0	<10.00	

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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

BCE Breakfast

Weighted Values - Detailed

007 - BCE Breakfast

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			420	420	5.70	3.13	432.3	998	28.47	*38 *82.3%	16.59 15.8%	71.49 68.1%	8.97 19.2%	3.33 7.1%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	420		350 - 500	100%				
Sodium (mg)	420		540					
Fiber (g)	5.70							
Iron (mg)	3.13							
Calcium (mg)	432.3							
Vitamin A (IU)	998							
Sugars (g)	38	36.60%			Missing			
Vitamin C (mg)	28.47							
Protein (g)	16.59	15.81%						
Carbohydrate (g)	71.49	68.12%						
Total Fat (g)	8.97	19.23%	<=30.00%					
Saturated Fat (g)	3.33	7.14%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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