

San Lorenzo Valley USD

May 1, 2018 thru May 31, 2018

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

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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)
Tue - 05/01/2018															
Elementary Lunch (k-5)	Total	175													
Pizza Cheese WW Tony & Alba	Slice	175	310	620	4.00	2.70	250.0	300	1.2	3	16.0	34.0	13.0	7.00	0.00
Salad Bar Pizza Day (tues)	Servings	175	128	59	7.03	1.05	37.5	10262	35.49	*19	1.21	32.59	0.45	0.07	0.00
Ranch Dressing R/F	serving	175	56	318	0.31	0.20	11.3	19	0.17	1	0.35	6.05	3.52	0.35	0.02
MILK,1% Lowfat	HALF PINT	50	40	40	0.00	0.00	100.0	143	0.34	4	2.86	4.0	1.43	0.86	0.00
MILK,FF Chocolate	HALF PINT	125	107	143	0.00	0.00	214.3	357	0.0	19	6.43	20.71	0.0	0.00	0.00
Weighted Daily Average			641	1179	11.34	3.95	613.1	11081	37.20	*46	26.85	97.36	18.40	8.28	0.02
% of Calories										*28.9%	16.8%	60.8%	25.8%	11.6%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 05/02/2018															
Elementary Lunch (k-5)	Total	100													
TURKEY AND DRESSING SUPRE ME	SERVINGS	100	271	441	0.79	2.20	55.0	366	0.4	*N/A*	19.78	18.31	12.62	2.92	*N/A*
ROLL, DINNER WG SB-220	SERVING	100	90	120	1.00	0.72	0.0	0	0.0	2	2.0	18.0	1.0	0.00	0.00
Salad Bar (wed) Elem	1 cup	100	144	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
MILK,1% Lowfat	HALF PINT	25	35	35	0.00	0.00	87.5	125	0.3	4	2.5	3.5	1.25	0.75	0.00
MILK,FF Chocolate	HALF PINT	75	113	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
Weighted Daily Average			652	785	8.11	4.55	425.0	1572	66.18	*44	33.44	97.78	15.48	3.81	*0.00
% of Calories										*27.3%	20.5%	60.0%	21.4%	5.3%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 05/03/2018															
Elementary Lunch (k-5)	Total	125													
Bosco Stick (2 stick)	serving	125	440	580	6.00	3.60	400.0	400	0.0	4	24.0	56.0	14.0	6.00	0.00
Salad Bar mex (thur)	Serving	125	146	179	5.57	1.32	44.1	4123	18.43	*5	3.36	34.68	1.29	0.22	0.00
Taco Sauce	1 ea	75	4	76	0.05	0.06	0.8	25	0.05	*N/A*	0.06	0.82	0.03	0.01	*N/A*
Ranch Dressing R/F	serving	75	33	191	0.19	0.12	6.8	11	0.1	1	0.21	3.63	2.11	0.21	0.01
Mustard Hellmann's Pump	Serving	50	0	272	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			771	1486	11.81	5.11	761.7	5060	18.82	*34	36.83	121.13	18.44	7.05	*0.01
% of Calories										*17.6%	19.1%	62.8%	21.5%	8.2%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Planned Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru May 31, 2018

Elementary Lunch (k-5)

002 - BCE Elementary Lunch

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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)
Fri - 05/04/2018															
Elementary Lunch (k-5)	Total	125													
Chicken Nuggets WG	(7 PIECES)	125	252	630	2.80	2.52	56.0	0	0.0	*N/A*	18.2	19.6	11.2	2.10	0.00
Salad Bar veggie (Fri)	1 cup	125	88	24	2.94	0.85	27.0	623	37.49	*2	2.02	22.06	0.41	0.09	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			488	842	5.74	3.37	393.0	1123	37.73	*26	29.42	67.66	12.61	2.79	0.00
% of Calories										*21.3%	24.1%	55.4%	23.2%	5.1%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 05/07/2018															
Elementary Lunch (k-5)	Total	100													
WG Crispy Chicken Rings	Serving	100	303	455	1.26	1.82	25.3	126	0.0	1	21.48	15.17	17.69	3.16	0.00
Salad Bar Beans (mon)	serving	100	227	199	11.96	2.82	100.8	4299	59.23	*16	9.54	45.58	2.16	0.12	0.00
MILK,1% Lowfat	HALF PINT	50	70	70	0.00	0.00	175.0	250	0.6	7	5.0	7.0	2.5	1.50	0.00
MILK,FF Chocolate	HALF PINT	50	75	100	0.00	0.00	150.0	250	0.0	14	4.5	14.5	0.0	0.00	0.00
BBQ Sauce 12 gm PKT	Serving	50	8	42	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Ketchup Hellmann's Pump	portion	25	17	167	0.00	0.00	0.0	167	0.0	*N/A*	0.0	4.17	0.0	0.00	0.00
Weighted Daily Average			699	1034	13.22	4.64	451.0	5092	59.83	*38	40.52	88.41	22.35	4.78	0.00
% of Calories										*21.5%	23.2%	50.6%	28.8%	6.1%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 05/08/2018															
Elementary Lunch (k-5)	Total	175													
Pizza Cheese WW Tony & Alba	Slice	175	310	620	4.00	2.70	250.0	300	1.2	3	16.0	34.0	13.0	7.00	0.00
Salad Bar Pizza Day (tues)	Servings	175	128	59	7.03	1.05	37.5	10262	35.49	*19	1.21	32.59	0.45	0.07	0.00
Ranch Dressing R/F	serving	175	56	318	0.31	0.20	11.3	19	0.17	1	0.35	6.05	3.52	0.35	0.02
MILK,1% Lowfat	HALF PINT	50	40	40	0.00	0.00	100.0	143	0.34	4	2.86	4.0	1.43	0.86	0.00
MILK,FF Chocolate	HALF PINT	125	107	143	0.00	0.00	214.3	357	0.0	19	6.43	20.71	0.0	0.00	0.00
Weighted Daily Average			641	1179	11.34	3.95	613.1	11081	37.20	*46	26.85	97.36	18.40	8.28	0.02
% of Calories										*28.9%	16.8%	60.8%	25.8%	11.6%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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

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Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

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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)
Wed - 05/09/2018															
Elementary Lunch (k-5)	Total	100													
Spaghetti with Meatballs	Serving	100	352	736	4.08	2.53	49.1	764	6.97	*N/A*	13.86	32.85	18.29	7.21	*0.00
WG Garlic Toast	Serving	100	140	230	2.00	0.36	0.0	0	0.0	2	3.0	16.0	7.0	1.50	0.00
Salad Bar (wed) Elem	1 cup	100	144	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
MILK,1% Lowfat	HALF PINT	25	35	35	0.00	0.00	87.5	125	0.3	4	2.5	3.5	1.25	0.75	0.00
MILK,FF Chocolate	HALF PINT	75	113	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
Weighted Daily Average			784	1190	12.40	4.52	419.1	1970	72.75	*44	28.51	110.33	27.15	9.60	*0.00
% of Calories										*22.7%	14.6%	56.3%	31.2%	11.0%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=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)
Thu - 05/10/2018															
Elementary Lunch (k-5)	Total	125													
Taco Mini Chicken	Serving	125	319	478	3.99	3.59	199.3	399	2.39	0	16.94	30.9	13.95	4.98	0.00
Salad Bar mex (thur)	Serving	125	146	179	5.57	1.32	44.1	4123	18.43	*5	3.36	34.68	1.29	0.22	0.00
MILK,1% Lowfat	HALF PINT	50	56	56	0.00	0.00	140.0	200	0.48	6	4.0	5.6	2.0	1.20	0.00
MILK,FF Chocolate	HALF PINT	75	90	120	0.00	0.00	180.0	300	0.0	16	5.4	17.4	0.0	0.00	0.00
Taco Sauce	1 ea	75	4	76	0.05	0.06	0.8	25	0.05	*N/A*	0.06	0.82	0.03	0.01	*N/A*
Weighted Daily Average			615	910	9.61	4.98	564.3	5047	21.35	*27	29.77	89.40	17.28	6.42	*0.00
% of Calories										*17.4%	19.4%	58.2%	25.3%	9.4%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=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)
Fri - 05/11/2018															
Elementary Lunch (k-5)	Total	125													
JUMBO TURKEY CORN DOG	SERVING	125	217	814	1.60	3.42	670.0	0	0.0	9	8.7	28.3	7.7	2.50	0.00
Salad Bar veggie (Fri)	1 cup	125	88	24	2.94	0.85	27.0	623	37.49	*2	2.02	22.06	0.41	0.09	0.00
Ranch Dressing R/F	serving	75	33	191	0.19	0.12	6.8	11	0.1	1	0.21	3.63	2.11	0.21	0.01
BBQ Sauce 12 gm PKT	Serving	50	6	34	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.6	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			493	1250	4.73	4.39	1013.7	1135	37.83	*35	20.13	81.59	11.22	3.40	0.01
% of Calories										*28.8%	16.3%	66.3%	20.5%	6.2%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Planned Menu Spreadsheet

Weighted Values - Detailed

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May 1, 2018 thru May 31, 2018

Elementary Lunch (k-5)

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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 - 05/14/2018															
Elementary Lunch (k-5)	Total	100													
HAMBURGER ON A BUN	SERVING	100	358	278	2.00	3.35	18.5	7	0.0	4	23.83	28.0	15.69	5.71	0.59
Salad Bar Beans (mon)	serving	100	227	199	11.96	2.82	100.8	4299	59.23	*16	9.54	45.58	2.16	0.12	0.00
MILK,1% Lowfat	HALF PINT	50	70	70	0.00	0.00	175.0	250	0.6	7	5.0	7.0	2.5	1.50	0.00
MILK,FF Chocolate	HALF PINT	50	75	100	0.00	0.00	150.0	250	0.0	14	4.5	14.5	0.0	0.00	0.00
Ranch Dressing R/F	serving	50	28	159	0.16	0.10	5.7	9	0.09	1	0.18	3.02	1.76	0.18	0.01
Weighted Daily Average			757	806	14.12	6.27	449.9	4815	59.91	*41	43.04	98.10	22.11	7.50	0.60
% of Calories										*21.6%	22.7%	51.8%	26.3%	8.9%	0.7%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 05/15/2018															
Elementary Lunch (k-5)	Total	175													
Pizza Cheese WW Tony & Alba	Slice	175	310	620	4.00	2.70	250.0	300	1.2	3	16.0	34.0	13.0	7.00	0.00
Salad Bar Pizza Day (tues)	Servings	175	128	59	7.03	1.05	37.5	10262	35.49	*19	1.21	32.59	0.45	0.07	0.00
Ranch Dressing R/F	serving	175	56	318	0.31	0.20	11.3	19	0.17	1	0.35	6.05	3.52	0.35	0.02
MILK,1% Lowfat	HALF PINT	50	40	40	0.00	0.00	100.0	143	0.34	4	2.86	4.0	1.43	0.86	0.00
MILK,FF Chocolate	HALF PINT	125	107	143	0.00	0.00	214.3	357	0.0	19	6.43	20.71	0.0	0.00	0.00
Weighted Daily Average			641	1179	11.34	3.95	613.1	11081	37.20	*46	26.85	97.36	18.40	8.28	0.02
% of Calories										*28.9%	16.8%	60.8%	25.8%	11.6%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 05/16/2018															
Elementary Lunch (k-5)	Total	100													
Spaghetti with Meatballs	Serving	100	352	736	4.08	2.53	49.1	764	6.97	*N/A*	13.86	32.85	18.29	7.21	*0.00
WG Garlic Toast	Serving	100	140	230	2.00	0.36	0.0	0	0.0	2	3.0	16.0	7.0	1.50	0.00
Salad Bar (wed) Elem	1 cup	100	144	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
MILK,1% Lowfat	HALF PINT	25	35	35	0.00	0.00	87.5	125	0.3	4	2.5	3.5	1.25	0.75	0.00
MILK,FF Chocolate	HALF PINT	75	113	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
Weighted Daily Average			784	1190	12.40	4.52	419.1	1970	72.75	*44	28.51	110.33	27.15	9.60	*0.00
% of Calories										*22.7%	14.6%	56.3%	31.2%	11.0%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Elementary Lunch (k-5)

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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 - 05/17/2018															
Elementary Lunch (k-5)	Total	125													
Bean and Cheese Burrito 5.75oz	1 ea	125	360	994	4.00	3.40	224.0	891	15.0	*N/A*	15.0	45.0	14.0	6.32	0.00
Salad Bar mex (thur)	Serving	125	146	179	5.57	1.32	44.1	4123	18.43	*5	3.36	34.68	1.29	0.22	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			654	1361	9.58	4.72	578.1	5514	33.67	*29	27.56	105.68	16.29	7.14	0.00
% of Calories										*18.0%	16.9%	64.6%	22.4%	9.8%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 05/18/2018															
Elementary Lunch (k-5)	Total	125													
Pizza Crunchers Rich's	Serving	125	350	380	5.00	2.00	425.0	456	2.0	*N/A*	19.0	40.0	15.0	4.50	0.00
Salad Bar veggie (Fri)	1 cup	125	88	24	2.94	0.85	27.0	623	37.49	*2	2.02	22.06	0.41	0.09	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Ranch Dressing R/F	serving	75	33	191	0.19	0.12	6.8	11	0.1	1	0.21	3.63	2.11	0.21	0.01
Weighted Daily Average			620	782	8.13	2.97	768.8	1591	39.83	*27	30.43	91.69	18.52	5.40	0.01
% of Calories										*17.2%	19.6%	59.2%	26.9%	7.8%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 05/21/2018															
Elementary Lunch (k-5)	Total	100													
Corn Dog Mini	serving	100	275	417	5.09	1.83	152.6	0	0.0	5	10.18	30.53	12.21	3.56	0.00
Salad Bar Beans (mon)	serving	100	227	199	11.96	2.82	100.8	4299	59.23	*16	9.54	45.58	2.16	0.12	0.00
MILK,1% Lowfat	HALF PINT	50	70	70	0.00	0.00	175.0	250	0.6	7	5.0	7.0	2.5	1.50	0.00
MILK,FF Chocolate	HALF PINT	50	75	100	0.00	0.00	150.0	250	0.0	14	4.5	14.5	0.0	0.00	0.00
Ranch Dressing R/F	serving	50	28	159	0.16	0.10	5.7	9	0.09	1	0.18	3.02	1.76	0.18	0.01
Weighted Daily Average			674	945	17.20	4.75	584.1	4808	59.91	*42	29.39	100.63	18.63	5.36	0.01
% of Calories										*24.9%	17.4%	59.7%	24.9%	7.2%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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May 1, 2018 thru May 31, 2018

Elementary Lunch (k-5)

002 - BCE Elementary Lunch

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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 - 05/22/2018															
Elementary Lunch (k-5)	Total	175													
Pizza Cheese WW Tony & Alba	Slice	175	310	620	4.00	2.70	250.0	300	1.2	3	16.0	34.0	13.0	7.00	0.00
Salad Bar Pizza Day (tues)	Servings	175	128	59	7.03	1.05	37.5	10262	35.49	*19	1.21	32.59	0.45	0.07	0.00
Ranch Dressing R/F	serving	175	56	318	0.31	0.20	11.3	19	0.17	1	0.35	6.05	3.52	0.35	0.02
MILK,1% Lowfat	HALF PINT	50	40	40	0.00	0.00	100.0	143	0.34	4	2.86	4.0	1.43	0.86	0.00
MILK,FF Chocolate	HALF PINT	125	107	143	0.00	0.00	214.3	357	0.0	19	6.43	20.71	0.0	0.00	0.00
Weighted Daily Average			641	1179	11.34	3.95	613.1	11081	37.20	*46	26.85	97.36	18.40	8.28	0.02
% of Calories										*28.9%	16.8%	60.8%	25.8%	11.6%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 05/23/2018															
Elementary Lunch (k-5)	Total	100													
Spaghetti with Meatballs	Serving	100	352	736	4.08	2.53	49.1	764	6.97	*N/A*	13.86	32.85	18.29	7.21	*0.00
WG Garlic Toast	Serving	100	140	230	2.00	0.36	0.0	0	0.0	2	3.0	16.0	7.0	1.50	0.00
Salad Bar (wed) Elem	1 cup	100	144	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
MILK,1% Lowfat	HALF PINT	25	35	35	0.00	0.00	87.5	125	0.3	4	2.5	3.5	1.25	0.75	0.00
MILK,FF Chocolate	HALF PINT	75	113	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
Weighted Daily Average			784	1190	12.40	4.52	419.1	1970	72.75	*44	28.51	110.33	27.15	9.60	*0.00
% of Calories										*22.7%	14.6%	56.3%	31.2%	11.0%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 05/24/2018															
Elementary Lunch (k-5)	Total	125													
Pizza French Bread	slice	125	290	600	3.00	2.70	350.1	750	3.6	4	17.01	33.01	11.0	4.50	0.00
Salad Bar mex (thur)	Serving	125	146	179	5.57	1.32	44.1	4123	18.43	*5	3.36	34.68	1.29	0.22	0.00
Taco Sauce	1 ea	75	4	76	0.05	0.06	0.8	25	0.05	*N/A*	0.06	0.82	0.03	0.01	*N/A*
Ranch Dressing R/F	serving	75	33	191	0.19	0.12	6.8	11	0.1	1	0.21	3.63	2.11	0.21	0.01
Mustard Hellmann's Pump	Serving	50	0	272	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			621	1506	8.81	4.21	711.8	5410	22.42	*34	29.84	98.14	15.44	5.55	*0.01
% of Calories										*21.9%	19.2%	63.2%	22.4%	8.0%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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May 1, 2018 thru May 31, 2018

Elementary Lunch (k-5)

002 - BCE Elementary Lunch

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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)
Fri - 05/25/2018															
Elementary Lunch (k-5)	Total	125													
Chicken Nuggets WG	(7 PIECES)	125	252	630	2.80	2.52	56.0	0	0.0	*N/A*	18.2	19.6	11.2	2.10	0.00
Salad Bar veggie (Fri)	1 cup	125	88	24	2.94	0.85	27.0	623	37.49	*2	2.02	22.06	0.41	0.09	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			488	842	5.74	3.37	393.0	1123	37.73	*26	29.42	67.66	12.61	2.79	0.00
% of Calories										*21.3%	24.1%	55.4%	23.2%	5.1%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Mon - 05/28/2018															
Elementary Lunch (k-5)	Total	100													
HOLIDAY	SERVING	100	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Tue - 05/29/2018															
Elementary Lunch (k-5)	Total	175													
Pizza Cheese WW Tony & Alba	Slice	175	310	620	4.00	2.70	250.0	300	1.2	3	16.0	34.0	13.0	7.00	0.00
Salad Bar Pizza Day (tues)	Servings	175	128	59	7.03	1.05	37.5	10262	35.49	*19	1.21	32.59	0.45	0.07	0.00
Ranch Dressing R/F	serving	175	56	318	0.31	0.20	11.3	19	0.17	1	0.35	6.05	3.52	0.35	0.02
MILK,1% Lowfat	HALF PINT	50	40	40	0.00	0.00	100.0	143	0.34	4	2.86	4.0	1.43	0.86	0.00
MILK,FF Chocolate	HALF PINT	125	107	143	0.00	0.00	214.3	357	0.0	19	6.43	20.71	0.0	0.00	0.00
Weighted Daily Average			641	1179	11.34	3.95	613.1	11081	37.20	*46	26.85	97.36	18.40	8.28	0.02
% of Calories										*28.9%	16.8%	60.8%	25.8%	11.6%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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San Lorenzo Valley USD

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May 1, 2018 thru May 31, 2018

Elementary Lunch (k-5)

002 - BCE Elementary Lunch

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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)
Wed - 05/30/2018															
Elementary Lunch (k-5)	Total	100													
TURKEY AND DRESSING SUPREME	SERVINGS	100	271	441	0.79	2.20	55.0	366	0.4	*N/A*	19.78	18.31	12.62	2.92	*N/A*
ROLL, DINNER WG SB-220	SERVING	100	90	120	1.00	0.72	0.0	0	0.0	2	2.0	18.0	1.0	0.00	0.00
Salad Bar (wed) Elem	1 cup	100	144	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
MILK,1% Lowfat	HALF PINT	25	35	35	0.00	0.00	87.5	125	0.3	4	2.5	3.5	1.25	0.75	0.00
MILK,FF Chocolate	HALF PINT	75	113	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
Weighted Daily Average			652	785	8.11	4.55	425.0	1572	66.18	*44	33.44	97.78	15.48	3.81	*0.00
% of Calories										*27.3%	20.5%	60.0%	21.4%	5.3%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Thu - 05/31/2018															
Elementary Lunch (k-5)	Total	125													
Quesadilla, Cheese Wedge	serving	125	340	910	3.00	0.36	300.0	500	0.0	*N/A*	15.0	41.0	13.0	4.00	0.00
Salad Bar mex (thur)	Serving	125	146	179	5.57	1.32	44.1	4123	18.43	*5	3.36	34.68	1.29	0.22	0.00
MILK,1% Lowfat	HALF PINT	50	56	56	0.00	0.00	140.0	200	0.48	6	4.0	5.6	2.0	1.20	0.00
MILK,FF Chocolate	HALF PINT	75	90	120	0.00	0.00	180.0	300	0.0	16	5.4	17.4	0.0	0.00	0.00
Taco Sauce	1 ea	75	4	76	0.05	0.06	0.8	25	0.05	*N/A*	0.06	0.82	0.03	0.01	*N/A*
Weighted Daily Average			636	1341	8.62	1.75	664.9	5148	18.95	*27	27.82	99.50	16.33	5.43	*0.00
% of Calories										*16.8%	17.5%	62.6%	23.1%	7.7%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Weighted Average															
			653	1097	10.34	4.22	568.5	5015	44.75	*38	30.04	96.50	18.47	6.43	*0.03
										*52.5%	18.4%	59.1%	25.4%	8.9%	*0.0%

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Elementary Lunch (k-5)

002 - BCE Elementary Lunch

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Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	653		550 - 650		101%					3	Correction Required - Calories too High						
Sodium (mg)	1097		1230														
Fiber (g)	10.34		6.00		172%												
Iron (mg)	4.22		3.50		121%												
Calcium (mg)	568.5		286.00		199%												
Vitamin A (IU)	5015		1120		448%												
Sugars (g)	38	23.35%				Missing											
Vitamin C (mg)	44.75		15.00		298%												
Protein (g)	30.04	18.39%	10.00		300%												
Carbohydrate (g)	96.50	59.07%															
Total Fat (g)	18.47	25.43%	<=30.00%														
Saturated Fat (g)	6.43	8.85%	<10.00%														
Trans Fat ¹ (g)	0.03	0.05%				Missing											

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