

San Lorenzo Valley USD
Elementary Lunch (k-5)
HHFKA - K-5
002 - BCE Elementary Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																						
				Dec - 1 Chicken Nuggets WG Tater Tots, Salad Bar Veggie (Fri) MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">585 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1186 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">6.7 g 112%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.8 mg 108%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">399.8 mg 140%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1136 IU 101%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">30.4g 20.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">78.8g 53.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">17.9g 27.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.4g 6.7%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	585 100%	Sodium.	1186 mg	Fiber..	6.7 g 112%	Iron...	3.8 mg 108%	Calcium	399.8 mg 140%	Vit A	1136 IU 101%	Prot	30.4g 20.8%Cal	Carb	78.8g 53.9%Cal	T.Fat	17.9g 27.5%Cal	S.Fat	4.4g 6.7%Cal
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Dec - 4 WG POPCORN CHICKE Salad Bar Beans (mon) MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F BBQ Sauce 12 gm PKT	Dec - 5 Pizza Cheese WW Tony Salad Bar Pizza Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Dec - 6 Bosco Stick (2 stick) Salad Bar MILK,1% Lowfat MILK,FF Chocolate	Dec - 7 Beef Chili with Beans RF Salad Bar Mex MILK,1% Lowfat MILK,FF Chocolate	Dec - 8 JUMBO TURKEY CORN Salad Bar Veggie (Fri) Ranch Dressing R/F Mustard Hellmann's Pum MILK,1% Lowfat MILK,FF Chocolate	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">631 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1056 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">11.2 g 186%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.0 mg 143%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">665.0 mg 233%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">5094 IU 455%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">30.5g 19.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">96.4g 61.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">16.1g 22.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.6g 7.9%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	631 100%	Sodium.	1056 mg	Fiber..	11.2 g 186%	Iron...	5.0 mg 143%	Calcium	665.0 mg 233%	Vit A	5094 IU 455%	Prot	30.5g 19.3%Cal	Carb	96.4g 61.1%Cal	T.Fat	16.1g 22.9%Cal	S.Fat	5.6g 7.9%Cal
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Dec - 11 Chicken Drumstick Bread Breaded Onion Rings Salad Bar Beans (mon) MILK,1% Lowfat MILK,FF Chocolate BBQ Sauce 12 gm PKT Ketchup Hellmann's Pum	Dec - 12 Pizza Cheese WW Tony Salad Bar Pizza Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Dec - 13 Grilled Cheese Sandwich Salad Bar Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Dec - 14 Pizza Crunchers Rich's Salad Bar Veggie (Fri) Ranch Dressing R/F Mustard Hellmann's Pum MILK,1% Lowfat MILK,FF Chocolate	Dec - 15 Chicken Nuggets WG Tater Tots, Salad Bar Veggie (Fri) MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">653 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1197 mg</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">10.4 g 173%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.8 mg 109%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">638.4 mg 223%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">4127 IU 369%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">30.8g 18.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">95.9g 58.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">18.7g 25.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.2g 8.5%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	653 100%	Sodium.	1197 mg	Fiber..	10.4 g 173%	Iron...	3.8 mg 109%	Calcium	638.4 mg 223%	Vit A	4127 IU 369%	Prot	30.8g 18.9%Cal	Carb	95.9g 58.7%Cal	T.Fat	18.7g 25.8%Cal	S.Fat	6.2g 8.5%Cal
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 18	Dec - 19	Dec - 20	Dec - 21		Avg Nutrients Target
Chef Choice	Pizza Cheese WW Tony	Chef Choice	Chef Choice		Cals... 436* 79%
Salad Bar Beans (mon)	Salad Bar Pizza	Salad Bar	Salad Bar Beans (mon)		Sodium. 689* mg
MILK,1% Lowfat	Ranch Dressing R/F	MILK,1% Lowfat	MILK,1% Lowfat		Fiber.. 10.4* g 173%
MILK,FF Chocolate	MILK,1% Lowfat	MILK,FF Chocolate	MILK,FF Chocolate		Iron... 2.8* mg 80%
BBQ Sauce 12 gm PKT	MILK,FF Chocolate	BBQ Sauce 12 gm PKT	BBQ Sauce 12 gm PKT		Calcium461.8* mg 161%
Ketchup Hellmann's Pum		Ketchup Hellmann's Pum	Ketchup Hellmann's Pum		Vit A 5596* IU 500%
					Prot 19.2*g 17.6%Cal
					Carb 76.9*g 70.5%Cal
					T.Fat 7.7*g 15.9%Cal
					S.Fat 3.3*g 6.8%Cal

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