

San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 1

Generated on: 9/21/2017 2:38:41 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	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																
Elementary Lunch (k-5)	Total	100														
WG Crispy Chicken Rings	Serving	95	288	48	432	1.20	1.73	24.0	120	0.0	1	20.41	14.41	16.81	3.00	0.00
Veggie Burger Don Lee	Serving	5	16	0	33	0.20	0.07	0.0	0	0.0	*0	0.3	1.82	0.55	0.07	0.00
Salad Bar Beans (mon)	serving	100	227	0	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	10	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	3	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	0	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	0	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			700	61	1044	13.36	4.62	449.8	5085	59.83	*38	39.75	89.48	22.01	4.69	0.00
% of Calories											*21.5%	22.7%	51.1%	28.3%	6.0%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/03/2017																
Elementary Lunch (k-5)	Total	175														
Pizza Cheese WW Tony & Alba	Slice	175	310	40	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	0	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	5	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	6	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	4	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	54	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	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/04/2017																
Elementary Lunch (k-5)	Total	100														
Bosco Stick (2 stick)	serving	100	440	30	580	6.00	3.60	400.0	400	0.0	4	24.0	56.0	14.0	6.00	0.00
Salad Bar (wed) Elem	1 cup	100	144	0	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	5	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	4	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
Weighted Daily Average			731	39	804	12.32	5.23	770.0	1606	65.78	46	35.66	117.48	15.86	6.89	0.00
% of Calories											25.4%	19.5%	64.3%	19.5%	8.5%	0.0%
Nutrient Guideline			550-650	100	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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Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 2

Generated on: 9/21/2017 2:38:42 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	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 - 10/05/2017																
Elementary Lunch (k-5)	Total	125														
Beef Chili with Beans RF	5.83 servin	125	367	77	541	7.81	5.36	92.7	2117	31.41	15	23.89	43.18	12.16	3.51	0.00
Salad Bar mex (thur)	Serving	125	146	0	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	8	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	3	120	0.00	0.00	180.0	300	0.0	16	5.4	17.4	0.0	0.00	0.00
Weighted Daily Average			659	88	897	13.39	6.68	456.8	6741	50.32	*42	36.65	100.86	15.46	4.93	0.00
% of Calories											*25.4%	22.2%	61.2%	21.1%	6.7%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 10/06/2017																
Elementary Lunch (k-5)	Total	125														
JUMBO TURKEY CORN DOG	SERVING	125	217	42	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	0	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	3	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	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	4	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	4	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			487	53	1489	4.73	4.39	1013.7	1135	37.83	*35	20.13	79.99	11.22	3.40	0.01
% of Calories											*29.2%	16.6%	65.8%	20.8%	6.3%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/09/2017																
Elementary Lunch (k-5)	Total	100														
Chicken Drumstick Breaded Cook	serving	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breaded Onion Rings	Serving	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad Bar Beans (mon)	serving	100	227	0	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	10	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	3	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	0	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	0	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			396	12	579	11.96	2.82	425.8	4965	59.83	*36	19.04	73.25	4.66	1.62	0.00
% of Calories											*36.7%	19.2%	74.0%	10.6%	3.7%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 3

Generated on: 9/21/2017 2:38:42 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 ¹ (g)
Tue - 10/10/2017																
Elementary Lunch (k-5)	Total	175														
Pizza Cheese WW Tony & Alba	Slice	175	310	40	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	0	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	5	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	6	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	4	143	0.00	0.00	214.3	357	0.0	19	6.43	20.71	0.0	0.00	0.00
Weighted Daily Average % of Calories			641	54	1179	11.34	3.95	613.1	11081	37.20	*46 *28.9%	26.85 16.8%	97.36 60.8%	18.40 25.8%	8.28 11.6%	0.02 0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/11/2017																
Elementary Lunch (k-5)	Total	100														
WG Chicken Sticks	1 serving	100	152	14	228	1.38	1.24	27.7	69	0.0	1	8.99	9.68	8.99	1.73	0.00
Salad Bar (wed) Elem	1 cup	100	144	0	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	5	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	4	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
BBQ Sauce 12 gm PKT	Serving	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Ranch Dressing Lite HV Dipper	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			443	23	452	7.70	2.87	397.6	1275	65.78	*43 *38.9%	20.65 18.6%	71.16 64.2%	10.85 22.0%	2.62 5.3%	0.00 0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/12/2017																
Elementary Lunch (k-5)	Total	125														
Curly Sue Pasta w/meatballs	1 cup	125	340	55	434	6.75	3.82	137.9	792	2.27	*7	21.11	48.08	8.48	3.07	*0.00
Salad Bar mex (thur)	Serving	125	146	0	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	8	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	3	120	0.00	0.00	180.0	300	0.0	16	5.4	17.4	0.0	0.00	0.00
Ranch Dressing R/F	serving	100	44	4	254	0.25	0.16	9.1	15	0.14	1	0.28	4.84	2.82	0.28	0.01
Weighted Daily Average % of Calories			677	69	1043	12.57	5.30	511.1	5430	21.31	*34 *20.4%	34.16 20.2%	110.60 65.3%	14.59 19.4%	4.77 6.3%	*0.01 *0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

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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 ¹ (g)
Fri - 10/13/2017																
Elementary Lunch (k-5)	Total	125														
Mac & Cheese RF (Rose & Shore)	serving	125	381	50	621	5.01	1.44	451.0	1754	12.03	2	19.04	37.08	16.04	7.02	0.00
Salad Bar veggie (Fri)	1 cup	125	88	0	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	3	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	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	4	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	4	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			650	61	1296	8.14	2.41	794.8	2888	49.86	*29	30.48	88.77	19.56	7.91	0.01
% of Calories											*17.6%	18.7%	54.6%	27.1%	11.0%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/16/2017																
Elementary Lunch (k-5)	Total	100														
WG POPCORN CHICKEN ELE M CN	serving	95	218	19	323	1.90	1.71	38.0	95	0.0	1	13.3	13.3	12.35	2.37	0.00
Salad Bar Beans (mon)	serving	100	227	0	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	10	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	3	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	0	42	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Ranch Dressing Lite HV Dipper	1 each	25	20	0	73	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.75	1.75	0.25	0.00
Weighted Daily Average			618	31	807	13.86	4.53	468.8	4893	59.83	*37	32.59	83.13	18.76	4.24	0.00
% of Calories											*24.1%	21.1%	53.8%	27.3%	6.2%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/17/2017																
Elementary Lunch (k-5)	Total	175														
Pizza Cheese WW Tony & Alba	Slice	175	310	40	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	0	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	5	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	6	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	4	143	0.00	0.00	214.3	357	0.0	19	6.43	20.71	0.0	0.00	0.00

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Page 5

Generated on: 9/21/2017 2:38:42 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	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 Daily Average			641	54	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	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/18/2017																
Elementary Lunch (k-5)	Total	100														
Teriyaki Chick Rice Bowl Elem.	Serving	100	441	51	622	5.14	2.49	32.5	1429	5.79	*0	24.09	70.34	6.79	1.73	*0.00
Salad Bar (wed) Elem	1 cup	100	144	0	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	5	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	4	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
Weighted Daily Average			732	59	846	11.46	4.12	402.4	2635	71.57	*43	35.75	131.82	8.65	2.63	*0.00
% of Calories											*23.5%	19.5%	72.0%	10.6%	3.2%	*0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/19/2017																
Elementary Lunch (k-5)	Total	125														
WG Cheese Calzone	serving	125	340	30	390	5.00	2.70	350.0	400	9.0	6	24.0	34.0	13.0	7.00	0.00
Salad Bar mex (thur)	Serving	125	146	0	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	8	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	3	120	0.00	0.00	180.0	300	0.0	16	5.4	17.4	0.0	0.00	0.00
Weighted Daily Average			632	41	745	10.57	4.02	714.1	5023	27.91	*33	36.76	91.68	16.29	8.43	0.00
% of Calories											*20.7%	23.3%	58.0%	23.2%	12.0%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 10/20/2017																
Elementary Lunch (k-5)	Total	125														
Chicken Nuggets WG	(7 PIECES)	125	252	28	630	2.80	2.52	56.0	0	0.0	*N/A*	18.2	19.6	11.2	2.10	0.00
Tater Tots,	serving	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Salad Bar veggie (Fri)	1 cup	125	88	0	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	4	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	4	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	3	191	0.19	0.12	6.8	11	0.1	1	0.21	3.63	2.11	0.21	0.01

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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	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 Daily Average			522	39	1032	5.93	3.49	399.8	1135	37.83	*27	29.63	71.29	14.72	3.00	0.01
% of Calories											*20.4%	22.7%	54.7%	25.4%	5.2%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/23/2017																
Elementary Lunch (k-5)	Total	100														
meatloaf patty	1 each	95	180	43	536	0.86	1.80	26.6	129	0.0	*N/A*	14.91	5.61	11.31	4.46	*N/A*
GREEN BEANS: canned,cooked	1 CUP	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
ROLL, DINNER WG SB-220	SERVING	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad Bar Beans (mon)	serving	100	227	0	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	10	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	3	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	0	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	0	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			576	55	1114	12.82	4.62	452.4	5094	59.83	*36	33.95	78.85	15.96	6.08	*0.00
% of Calories											*25.2%	23.6%	54.7%	24.9%	9.5%	*0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/24/2017																
Elementary Lunch (k-5)	Total	175														
Pizza Cheese WW Tony & Alba	Slice	175	310	40	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	0	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	5	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	6	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	4	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	54	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	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 7

Generated on: 9/21/2017 2:38:42 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	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 - 10/25/2017																
Elementary Lunch (k-5)	Total	100														
Lil Nacho Bites	SERVING	100	270	15	440	3.00	1.44	150.0	500	2.4	1	11.0	32.0	10.0	4.00	0.00
Salad Bar (wed) Elem	1 cup	100	144	0	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	5	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	4	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
Taco Sauce	1 ea	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
Weighted Daily Average % of Calories			561	24	664	9.32	3.07	520.0	1706	68.18	*43 *31.0%	22.66 16.1%	93.48 66.6%	11.87 19.0%	4.89 7.8%	*0.00 *0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/26/2017																
Elementary Lunch (k-5)	Total	125														
FIESTA CHICKEN BOWL	1 EA	125	256	70	729	9.15	4.35	105.9	343	19.18	*N/A*	24.91	26.79	5.66	1.60	0.00
Salad Bar mex (thur)	Serving	125	146	0	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	8	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	3	120	0.00	0.00	180.0	300	0.0	16	5.4	17.4	0.0	0.00	0.00
Ranch Dressing R/F	serving	100	44	4	254	0.25	0.16	9.1	15	0.14	1	0.28	4.84	2.82	0.28	0.01
Weighted Daily Average % of Calories			593	84	1339	14.97	5.83	479.1	4981	38.22	*28 *18.6%	37.95 25.6%	89.31 60.2%	11.77 17.9%	3.31 5.0%	0.01 0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 10/27/2017																
Elementary Lunch (k-5)	Total	125														
Pizza Crunchers Rich's	Serving	125	350	30	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	0	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	3	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	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	4	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	4	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average % of Calories			620	41	1055	8.13	2.97	768.8	1591	39.83	*27 *17.2%	30.43 19.6%	91.69 59.2%	18.52 26.9%	5.40 7.8%	0.01 0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 8

Generated on: 9/21/2017 2:38:42 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 ¹ (g)
Mon - 10/30/2017																
Elementary Lunch (k-5)	Total	100														
Chicken Sand. Grilled	1 ea	95	292	71	737	2.81	1.68	0.0	95	0.0	*4	15.13	27.05	13.26	4.27	0.00
Salad Bar Beans (mon)	serving	100	227	0	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	10	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	3	100	0.00	0.00	150.0	250	0.0	14	4.5	14.5	0.0	0.00	0.00
Ketchup Hellmann's Pump	portion	25	17	0	167	0.00	0.00	0.0	167	0.0	*N/A*	0.0	4.17	0.0	0.00	0.00
Ranch Dressing R/F	serving	50	28	2	159	0.16	0.10	5.7	9	0.09	1	0.18	3.02	1.76	0.18	0.01
Weighted Daily Average			708	86	1432	14.93	4.60	431.4	5070	59.91	*41	34.35	101.32	19.68	6.06	0.01
% of Calories											*22.9%	19.4%	57.2%	25.0%	7.7%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Tue - 10/31/2017																
Elementary Lunch (k-5)	Total	175														
Pizza Cheese WW Tony & Alba	Slice	175	310	40	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	0	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	5	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	6	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	4	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	54	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	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Weighted Average			614	52	1024	11.04	4.15	569.2	5303	48.17	*39	30.22	93.22	15.57	5.56	*0.01
											*56.6%	19.7%	60.7%	22.8%	8.1%	*0.0%

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San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 9

Generated on: 9/21/2017 2:38:42 PM

Nutrient	Menu AVG	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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	614		550 - 650	100%													
Cholesterol (mg)	52		100	52%													
Sodium (mg)	1024		1230														
Fiber (g)	11.04		6.00	184%													
Iron (mg)	4.15		3.50	119%													
Calcium (mg)	569.2		286.00	199%													
Vitamin A (IU)	5303		1120	473%													
Sugars (g)	39	25.16%			Missing												
Vitamin C (mg)	48.17		15.00	321%													
Protein (g)	30.22	19.69%	10.00	302%													
Carbohydrate (g)	93.22	60.73%															
Total Fat (g)	15.57	22.81%	<=30.00%														
Saturated Fat (g)	5.56	8.15%	<10.00%														
Trans Fat ¹ (g)	0.01	0.01%			Missing												

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