

San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 1

Generated on: 2/21/2017 12:49:39 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)
Wed - 03/01/2017																
Elementary Lunch (k-5)	Total	100														
Cheeseburger Mini's	100 serving	100	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Salad Bar Beans (mon)	100 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 Single Serve 7gm	PC packet	50	5	0	32	0.00	0.00	0.0	0	0.0	1	0.0	1.0	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			676	60	916	14.72	5.72	513.4	4908	59.91	*41	38.92	102.40	14.22	4.69	0.01
% of Calories											*24.4%	23.0%	60.5%	18.9%	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	

Thu - 03/02/2017																
Elementary Lunch (k-5)	Total	125														
Taquito, Chicken & Cheese	125 serving	125	220	20	270	2.00	1.44	40.0	200	0.0	0	8.0	26.0	10.0	2.00	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
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
Taco Sauce	1 ea	50	2	0	51	0.03	0.04	0.5	17	0.03	*N/A*	0.04	0.55	0.02	0.01	*N/A*
Weighted Daily Average			559	35	930	7.86	2.96	413.7	4855	19.07	*28	21.09	89.07	16.13	3.71	*0.01
% of Calories											*19.8%	15.1%	63.7%	26.0%	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	

Fri - 03/03/2017																
Elementary Lunch (k-5)	Total	150														
Corn Dog Mini	150 serving	150	275	41	417	5.09	1.83	152.6	0	0.0	5	10.18	30.53	12.21	3.56	0.00
Salad Bar veggio (Fri)	1 cup	150	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	150	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	47	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	100	100	3	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	15	0	0	7	0.00	0.00	0.0	0	0.0	0	0.1	0.0	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	50	3	0	22	0.00	0.00	0.0	0	0.0	1	0.0	0.67	0.0	0.00	0.00

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San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 2

Generated on: 2/21/2017 12:49:40 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 % of Calories			569	55	967	8.34	2.88	507.6	1142	38.06	*31 *21.9%	21.99 15.5%	83.30 58.6%	17.81 28.2%	5.00 7.9%	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	

Mon - 03/06/2017																
Elementary Lunch (k-5)	Total	100														
WG POPCORN CHICKEN ELE M CN	100 serving	100	230	20	340	2.00	1.80	40.0	100	0.0	1	14.0	14.0	13.0	2.50	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	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
Ranch Dressing R/F	serving	100	56	5	318	0.31	0.20	11.3	19	0.17	1	0.35	6.05	3.52	0.35	0.02
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
Weighted Daily Average % of Calories			582	37	909	8.63	3.63	433.8	1325	66.25	*41 *28.4%	26.26 18.1%	79.78 54.8%	19.64 30.4%	4.50 7.0%	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	

Tue - 03/07/2017																
Elementary Lunch (k-5)	Total	185														
Pizza Cheese WW Tony & Alba	Slice	185	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	185	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	185	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	80	61	9	61	0.00	0.00	151.4	216	0.52	6	4.32	6.05	2.16	1.30	0.00
MILK,FF Chocolate	HALF PINT	105	85	3	114	0.00	0.00	170.3	284	0.0	15	5.11	16.46	0.0	0.00	0.00
Weighted Daily Average % of Calories			639	56	1171	11.34	3.95	620.4	11081	37.38	*44 *27.8%	26.99 16.9%	95.15 59.5%	19.13 26.9%	8.72 12.3%	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	

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Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 3

Generated on: 2/21/2017 12:49:40 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)
Wed - 03/08/2017																
Elementary Lunch (k-5)	Total	95														
Grilled Cheese Sandwich 4oz WG	1 serving	95	298	33	686	2.38	1.29	489.8	549	0.0	*N/A*	19.42	31.99	10.63	6.02	0.00
Salad Bar (wed) Elem	1 cup	95	144	0	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
Ranch Dressing R/F	serving	95	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	40	59	8	59	0.00	0.00	147.4	211	0.51	6	4.21	5.89	2.11	1.26	0.00
MILK,FF Chocolate	HALF PINT	55	87	3	116	0.00	0.00	173.7	289	0.0	16	5.21	16.79	0.0	0.00	0.00
Weighted Daily Average			643	49	1217	9.01	3.11	879.7	1774	66.16	*41	31.60	96.95	16.87	7.79	0.02
% of Calories											*25.7%	19.7%	60.3%	23.6%	10.9%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 03/09/2017																
Elementary Lunch (k-5)	Total	125														
Bean & Cheese Burrito XTR 5.20	1 each	125	291	15	479	7.96	3.33	171.0	295	1.54	0	15.6	40.95	8.29	3.62	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
Taco Sauce	1 ea	25	1	0	25	0.02	0.02	0.3	8	0.02	*N/A*	0.02	0.27	0.01	0.00	*N/A*
Weighted Daily Average			629	30	1114	13.80	4.83	544.4	4942	20.60	*28	28.67	103.74	14.41	5.33	*0.01
% of Calories											*17.6%	18.2%	66.0%	20.6%	7.6%	*0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 03/10/2017																
Elementary Lunch (k-5)	Total	150														
Chicken Nuggets WG	(7 PIECES)	150	252	28	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	150	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	28	2	159	0.16	0.10	5.7	9	0.09	1	0.18	3.02	1.76	0.18	0.01
BBQ Sauce 12 gm PKT	Serving	150	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	47	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	100	100	3	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
Weighted Daily Average			530	40	1078	5.90	3.47	405.3	1133	37.97	*25	29.73	72.68	15.04	3.36	0.01
% of Calories											*18.7%	22.5%	54.9%	25.5%	5.7%	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 4

Generated on: 2/21/2017 12:49:40 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 - 03/13/2017																
Elementary Lunch (k-5)	Total	100														
Chicken Sand. Grilled	1 ea	100	307	75	776	2.96	1.77	0.0	100	0.0	*4	15.92	28.48	13.96	4.49	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
Ranch Dressing R/F	serving	75	42	3	238	0.23	0.15	8.5	14	0.13	1	0.27	4.54	2.64	0.27	0.01
Weighted Daily Average			721	91	1383	15.16	4.74	434.3	4913	59.96	*41	35.23	100.09	21.26	6.37	0.01
% of Calories											*22.8%	19.6%	55.6%	26.6%	8.0%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 03/14/2017																
Elementary Lunch (k-5)	Total	185														
Pizza Cheese WW Tony & Alba	Slice	185	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	185	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	185	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	80	61	9	61	0.00	0.00	151.4	216	0.52	6	4.32	6.05	2.16	1.30	0.00
MILK,FF Chocolate	HALF PINT	105	85	3	114	0.00	0.00	170.3	284	0.0	15	5.11	16.46	0.0	0.00	0.00
Weighted Daily Average			639	56	1171	11.34	3.95	620.4	11081	37.38	*44	26.99	95.15	19.13	8.72	0.02
% of Calories											*27.8%	16.9%	59.5%	26.9%	12.3%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 03/15/2017																
Elementary Lunch (k-5)	Total	95														
Spaghetti with Meatballs	Serving	95	352	30	736	4.08	2.53	49.1	764	6.97	*N/A*	13.86	32.85	18.29	7.21	*0.00
Bread 1oz Wheat Roll IW	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 (wed) Elem	1 cup	95	144	0	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
Ranch Dressing R/F	serving	95	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	40	59	8	59	0.00	0.00	147.4	211	0.51	6	4.21	5.89	2.11	1.26	0.00
MILK,FF Chocolate	HALF PINT	55	87	3	116	0.00	0.00	173.7	289	0.0	16	5.21	16.79	0.0	0.00	0.00
Weighted Daily Average			697	46	1267	10.71	4.36	439.0	1989	73.13	*41	26.04	97.81	24.53	8.97	*0.02
% of Calories											*23.7%	14.9%	56.1%	31.7%	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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Elementary Lunch (k-5)

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Page 5

Generated on: 2/21/2017 12:49:40 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)
Thu - 03/16/2017																
Elementary Lunch (k-5)	Total	125														
Taco Mini Chicken	Serving	125	260	90	460	5.00	1.80	200.0	1000	2.4	*N/A*	15.0	25.0	11.0	4.00	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
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
Taco Sauce	1 ea	50	2	0	51	0.03	0.04	0.5	17	0.03	*N/A*	0.04	0.55	0.02	0.01	*N/A*
Weighted Daily Average			599	105	1120	10.86	3.32	573.7	5655	21.47	*28	28.08	88.07	17.13	5.71	*0.01
% of Calories											*18.4%	18.8%	58.8%	25.7%	8.6%	*0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 03/17/2017																
Elementary Lunch (k-5)	Total	150														
Pizza French Bread	slice	150	290	20	600	3.00	2.70	350.1	750	3.6	4	17.01	33.01	11.0	4.50	0.00
Salad Bar veggie (Fri)	1 cup	150	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	150	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	47	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	100	100	3	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
Weighted Daily Average			581	35	1122	6.26	3.75	705.1	1892	41.66	*29	28.72	85.12	16.60	5.94	0.02
% of Calories											*20.2%	19.8%	58.6%	25.7%	9.2%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 03/20/2017																
Elementary Lunch (k-5)	Total	95														
Bosco Stick (1 stick)	serving	95	220	15	290	3.00	1.80	200.0	200	0.0	2	12.0	28.0	7.0	3.00	0.00
Salad Bar (wed) Elem	1 cup	95	144	0	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
Bosco Sauce Cup	Serving	95	45	0	250	2.00	0.00	0.0	500	6.0	*N/A*	1.0	5.0	2.0	0.00	0.00
Ranch Dressing R/F	serving	95	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	40	59	8	59	0.00	0.00	147.4	211	0.51	6	4.21	5.89	2.11	1.26	0.00
MILK,FF Chocolate	HALF PINT	55	87	3	116	0.00	0.00	173.7	289	0.0	16	5.21	16.79	0.0	0.00	0.00
Weighted Daily Average			610	31	1071	11.63	3.63	589.9	1925	72.16	*43	25.18	97.96	15.24	4.76	0.02
% of Calories											*28.4%	16.5%	64.2%	22.5%	7.0%	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

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 6

Generated on: 2/21/2017 12:49:40 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 - 03/21/2017																
Elementary Lunch (k-5)	Total	185														
Pizza Cheese WW Tony & Alba	Slice	185	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	185	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	185	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	80	61	9	61	0.00	0.00	151.4	216	0.52	6	4.32	6.05	2.16	1.30	0.00
MILK,FF Chocolate	HALF PINT	105	85	3	114	0.00	0.00	170.3	284	0.0	15	5.11	16.46	0.0	0.00	0.00
Weighted Daily Average			639	56	1171	11.34	3.95	620.4	11081	37.38	*44	26.99	95.15	19.13	8.72	0.02
% of Calories											*27.8%	16.9%	59.5%	26.9%	12.3%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 03/22/2017																
Elementary Lunch (k-5)	Total	100														
Beef Chili with Beans RF	serving	100	241	51	934	6.61	4.96	84.3	2463	19.84	*N/A*	21.49	21.49	8.27	2.81	0.00
Corn Muffin 2.25oz	1 each	100	190	25	320	1.00	1.08	40.0	100	0.0	*N/A*	4.0	30.0	6.0	1.00	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
Weighted Daily Average			803	89	1623	19.57	8.86	550.1	7361	79.67	*36	44.53	118.57	18.92	5.43	0.00
% of Calories											*18.1%	22.2%	59.1%	21.2%	6.1%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 03/23/2017																
Elementary Lunch (k-5)	Total	125														
Lil Nacho Bites	SERVING	125	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 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
Taco Sauce	1 ea	25	1	0	25	0.02	0.02	0.3	8	0.02	*N/A*	0.02	0.27	0.01	0.00	*N/A*
Weighted Daily Average			608	30	1075	8.84	2.94	523.4	5147	21.46	*29	24.07	94.79	16.12	5.71	*0.01
% of Calories											*18.8%	15.8%	62.4%	23.9%	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	

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San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 7

Generated on: 2/21/2017 12:49:40 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)
Fri - 03/24/2017																
Elementary Lunch (k-5)	Total	150														
Corn Dog Mini	150	150	275	41	417	5.09	1.83	152.6	0	0.0	5	10.18	30.53	12.21	3.56	0.00
Salad Bar veggie (Fri)	1 cup	150	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	28	2	159	0.16	0.10	5.7	9	0.09	1	0.18	3.02	1.76	0.18	0.01
BBQ Sauce 12 gm PKT	Serving	150	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	47	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	100	100	3	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
Weighted Daily Average			552	53	865	8.19	2.78	501.9	1133	37.97	*30	21.71	83.61	16.05	4.83	0.01
% of Calories											*21.7%	15.7%	60.5%	26.1%	7.9%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 03/27/2017																
Elementary Lunch (k-5)	Total	150														
WG Chicken Sticks	150	150	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 veggie (Fri)	1 cup	150	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	28	2	159	0.16	0.10	5.7	9	0.09	1	0.18	3.02	1.76	0.18	0.01
BBQ Sauce 12 gm PKT	Serving	150	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	50	47	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	100	100	3	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
Weighted Daily Average			430	26	676	4.48	2.20	376.9	1202	37.97	*26	20.52	62.76	12.83	2.99	0.01
% of Calories											*23.7%	19.1%	58.4%	26.9%	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	

Tue - 03/28/2017																
Elementary Lunch (k-5)	Total	185														
Pizza Cheese WW Tony & Alba	Slice	185	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	185	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	185	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	80	61	9	61	0.00	0.00	151.4	216	0.52	6	4.32	6.05	2.16	1.30	0.00
MILK,FF Chocolate	HALF PINT	105	85	3	114	0.00	0.00	170.3	284	0.0	15	5.11	16.46	0.0	0.00	0.00
Weighted Daily Average			639	56	1171	11.34	3.95	620.4	11081	37.38	*44	26.99	95.15	19.13	8.72	0.02
% of Calories											*27.8%	16.9%	59.5%	26.9%	12.3%	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

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 8

Generated on: 2/21/2017 12:49:40 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)
Wed - 03/29/2017																
Elementary Lunch (k-5)	Total	100														
Mac & Cheese RF (Rose & Shore)	100 serving	100	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 Beans (mon)	100 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
Weighted Daily Average			753	63	991	16.97	4.26	876.8	6552	71.86	*38	38.08	104.16	20.69	8.63	0.00
% of Calories											*20.4%	20.2%	55.4%	24.7%	10.3%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 03/30/2017																
Elementary Lunch (k-5)	Total	100														
Taco Tower	5.83 servin	100	241	51	934	6.61	4.96	84.3	2463	19.84	*N/A*	21.49	21.49	8.27	2.81	0.00
Tortilla Chips sgl serv. 2.0	1 ea	100	135	0	60	2.00	0.40	18.0	100	0.0	*N/A*	2.0	19.0	5.0	1.00	0.00
Salad Bar mex (thur)	Serving	100	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	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
Weighted Daily Average			667	64	1343	14.19	6.68	471.4	7186	38.86	*25	36.35	96.67	17.06	5.53	0.00
% of Calories											*15.3%	21.8%	57.9%	23.0%	7.5%	0.0%
Nutrient Guideline			550-650	100	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 03/31/2017																
Elementary Lunch (k-5)	Total	150														
Pizza Crunchers Rich's	Serving	150	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	150	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	150	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	47	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	100	100	3	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
Weighted Daily Average			640	45	901	8.26	3.05	780.0	1598	40.06	*25	30.71	92.11	20.60	5.94	0.02
% of Calories											*15.8%	19.2%	57.5%	28.9%	8.3%	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			626	52	1098	10.81	4.04	565.3	4824	45.82	*35	28.93	92.62	17.73	6.09	*0.01
											*50.3%	18.5%	59.1%	25.5%	8.8%	*0.0%

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San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

Page 9

Generated on: 2/21/2017 12:49:40 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)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	626		550 - 650	100%				
Cholesterol (mg)	52		100	52%				
Sodium (mg)	1098		1230					
Fiber (g)	10.81		6.00	180%				
Iron (mg)	4.04		3.50	115%				
Calcium (mg)	565.3		286.00	198%				
Vitamin A (IU)	4824		1120	431%				
Sugars (g)	35	22.34%			Missing			
Vitamin C (mg)	45.82		15.00	305%				
Protein (g)	28.93	18.48%	10.00	289%				
Carbohydrate (g)	92.62	59.15%						
Total Fat (g)	17.73	25.47%	<=30.00%					
Saturated Fat (g)	6.09	8.75%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%			Missing			

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