

# San Lorenzo Valley USD

## Planned Menu Spreadsheet

### Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

Generated on: 2/21/2017 12:51:45 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 <sup>1</sup> (g)
Wed - 03/01/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 03/02/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

Generated on: 2/21/2017 12:51:45 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 <sup>1</sup> (g)
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 03/03/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	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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# San Lorenzo Valley USD

## Planned Menu Spreadsheet

### Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

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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 <sup>1</sup> (g)
Mon - 03/06/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 03/07/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00

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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

SLV Elm & MS & HS Brkft (k-12)

Weighted Values - Detailed

001 - SLV Elem & MS & HS Breakfast

Page 4

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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 <sup>1</sup> (g)
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Wed - 03/08/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
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Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
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Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
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### Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

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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 <sup>1</sup> (g)
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SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 03/10/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

SLV Elm & MS & HS Brkft (k-12)

Weighted Values - Detailed

001 - SLV Elem & MS & HS Breakfast

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Generated on: 2/21/2017 12:51:45 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 <sup>1</sup> (g)
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 03/13/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	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  
 \* - 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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# San Lorenzo Valley USD

## Planned Menu Spreadsheet

### Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

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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 <sup>1</sup> (g)
Tue - 03/14/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 03/15/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

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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 <sup>1</sup> (g)
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 03/16/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Lorenzo Valley USD

## Planned Menu Spreadsheet

### Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

Generated on: 2/21/2017 12:51:45 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 <sup>1</sup> (g)
Fri - 03/17/2017																
SLV Elm & MS & HS Brkft (k	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 03/20/2017																
SLV Elm & MS & HS Brkft (k	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00

\*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

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# San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

Generated on: 2/21/2017 12:51:45 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 <sup>1</sup> (g)
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 03/21/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Lorenzo Valley USD

## Planned Menu Spreadsheet

### Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

Generated on: 2/21/2017 12:51:45 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 <sup>1</sup> (g)
<b>Wed - 03/22/2017</b>																
SLV Elm & MS & HS Brkft (k	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

<b>Thu - 03/23/2017</b>																
SLV Elm & MS & HS Brkft (k	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00

\*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

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# San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

Generated on: 2/21/2017 12:51:45 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 <sup>1</sup> (g)
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 03/24/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

## Planned Menu Spreadsheet

### Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

Generated on: 2/21/2017 12:51:45 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 <sup>1</sup> (g)
<b>Mon - 03/27/2017</b>																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

<b>Tue - 03/28/2017</b>																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

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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 <sup>1</sup> (g)
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 03/29/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	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  
 \* - 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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# San Lorenzo Valley USD

## Planned Menu Spreadsheet

### Weighted Values - Detailed

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Mar 1, 2017 thru Mar 31, 2017

SLV Elm & MS & HS Brkft (k-12)

001 - SLV Elem & MS & HS Breakfast

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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 <sup>1</sup> (g)
Thu - 03/30/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 03/31/2017																
SLV Elm & MS & HS Brkft (k)	Total	100														
Burritos Breakfast	1 each	20	90	42	167	1.18	0.63	69.6	190	0.76	1	4.24	8.09	4.38	1.62	0.00
Yogurt Triple Berry Parfait 2	serving	10	20	0	6	0.40	0.12	14.5	10	0.52	1	0.7	3.29	0.45	0.09	0.00
WG Glazed Breakfast Bun	1 ea	20	46	0	68	0.60	0.54	16.0	40	0.0	2	1.2	7.8	1.4	0.40	0.00
Bagel WW IW 2oz	serving	20	28	0	32	0.80	0.36	4.0	0	0.0	1	1.59	5.77	0.2	0.00	0.00
Muffin, WG Blueberry 3.15 oz	serving	15	33	4	17	0.49	0.29	126.5	8	0.18	2	0.58	5.73	0.89	0.13	0.00
Cereal Asst. BPK General Mills	Serving	15	19	0	27	0.42	0.69	24.8	77	0.92	1	0.26	3.99	0.37	0.04	0.00
Cream Cheese Light	1 each	20	8	2	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	15	15	0	20	0.28	0.38	0.0	41	0.5	1	0.28	2.79	0.49	0.07	0.00
Veggie Cup w/dressing	1 each	10	6	0	18	0.38	0.19	8.5	978	2.07	*0	0.27	1.14	0.15	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	20	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.03	0.06	0.01	0.00
ORANGES	1 EACH	25	11	0	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	25	22	0	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice Variety Sm Box	1 each	30	17	0	1	0.00	0.00	0.0	0	9.52	*N/A*	0.0	4.2	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	85	119	17	119	0.00	0.00	297.5	425	1.02	12	8.5	11.9	4.25	2.55	0.00
MILK,FF Chocolate	HALF PINT	10	15	1	20	0.00	0.00	30.0	50	0.0	3	0.9	2.9	0.0	0.00	0.00

\*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

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# San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

SLV Elm & MS & HS Brkft (k-12)

Weighted Values - Detailed

001 - SLV Elem & MS & HS Breakfast

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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 <sup>1</sup> (g)
Weighted Daily Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
% of Calories											*28.4%	16.6%	60.8%	25.8%	10.2%	0.0%
Nutrient Guideline			350-500	100	540	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average			470	66	515	6.65	3.33	608.4	1967	32.13	*33	19.51	71.41	13.45	5.34	0.00
											*64.0%	16.6%	60.8%	25.8%	10.2%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	470		350 - 500	100%				
Cholesterol (mg)	66		100	66%				
Sodium (mg)	515		540					
Fiber (g)	6.65		6.00	111%				
Iron (mg)	3.33		3.50	95%		0.17		Correction Required - Iron is Low
Calcium (mg)	608.4		286.00	213%				
Vitamin A (IU)	1967		1120	176%				
Sugars (g)	33	28.43%			Missing			
Vitamin C (mg)	32.13		15.00	214%				
Protein (g)	19.51	16.62%	10.00	195%				
Carbohydrate (g)	71.41	60.83%						
Total Fat (g)	13.45	25.79%	<=30.00%					
Saturated Fat (g)	5.34	10.24%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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

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