

San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 1

Generated on: 3/27/2018 1:46:51 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/09/2018															
SLV High School (9-12)	Total	300													
Pizza Big Daddy WG Cheese 8 cu	Slice	96	118	160	0.96	0.86	143.9	128	0.0	3	6.71	11.51	4.8	2.24	0.00
Pizza Big Daddy WG Pepperoni	Slice	96	118	176	0.96	0.86	112.0	128	0.0	3	6.72	11.2	5.44	5.44	0.00
PB & J, 2.8oz Whole Wheat	1 each	38	39	39	0.37	0.13	2.5	0	0.0	2	1.23	3.93	2.09	0.43	0.00
Turkey Sandwich	1 each	15	17	85	0.21	0.10	9.6	33	0.02	*0	1.55	1.76	0.41	0.18	0.00
Pastrami Sandwich	1 each	10	18	91	0.18	*0.30	*4.1	*1	*0.46	*0	1.5	1.25	0.75	0.30	*0.00
Wrap, Ranch Chicken	Servings	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Yogurt Triple Berry Parfait 2	serving	12	8	2	0.16	0.05	5.8	4	0.21	0	0.28	1.31	0.18	0.03	0.00
Salad, Fruit Meal	lunch	12	20	27	0.38	0.10	19.4	176	8.64	*0	0.85	3.4	0.57	0.28	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	salad	10	15	45	0.12	0.10	11.8	322	0.56	*0	0.89	1.12	0.8	0.22	*0.00
Salad, Chinese Chicken	serving	7	15	32	0.15	0.09	2.2	250	0.64	*0	0.53	1.69	0.7	0.09	*0.00
X-treme Garlic Fries	1 cup	96	69	228	1.06	0.19	0.0	0	3.19	0	1.06	9.56	2.66	0.53	0.00
RAISINS	1 CUP	51	37	1	0.46	0.23	6.2	0	0.28	7	0.38	9.76	0.06	0.01	0.00
CELERY STICKS	serving	51	2	10	0.20	0.03	5.1	57	0.39	0	0.09	0.38	0.02	0.01	0.00
CARROT STICKS	1/2 CUP	51	4	7	0.29	0.03	3.4	1732	0.61	0	0.1	0.99	0.02	0.00	0.00
BROCCOLI,raw: fresh	1 CUP	51	5	5	0.40	0.11	7.3	96	13.8	0	0.44	1.03	0.06	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	200	7	43	0.00	0.00	0.0	0	0.0	1	0.0	1.33	0.0	0.00	0.00
Ranch Dressing R/F	serving	100	19	106	0.10	0.07	3.8	6	0.06	0	0.12	2.02	1.17	0.12	0.01
BBQ Sauce 12 gm PKT	Serving	75	4	21	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
MAYONNAISE	1 each	100	22	16	0.00	0.01	0.3	3	0.0	*N/A*	0.04	0.1	2.38	0.37	*N/A*
Weighted Daily Average			783	1299	8.46	*3.46	*674.1	*3714	*57.40	*51	32.72	111.85	24.16	11.40	*0.01
% of Calories										*26.2%	16.7%	57.2%	27.8%	13.1%	*0.0%
Nutrient Guideline			750-850	1420	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

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San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 2

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/10/2018															
SLV High School (9-12)	Total	300													
Spicy Chicken Sandwich	Serving	150	174	338	0.98	0.71	0.0	0	0.0	*2	9.46	19.74	6.48	1.50	0.00
Veggie Burger - Morning Star F	SERVING	58	60	118	1.49	0.56	10.7	0	0.0	*1	3.52	7.96	1.73	0.27	0.02
Ham Sandwich (turkey ham)	SANDWIC	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Turkey Sandwich	1 each	24	27	136	0.33	0.15	15.4	52	0.04	*0	2.48	2.81	0.65	0.28	0.00
Wrap, Chinese Chicken	1 Each	12	14	34	0.12	0.12	6.3	104	0.15	*0	0.76	1.68	0.58	0.13	*0.00
Yogurt Triple Berry Parfait 2	serving	12	8	2	0.16	0.05	5.8	4	0.21	0	0.28	1.31	0.18	0.03	0.00
Salad, Fruit Meal	lunch	15	25	33	0.48	0.13	24.2	220	10.8	*0	1.06	4.25	0.71	0.35	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	serving	10	15	45	0.12	0.10	11.8	322	0.56	*0	0.89	1.12	0.8	0.22	*0.00
Salad, Chinese Chicken	serving	15	32	70	0.33	0.20	4.8	536	1.38	*0	1.14	3.63	1.5	0.20	*0.00
POTATO WEDGES	1cup Servi	72	29	6	0.48	0.17	0.0	0	2.88	*N/A*	0.48	4.8	0.72	0.36	*N/A*
RAISINS	1 CUP	76	55	2	0.68	0.35	9.2	0	0.42	11	0.56	14.54	0.08	0.01	0.00
CELERY STICKS	1/2 cup se rving	76	3	15	0.30	0.04	7.5	84	0.58	0	0.13	0.56	0.03	0.01	0.00
Carrots Baby	package	76	4	9	0.33	0.10	3.6	1572	0.3	1	0.07	0.94	0.01	0.00	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	120	4	26	0.00	0.00	0.0	0	0.0	1	0.0	0.8	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	20	0	5	0.00	0.00	0.0	0	0.0	0	0.07	0.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	25	29	23	0.00	0.02	0.7	11	0.0	0	0.04	0.11	3.24	0.35	*N/A*
Ranch Dressing R/F	serving	30	6	32	0.03	0.02	1.1	2	0.02	0	0.04	0.6	0.35	0.04	0.00
BBQ Sauce 12 gm PKT	Serving	25	1	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.33	0.0	0.00	0.00
Weighted Daily Average			732	1104	8.28	2.90	438.0	3686	45.86	*50	31.22	113.71	19.13	4.90	*0.02
% of Calories										*27.1%	17.1%	62.1%	23.5%	6.0%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 3

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/11/2018															
SLV High School (9-12)	Total	300													
Spaghetti with Meatballs	Serving	175	205	430	2.38	1.48	28.6	446	4.07	*N/A*	8.08	19.16	10.67	4.20	*0.00
PB & J, 2.8oz Whole Wheat	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ham Sandwich (turkey ham)	SANDWIC	10	13	47	0.14	0.10	8.0	36	0.09	*0	1.01	1.01	0.52	0.17	*0.00
Egg Salad Sandwich	Sandwich	12	16	36	0.17	0.12	3.3	16	0.0	*0	0.65	1.17	0.88	0.18	0.00
Wrap, Caesar Chicken	1 Each	12	16	49	0.08	0.10	13.5	87	0.04	*0	0.9	1.34	0.83	0.20	*0.00
Salad, Fruit Meal	lunch	10	17	22	0.32	0.08	16.2	147	7.2	*0	0.71	2.83	0.47	0.24	0.00
Yogurt Triple Berry Parfait 2	serving	10	7	2	0.13	0.04	4.8	3	0.17	0	0.23	1.1	0.15	0.03	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	salad	10	15	45	0.12	0.10	11.8	322	0.56	*0	0.89	1.12	0.8	0.22	*0.00
Salad, Chinese Chicken	serving	7	15	32	0.15	0.09	2.2	250	0.64	*0	0.53	1.69	0.7	0.09	*0.00
X-treme Garlic Fries	1 cup	96	69	228	1.06	0.19	0.0	0	3.19	0	1.06	9.56	2.66	0.53	0.00
RAISINS	1 CUP	68	49	2	0.61	0.31	8.2	0	0.38	10	0.5	13.01	0.08	0.01	0.00
CELERY STICKS	1/2c (6 stic ks)	68	3	13	0.27	0.03	6.7	76	0.52	0	0.12	0.5	0.03	0.01	0.00
Carrots Baby	1 ea	68	4	8	0.30	0.09	3.3	1407	0.27	0	0.07	0.84	0.01	0.00	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	300	10	65	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	50	1	12	0.00	0.00	0.0	0	0.0	0	0.17	0.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	50	59	46	0.00	0.04	1.5	23	0.0	0	0.09	0.22	6.48	0.70	*N/A*
BBQ Sauce 12 gm PKT	Serving	20	1	6	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.27	0.0	0.00	0.00
RANCH DRESSING PACKET	PACKET	50	10	17	0.00	0.00	0.0	0	0.0	0	0.0	0.17	1.17	0.17	0.00
Bosco Sauce Cup	Serving	175	26	146	1.17	0.00	0.0	292	3.5	*N/A*	0.58	2.92	1.17	0.00	0.00
Italian Dressing Fat Free	serving	50	2	65	0.00	0.00	0.0	0	0.0	0	0.0	0.5	0.0	0.00	0.00
Weighted Daily Average			782	1473	9.34	2.96	444.9	3881	49.15	*46	25.84	107.92	28.67	7.90	*0.00
% of Calories										*23.7%	13.2%	55.2%	33.0%	9.1%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Planned Menu Spreadsheet

Weighted Values - Detailed

Page 4

Apr 9, 2018 thru Apr 30, 2018

SLV High School (9-12)

005 - High School Lunch

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/12/2018															
SLV High School (9-12)	Total	300													
Chicken Tenderloin HS/MS	serving	150	184	457	0.74	0.26	0.0	0	0.0	1	12.52	11.79	9.58	1.47	0.00
Bosco Stick (2 stick)	serving	59	87	114	1.18	0.71	78.7	79	0.0	1	4.72	11.01	2.75	1.18	0.00
Turkey Sandwich	1 each	16	18	91	0.22	0.10	10.3	35	0.02	*0	1.66	1.88	0.43	0.19	0.00
Tuna Salad Sandwich Elem.	SERVINGS	10	12	30	0.01	0.16	1.8	13	0.01	0	1.88	0.18	0.42	0.07	*0.00
Wrap, BBQ Chicken	Servings	12	9	22	0.10	0.09	5.5	100	0.23	*0	0.4	1.48	0.23	0.02	*0.00
Salad, Fruit Meal	lunch	12	20	27	0.38	0.10	19.4	176	8.64	*0	0.85	3.4	0.57	0.28	0.00
Yogurt Triple Berry Parfait	serving	12	10	5	0.15	0.04	1.5	3	0.25	*0	0.33	1.91	0.17	0.06	*0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	serving	15	23	68	0.17	0.16	17.7	483	0.84	*0	1.34	1.68	1.2	0.33	*0.00
Salad, Chinese Chicken	serving	10	21	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
X-treme Garlic Fries	1 cup	72	52	171	0.80	0.14	0.0	0	2.39	0	0.8	7.17	1.99	0.40	0.00
CELERY STICKS	1/2 cup se rving	57	2	11	0.23	0.03	5.6	63	0.44	0	0.1	0.42	0.02	0.01	0.00
Carrots Baby	package	57	3	7	0.25	0.08	2.7	1179	0.22	0	0.05	0.7	0.01	0.00	0.00
BROCCOLI,raw: fresh	1 CUP	57	6	6	0.45	0.13	8.1	108	15.42	0	0.49	1.15	0.06	0.01	0.00
Salad Garden Side	salad	57	25	32	0.93	0.33	11.1	1428	4.02	*1	0.72	2.61	1.43	0.21	0.00
APPLES, Fresh 125-138 Ct	1 EACH	100	32	1	1.46	0.07	3.6	33	2.79	6	0.16	8.38	0.1	0.02	0.00
ORANGES	1 EACH	25	4	0	0.19	0.01	3.2	18	4.26	1	0.08	0.94	0.01	0.00	0.00
BANANAS	1 EACH	50	15	0	0.44	0.04	0.8	11	1.46	2	0.18	3.84	0.06	0.02	0.00
Juice 10 oz Variety	Serving	125	60	12	0.00	0.00	0.0	0	16.67	*N/A*	0.0	14.86	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	150	5	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	30	6	32	0.03	0.02	1.1	2	0.02	0	0.04	0.6	0.35	0.04	0.00
BBQ Sauce 12 gm PKT	Serving	150	8	42	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	25	29	23	0.00	0.02	0.7	11	0.0	0	0.04	0.11	3.24	0.35	*N/A*
Weighted Daily Average			782	1423	8.07	2.66	498.3	4782	60.07	*37	36.72	104.26	25.50	5.88	*0.00
% of Calories										*19.0%	18.8%	53.3%	29.3%	6.8%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Weighted Values - Detailed

005 - High School Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/13/2018															
SLV High School (9-12)	Total	300													
Pizza Big Daddy WG Cheese 8 cu	Slice	96	118	160	0.96	0.86	143.9	128	0.0	3	6.71	11.51	4.8	2.24	0.00
Pizza Big Daddy WG Pepperoni	Slice	96	118	176	0.96	0.86	112.0	128	0.0	3	6.72	11.2	5.44	5.44	0.00
PB & J, 2.8oz Whole Wheat	1 each	38	39	39	0.37	0.13	2.5	0	0.0	2	1.23	3.93	2.09	0.43	0.00
Turkey Sandwich	1 each	15	17	85	0.21	0.10	9.6	33	0.02	*0	1.55	1.76	0.41	0.18	0.00
Ham Sandwich (turkey ham)	SANDWIC	10	13	47	0.14	0.10	8.0	36	0.09	*0	1.01	1.01	0.52	0.17	*0.00
Yogurt Triple Berry Parfait 2	serving	12	8	2	0.16	0.05	5.8	4	0.21	0	0.28	1.31	0.18	0.03	0.00
Salad, Fruit Meal	lunch	12	20	27	0.38	0.10	19.4	176	8.64	*0	0.85	3.4	0.57	0.28	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	salad	10	15	45	0.12	0.10	11.8	322	0.56	*0	0.89	1.12	0.8	0.22	*0.00
Salad, Chinese Chicken	serving	7	15	32	0.15	0.09	2.2	250	0.64	*0	0.53	1.69	0.7	0.09	*0.00
X-treme Garlic Fries	1 cup	96	69	228	1.06	0.19	0.0	0	3.19	0	1.06	9.56	2.66	0.53	0.00
RAISINS	1 CUP	51	37	1	0.46	0.23	6.2	0	0.28	7	0.38	9.76	0.06	0.01	0.00
CELERY STICKS	serving	51	2	10	0.20	0.03	5.1	57	0.39	0	0.09	0.38	0.02	0.01	0.00
CARROT STICKS	1/2 CUP	51	4	7	0.29	0.03	3.4	1732	0.61	0	0.1	0.99	0.02	0.00	0.00
BROCCOLI,raw: fresh	1 CUP	51	5	5	0.40	0.11	7.3	96	13.8	0	0.44	1.03	0.06	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	200	7	43	0.00	0.00	0.0	0	0.0	1	0.0	1.33	0.0	0.00	0.00
Ranch Dressing R/F	serving	100	19	106	0.10	0.07	3.8	6	0.06	0	0.12	2.02	1.17	0.12	0.01
BBQ Sauce 12 gm PKT	Serving	75	4	21	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
MAYONNAISE	1 each	100	22	16	0.00	0.01	0.3	3	0.0	*N/A*	0.04	0.1	2.38	0.37	*N/A*
Weighted Daily Average			778	1255	8.41	3.25	678.0	3750	57.02	*51	32.23	111.62	23.93	11.27	*0.01
% of Calories										*26.2%	16.6%	57.4%	27.7%	13.0%	*0.0%
Nutrient Guideline			750-850	1420	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

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San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 6

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/16/2018															
SLV High School (9-12)	Total	300													
Pizza Big Daddy WG Cheese 8 cu	Slice	96	118	160	0.96	0.86	143.9	128	0.0	3	6.71	11.51	4.8	2.24	0.00
Pizza Big Daddy WG Pepperoni	Slice	96	118	176	0.96	0.86	112.0	128	0.0	3	6.72	11.2	5.44	5.44	0.00
PB & J, 2.8oz Whole Wheat	1 each	38	39	39	0.37	0.13	2.5	0	0.0	2	1.23	3.93	2.09	0.43	0.00
Turkey Sandwich	1 each	15	17	85	0.21	0.10	9.6	33	0.02	*0	1.55	1.76	0.41	0.18	0.00
Pastrami Sandwich	1 each	10	18	91	0.18	*0.30	*4.1	*1	*0.46	*0	1.5	1.25	0.75	0.30	*0.00
Wrap, Ranch Chicken	Servings	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Yogurt Triple Berry Parfait 2	serving	12	8	2	0.16	0.05	5.8	4	0.21	0	0.28	1.31	0.18	0.03	0.00
Salad, Fruit Meal	lunch	12	20	27	0.38	0.10	19.4	176	8.64	*0	0.85	3.4	0.57	0.28	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	salad	10	15	45	0.12	0.10	11.8	322	0.56	*0	0.89	1.12	0.8	0.22	*0.00
Salad, Chinese Chicken	serving	7	15	32	0.15	0.09	2.2	250	0.64	*0	0.53	1.69	0.7	0.09	*0.00
X-treme Garlic Fries	1 cup	96	69	228	1.06	0.19	0.0	0	3.19	0	1.06	9.56	2.66	0.53	0.00
RAISINS	1 CUP	51	37	1	0.46	0.23	6.2	0	0.28	7	0.38	9.76	0.06	0.01	0.00
CELERY STICKS	serving	51	2	10	0.20	0.03	5.1	57	0.39	0	0.09	0.38	0.02	0.01	0.00
CARROT STICKS	1/2 CUP	51	4	7	0.29	0.03	3.4	1732	0.61	0	0.1	0.99	0.02	0.00	0.00
BROCCOLI,raw: fresh	1 CUP	51	5	5	0.40	0.11	7.3	96	13.8	0	0.44	1.03	0.06	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	200	7	43	0.00	0.00	0.0	0	0.0	1	0.0	1.33	0.0	0.00	0.00
Ranch Dressing R/F	serving	100	19	106	0.10	0.07	3.8	6	0.06	0	0.12	2.02	1.17	0.12	0.01
BBQ Sauce 12 gm PKT	Serving	75	4	21	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
MAYONNAISE	1 each	100	22	16	0.00	0.01	0.3	3	0.0	*N/A*	0.04	0.1	2.38	0.37	*N/A*
Weighted Daily Average			783	1299	8.46	*3.46	*674.1	*3714	*57.40	*51	32.72	111.85	24.16	11.40	*0.01
% of Calories										*26.2%	16.7%	57.2%	27.8%	13.1%	*0.0%
Nutrient Guideline			750-850	1420	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

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San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 7

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/17/2018															
SLV High School (9-12)	Total	300													
CHEESEBURGER ON A BUN	1 EACH	150	229	374	0.98	1.75	157.4	164	0.0	2	14.45	14.42	12.18	5.41	0.46
HAMBURGER ON A BUN	SERVING	58	69	54	0.39	0.65	3.6	1	0.0	1	4.61	5.41	3.03	1.10	0.11
Ham Sandwich (turkey ham)	SANDWIC	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Turkey Sandwich	1 each	24	27	136	0.33	0.15	15.4	52	0.04	*0	2.48	2.81	0.65	0.28	0.00
Wrap, Chinese Chicken	1 Each	12	14	34	0.12	0.12	6.3	104	0.15	*0	0.76	1.68	0.58	0.13	*0.00
Yogurt Triple Berry Parfait 2	serving	12	8	2	0.16	0.05	5.8	4	0.21	0	0.28	1.31	0.18	0.03	0.00
Salad, Fruit Meal	lunch	15	25	33	0.48	0.13	24.2	220	10.8	*0	1.06	4.25	0.71	0.35	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	serving	15	23	68	0.17	0.16	17.7	483	0.84	*0	1.34	1.68	1.2	0.33	*0.00
Salad, Chinese Chicken	serving	10	21	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Servi	72	29	6	0.48	0.17	0.0	0	2.88	*N/A*	0.48	4.8	0.72	0.36	*N/A*
RAISINS	1 CUP	76	55	2	0.68	0.35	9.2	0	0.42	11	0.56	14.54	0.08	0.01	0.00
CELERY STICKS	1/2 cup se rving	76	3	15	0.30	0.04	7.5	84	0.58	0	0.13	0.56	0.03	0.01	0.00
Carrots Baby	package	76	4	9	0.33	0.10	3.6	1572	0.3	1	0.07	0.94	0.01	0.00	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	120	4	26	0.00	0.00	0.0	0	0.0	1	0.0	0.8	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	20	0	5	0.00	0.00	0.0	0	0.0	0	0.07	0.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	25	29	23	0.00	0.02	0.7	11	0.0	0	0.04	0.11	3.24	0.35	*N/A*
Ranch Dressing R/F	serving	30	6	32	0.03	0.02	1.1	2	0.02	0	0.04	0.6	0.35	0.04	0.00
BBQ Sauce 12 gm PKT	Serving	25	1	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.33	0.0	0.00	0.00
Weighted Daily Average			794	1075	7.12	4.02	592.6	3834	45.68	*50	37.36	105.19	26.04	9.69	*0.58
% of Calories										*25.1%	18.8%	53.0%	29.5%	11.0%	*0.7%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 8

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/18/2018															
SLV High School (9-12)	Total	300													
Spaghetti with Meatballs	Serving	175	205	430	2.38	1.48	28.6	446	4.07	*N/A*	8.08	19.16	10.67	4.20	*0.00
PB & J, 2.8oz Whole Wheat	1 each	50	52	52	0.48	0.17	3.2	0	0.0	2	1.62	5.17	2.75	0.57	0.00
Ham Sandwich (turkey ham)	SANDWIC	10	13	47	0.14	0.10	8.0	36	0.09	*0	1.01	1.01	0.52	0.17	*0.00
Egg Salad Sandwich	Sandwich	12	16	36	0.17	0.12	3.3	16	0.0	*0	0.65	1.17	0.88	0.18	0.00
Wrap, Caesar Chicken	1 Each	12	16	49	0.08	0.10	13.5	87	0.04	*0	0.9	1.34	0.83	0.20	*0.00
Salad, Fruit Meal	lunch	10	17	22	0.32	0.08	16.2	147	7.2	*0	0.71	2.83	0.47	0.24	0.00
Yogurt Triple Berry Parfait 2	serving	10	7	2	0.13	0.04	4.8	3	0.17	0	0.23	1.1	0.15	0.03	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	salad	10	15	45	0.12	0.10	11.8	322	0.56	*0	0.89	1.12	0.8	0.22	*0.00
Salad, Chinese Chicken	serving	7	15	32	0.15	0.09	2.2	250	0.64	*0	0.53	1.69	0.7	0.09	*0.00
X-treme Garlic Fries	1 cup	96	69	228	1.06	0.19	0.0	0	3.19	0	1.06	9.56	2.66	0.53	0.00
RAISINS	1 CUP	68	49	2	0.61	0.31	8.2	0	0.38	10	0.5	13.01	0.08	0.01	0.00
CELERY STICKS	1/2c (6 stic ks)	68	3	13	0.27	0.03	6.7	76	0.52	0	0.12	0.5	0.03	0.01	0.00
Carrots Baby	1 ea	68	4	8	0.30	0.09	3.3	1407	0.27	0	0.07	0.84	0.01	0.00	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	300	10	65	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	50	1	12	0.00	0.00	0.0	0	0.0	0	0.17	0.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	50	59	46	0.00	0.04	1.5	23	0.0	0	0.09	0.22	6.48	0.70	*N/A*
BBQ Sauce 12 gm PKT	Serving	20	1	6	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.27	0.0	0.00	0.00
RANCH DRESSING PACKET	PACKET	50	10	17	0.00	0.00	0.0	0	0.0	0	0.0	0.17	1.17	0.17	0.00
Bosco Sauce Cup	Serving	175	26	146	1.17	0.00	0.0	292	3.5	*N/A*	0.58	2.92	1.17	0.00	0.00
Italian Dressing Fat Free	serving	50	2	65	0.00	0.00	0.0	0	0.0	0	0.0	0.5	0.0	0.00	0.00
Weighted Daily Average			834	1525	9.82	3.14	448.1	3881	49.15	*48	27.45	113.09	31.42	8.46	*0.00
% of Calories										*23.2%	13.2%	54.2%	33.9%	9.1%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 9

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/19/2018															
SLV High School (9-12)	Total	300													
Bosco Stick (2 stick)	1 serving	130	191	251	2.60	1.56	173.3	173	0.0	2	10.4	24.27	6.07	2.60	0.00
Chicken Sand. Grilled	1 ea	80	82	207	0.79	0.47	0.0	27	0.0	*1	4.25	7.59	3.72	1.20	0.00
Turkey Sandwich	1 each	15	17	85	0.21	0.10	9.6	33	0.02	*0	1.55	1.76	0.41	0.18	0.00
Tuna Salad Sandwich	SERVINGS	12	28	66	0.18	0.39	4.9	35	0.04	0	3.67	1.53	0.85	0.12	*0.00
Wrap, BBQ Chicken	Servings	12	10	35	0.10	0.09	5.5	100	0.23	*0	0.4	1.71	0.23	0.02	*0.00
Salad, Fruit Meal	lunch	12	20	27	0.38	0.10	19.4	176	8.64	*0	0.85	3.4	0.57	0.28	0.00
Yogurt Triple Berry Parfait	serving	12	10	5	0.15	0.04	1.5	3	0.25	*0	0.33	1.91	0.17	0.06	*0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	serving	15	23	68	0.17	0.16	17.7	483	0.84	*0	1.34	1.68	1.2	0.33	*0.00
Salad, Chinese Chicken	serving	8	17	37	0.18	0.10	2.5	286	0.73	*0	0.61	1.93	0.8	0.11	*0.00
POTATO WEDGES	1cup Servi	72	29	6	0.48	0.17	0.0	0	2.88	*N/A*	0.48	4.8	0.72	0.36	*N/A*
CELERY STICKS	1/2 cup se rving	57	2	11	0.23	0.03	5.6	63	0.44	0	0.1	0.42	0.02	0.01	0.00
Carrots Baby	package	57	3	7	0.25	0.08	2.7	1179	0.22	0	0.05	0.7	0.01	0.00	0.00
BROCCOLI,raw: fresh	1 CUP	57	6	6	0.45	0.13	8.1	108	15.42	0	0.49	1.15	0.06	0.01	0.00
Salad Garden Side	salad	57	25	32	0.93	0.33	11.1	1428	4.02	*1	0.72	2.61	1.43	0.21	0.00
APPLES, Fresh 125-138 Ct	1 EACH	100	32	1	1.46	0.07	3.6	33	2.79	6	0.16	8.38	0.1	0.02	0.00
ORANGES	1 EACH	25	4	0	0.19	0.01	3.2	18	4.26	1	0.08	0.94	0.01	0.00	0.00
BANANAS	1 EACH	50	15	0	0.44	0.04	0.8	11	1.46	2	0.18	3.84	0.06	0.02	0.00
Juice 10 oz Variety	Serving	125	60	12	0.00	0.00	0.0	0	16.67	*N/A*	0.0	14.86	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	150	5	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	30	6	32	0.03	0.02	1.1	2	0.02	0	0.04	0.6	0.35	0.04	0.00
BBQ Sauce 12 gm PKT	Serving	150	8	42	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	25	29	23	0.00	0.02	0.7	11	0.0	0	0.04	0.11	3.24	0.35	*N/A*
Weighted Daily Average			773	1181	9.34	3.94	594.9	4852	60.40	*39	35.34	111.92	21.89	7.00	*0.00
% of Calories										*20.0%	18.3%	57.9%	25.5%	8.1%	*0.0%
Nutrient Guideline			750-850	1420	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

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 10

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/20/2018															
SLV High School (9-12)	Total	300													
Pizza Big Daddy WG Cheese 8 cu	Slice	96	118	160	0.96	0.86	143.9	128	0.0	3	6.71	11.51	4.8	2.24	0.00
Pizza Big Daddy WG Pepperoni	Slice	96	118	176	0.96	0.86	112.0	128	0.0	3	6.72	11.2	5.44	5.44	0.00
PB & J, 2.8oz Whole Wheat	1 each	30	31	31	0.29	0.10	1.9	0	0.0	1	0.97	3.1	1.65	0.34	0.00
Turkey Sandwich	1 each	15	17	85	0.21	0.10	9.6	33	0.02	*0	1.55	1.76	0.41	0.18	0.00
Ham Sandwich (turkey ham)	SANDWIC	14	18	65	0.20	0.13	11.2	50	0.12	*0	1.42	1.41	0.73	0.24	*0.00
Yogurt Triple Berry Parfait 2	serving	12	8	2	0.16	0.05	5.8	4	0.21	0	0.28	1.31	0.18	0.03	0.00
Salad, Fruit Meal	lunch	15	25	33	0.48	0.13	24.2	220	10.8	*0	1.06	4.25	0.71	0.35	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	salad	10	15	45	0.12	0.10	11.8	322	0.56	*0	0.89	1.12	0.8	0.22	*0.00
Salad, Chinese Chicken	serving	8	17	37	0.18	0.10	2.5	286	0.73	*0	0.61	1.93	0.8	0.11	*0.00
Tater Tots, HS	serving	96	66	160	0.82	0.29	0.0	2	0.98	*N/A*	0.82	7.78	3.28	1.43	0.00
RAISINS	1 CUP	51	37	1	0.46	0.23	6.2	0	0.28	7	0.38	9.76	0.06	0.01	0.00
CELERY STICKS	serving	51	2	10	0.20	0.03	5.1	57	0.39	0	0.09	0.38	0.02	0.01	0.00
CARROT STICKS	1/2 CUP	51	4	7	0.29	0.03	3.4	1732	0.61	0	0.1	0.99	0.02	0.00	0.00
BROCCOLI,raw: fresh	1 CUP	51	5	5	0.40	0.11	7.3	96	13.8	0	0.44	1.03	0.06	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	200	7	43	0.00	0.00	0.0	0	0.0	1	0.0	1.33	0.0	0.00	0.00
Ranch Dressing R/F	serving	100	19	106	0.10	0.07	3.8	6	0.06	0	0.12	2.02	1.17	0.12	0.01
BBQ Sauce 12 gm PKT	Serving	75	4	21	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
MAYONNAISE	1 each	100	22	16	0.00	0.01	0.3	3	0.0	*N/A*	0.04	0.1	2.38	0.37	*N/A*
Weighted Daily Average			779	1208	8.27	3.40	685.8	3846	57.11	*51	32.42	110.51	24.56	12.23	*0.01
% of Calories										*26.0%	16.7%	56.8%	28.4%	14.1%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 11

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/23/2018															
SLV High School (9-12)	Total	300													
Pizza Big Daddy WG Cheese 8 cu	Slice	80	99	133	0.80	0.72	119.9	107	0.0	2	5.59	9.59	4.0	1.86	0.00
Pizza Big Daddy WG Pepperoni	Slice	96	118	176	0.96	0.86	112.0	128	0.0	3	6.72	11.2	5.44	5.44	0.00
PB & J, 2.8oz Whole Wheat	1 each	36	37	37	0.35	0.13	2.3	0	0.0	2	1.16	3.72	1.98	0.41	0.00
Pastrami Sandwich	1 each	12	21	109	0.22	*0.36	*5.0	*1	*0.55	*0	1.81	1.5	0.9	0.36	*0.00
Turkey Sandwich	1 each	12	14	68	0.17	0.08	7.7	26	0.02	*0	1.24	1.41	0.32	0.14	0.00
Wrap, Ranch Chicken	Servings	8	6	16	0.06	0.06	4.2	67	0.16	*0	0.27	0.88	0.18	0.02	*0.00
Yogurt Triple Berry Parfait 2	serving	12	8	2	0.16	0.05	5.8	4	0.21	0	0.28	1.31	0.18	0.03	0.00
Salad, Fruit Meal	lunch	15	25	33	0.48	0.13	24.2	220	10.8	*0	1.06	4.25	0.71	0.35	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	salad	15	23	68	0.17	0.16	17.7	483	0.84	*0	1.34	1.68	1.2	0.33	*0.00
Salad, Chinese Chicken	serving	10	21	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
X-treme Garlic Fries	1 cup	96	69	228	1.06	0.19	0.0	0	3.19	0	1.06	9.56	2.66	0.53	0.00
RAISINS	1 CUP	51	37	1	0.46	0.23	6.2	0	0.28	7	0.38	9.76	0.06	0.01	0.00
CELERY STICKS	serving	51	2	10	0.20	0.03	5.1	57	0.39	0	0.09	0.38	0.02	0.01	0.00
Carrots Baby	package	51	3	6	0.22	0.07	2.4	1055	0.2	0	0.05	0.63	0.01	0.00	0.00
BROCCOLI,raw: fresh	1 CUP	51	5	5	0.40	0.11	7.3	96	13.8	0	0.44	1.03	0.06	0.01	0.00
Cracker Graham LF Honey MJM	1 each	300	102	130	1.86	2.51	0.0	270	3.34	7	1.86	18.57	3.25	0.46	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	100	3	22	0.00	0.00	0.0	0	0.0	1	0.0	0.67	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	50	1	12	0.00	0.00	0.0	0	0.0	0	0.17	0.0	0.0	0.00	0.00
Italian Dressing Fat Free	serving	50	2	65	0.00	0.00	0.0	0	0.0	0	0.0	0.5	0.0	0.00	0.00
BBQ Sauce 12 gm PKT	Serving	50	3	14	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.67	0.0	0.00	0.00
Ranch Dressing R/F	serving	50	9	53	0.05	0.03	1.9	3	0.03	0	0.06	1.01	0.59	0.06	0.00
MAYONNAISE	1 each	50	11	8	0.00	0.00	0.2	2	0.0	*N/A*	0.02	0.05	1.19	0.18	*N/A*
Weighted Daily Average			864	1446	10.29	*6.03	*661.7	*3653	*63.26	*57	34.58	129.29	25.80	11.49	*0.00
% of Calories										*26.2%	16.0%	59.9%	26.9%	12.0%	*0.0%
Nutrient Guideline			750-850	1420	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

Page 12

Apr 9, 2018 thru Apr 30, 2018

SLV High School (9-12)

005 - High School Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/24/2018															
SLV High School (9-12)	Total	300													
Spicy Chicken Sandwich	Serving	150	175	415	1.25	0.00	0.0	0	0.0	*N/A*	10.5	21.0	6.5	1.50	0.00
Grilled Cheese Sandwich	serving	58	72	222	0.77	0.36	74.9	118	0.0	*N/A*	4.1	9.45	2.26	1.32	0.00
Ham Sandwich (turkey ham)	SANDWIC	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Turkey Sandwich	1 each	24	27	136	0.33	0.15	15.4	52	0.04	*0	2.48	2.81	0.65	0.28	0.00
Wrap, Chinese Chicken	1 Each	12	14	34	0.12	0.12	6.3	104	0.15	*0	0.76	1.68	0.58	0.13	*0.00
Yogurt Triple Berry Parfait 2	serving	12	8	2	0.16	0.05	5.8	4	0.21	0	0.28	1.31	0.18	0.03	0.00
Salad, Fruit Meal	lunch	15	25	33	0.48	0.13	24.2	220	10.8	*0	1.06	4.25	0.71	0.35	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	serving	15	23	68	0.17	0.16	17.7	483	0.84	*0	1.34	1.68	1.2	0.33	*0.00
Salad, Chinese Chicken	serving	10	21	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Servi	72	29	6	0.48	0.17	0.0	0	2.88	*N/A*	0.48	4.8	0.72	0.36	*N/A*
RAISINS	1 CUP	76	55	2	0.68	0.35	9.2	0	0.42	11	0.56	14.54	0.08	0.01	0.00
CELERY STICKS	1/2 cup se rving	76	3	15	0.30	0.04	7.5	84	0.58	0	0.13	0.56	0.03	0.01	0.00
Carrots Baby	package	76	4	9	0.33	0.10	3.6	1572	0.3	1	0.07	0.94	0.01	0.00	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	120	4	26	0.00	0.00	0.0	0	0.0	1	0.0	0.8	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	20	0	5	0.00	0.00	0.0	0	0.0	0	0.07	0.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	25	29	23	0.00	0.02	0.7	11	0.0	0	0.04	0.11	3.24	0.35	*N/A*
Ranch Dressing R/F	serving	30	6	32	0.03	0.02	1.1	2	0.02	0	0.04	0.6	0.35	0.04	0.00
BBQ Sauce 12 gm PKT	Serving	25	1	7	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.33	0.0	0.00	0.00
Weighted Daily Average			742	1284	7.78	1.98	506.6	3787	45.68	*47	32.91	115.81	19.59	6.00	*0.00
% of Calories										*25.3%	17.7%	62.4%	23.8%	7.3%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 13

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/25/2018															
SLV High School (9-12)	Total	300													
Spaghetti with Meatballs	Serving	175	205	430	2.38	1.48	28.6	446	4.07	*N/A*	8.08	19.16	10.67	4.20	*0.00
PB & J, 2.8oz Whole Wheat	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ham Sandwich (turkey ham)	SANDWIC	10	13	47	0.14	0.10	8.0	36	0.09	*0	1.01	1.01	0.52	0.17	*0.00
Egg Salad Sandwich	Sandwich	12	16	36	0.17	0.12	3.3	16	0.0	*0	0.65	1.17	0.88	0.18	0.00
Wrap, Caesar Chicken	1 Each	12	16	49	0.08	0.10	13.5	87	0.04	*0	0.9	1.34	0.83	0.20	*0.00
Salad, Fruit Meal	lunch	10	17	22	0.32	0.08	16.2	147	7.2	*0	0.71	2.83	0.47	0.24	0.00
Yogurt Triple Berry Parfait 2	serving	10	7	2	0.13	0.04	4.8	3	0.17	0	0.23	1.1	0.15	0.03	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	salad	10	15	45	0.12	0.10	11.8	322	0.56	*0	0.89	1.12	0.8	0.22	*0.00
Salad, Chinese Chicken	serving	7	15	32	0.15	0.09	2.2	250	0.64	*0	0.53	1.69	0.7	0.09	*0.00
X-treme Garlic Fries	1 cup	96	69	228	1.06	0.19	0.0	0	3.19	0	1.06	9.56	2.66	0.53	0.00
RAISINS	1 CUP	68	49	2	0.61	0.31	8.2	0	0.38	10	0.5	13.01	0.08	0.01	0.00
CELERY STICKS	1/2c (6 stic ks)	68	3	13	0.27	0.03	6.7	76	0.52	0	0.12	0.5	0.03	0.01	0.00
Carrots Baby	1 ea	68	4	8	0.30	0.09	3.3	1407	0.27	0	0.07	0.84	0.01	0.00	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	300	10	65	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	50	1	12	0.00	0.00	0.0	0	0.0	0	0.17	0.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	50	59	46	0.00	0.04	1.5	23	0.0	0	0.09	0.22	6.48	0.70	*N/A*
BBQ Sauce 12 gm PKT	Serving	20	1	6	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.27	0.0	0.00	0.00
RANCH DRESSING PACKET	PACKET	50	10	17	0.00	0.00	0.0	0	0.0	0	0.0	0.17	1.17	0.17	0.00
Bosco Sauce Cup	Serving	175	26	146	1.17	0.00	0.0	292	3.5	*N/A*	0.58	2.92	1.17	0.00	0.00
Italian Dressing Fat Free	serving	50	2	65	0.00	0.00	0.0	0	0.0	0	0.0	0.5	0.0	0.00	0.00
Weighted Daily Average			782	1473	9.34	2.96	444.9	3881	49.15	*46	25.84	107.92	28.67	7.90	*0.00
% of Calories										*23.7%	13.2%	55.2%	33.0%	9.1%	*0.0%
Nutrient Guideline			750-850	1420	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

Page 14

Apr 9, 2018 thru Apr 30, 2018

SLV High School (9-12)

005 - High School Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/26/2018															
SLV High School (9-12)	Total	300													
Sriracha Honey Boneless Wings	Serving	150	25	31	0.17	0.12	0.0	34	0.1	0	1.86	1.86	1.1	0.21	0.00
WG Chicken Sticks	serving	59	30	45	0.27	0.24	5.4	14	0.0	0	1.77	1.9	1.77	0.34	0.00
Turkey Sandwich	1 each	16	18	91	0.22	0.10	10.3	35	0.02	*0	1.66	1.88	0.43	0.19	0.00
Tuna Salad Sandwich	SERVINGS	12	28	66	0.18	0.39	4.9	35	0.04	0	3.67	1.53	0.85	0.12	*0.00
Wrap, BBQ Chicken	Servings	12	9	22	0.10	0.09	5.5	100	0.23	*0	0.4	1.48	0.23	0.02	*0.00
Salad, Fruit Meal	lunch	12	20	27	0.38	0.10	19.4	176	8.64	*0	0.85	3.4	0.57	0.28	0.00
Yogurt Triple Berry Parfait	serving	12	10	5	0.15	0.04	1.5	3	0.25	*0	0.33	1.91	0.17	0.06	*0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	serving	15	23	68	0.17	0.16	17.7	483	0.84	*0	1.34	1.68	1.2	0.33	*0.00
Salad, Chinese Chicken	serving	8	17	37	0.18	0.10	2.5	286	0.73	*0	0.61	1.93	0.8	0.11	*0.00
POTATO WEDGES	1cup Servi	72	29	6	0.48	0.17	0.0	0	2.88	*N/A*	0.48	4.8	0.72	0.36	*N/A*
CELERY STICKS	1/2 cup se rving	57	2	11	0.23	0.03	5.6	63	0.44	0	0.1	0.42	0.02	0.01	0.00
Carrots Baby	package	57	3	7	0.25	0.08	2.7	1179	0.22	0	0.05	0.7	0.01	0.00	0.00
BROCCOLI,raw: fresh	1 CUP	57	6	6	0.45	0.13	8.1	108	15.42	0	0.49	1.15	0.06	0.01	0.00
Salad Garden Side	salad	57	25	32	0.93	0.33	11.1	1428	4.02	*1	0.72	2.61	1.43	0.21	0.00
APPLES, Fresh 125-138 Ct	1 EACH	100	32	1	1.46	0.07	3.6	33	2.79	6	0.16	8.38	0.1	0.02	0.00
ORANGES	1 EACH	25	4	0	0.19	0.01	3.2	18	4.26	1	0.08	0.94	0.01	0.00	0.00
BANANAS	1 EACH	50	15	0	0.44	0.04	0.8	11	1.46	2	0.18	3.84	0.06	0.02	0.00
Juice 10 oz Variety	Serving	125	60	12	0.00	0.00	0.0	0	16.67	*N/A*	0.0	14.86	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	150	5	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	30	6	32	0.03	0.02	1.1	2	0.02	0	0.04	0.6	0.35	0.04	0.00
BBQ Sauce 12 gm PKT	Serving	150	8	42	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	25	29	23	0.00	0.02	0.7	11	0.0	0	0.04	0.11	3.24	0.35	*N/A*
Weighted Daily Average			555	791	6.40	2.28	427.6	4701	60.50	*36	24.43	83.72	15.00	3.76	*0.00
% of Calories										*26.2%	17.6%	60.4%	24.3%	6.1%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 15

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/27/2018															
SLV High School (9-12)	Total	300													
Pizza Big Daddy WG Cheese 8 cu	Slice	80	99	133	0.80	0.72	119.9	107	0.0	2	5.59	9.59	4.0	1.86	0.00
Pizza Big Daddy WG Pepperoni	Slice	96	118	176	0.96	0.86	112.0	128	0.0	3	6.72	11.2	5.44	5.44	0.00
PB & J, 2.8oz Whole Wheat	1 each	38	39	39	0.37	0.13	2.5	0	0.0	2	1.23	3.93	2.09	0.43	0.00
Turkey Sandwich	1 each	15	17	85	0.21	0.10	9.6	33	0.02	*0	1.55	1.76	0.41	0.18	0.00
Ham Sandwich (turkey ham)	SANDWIC	10	13	47	0.14	0.10	8.0	36	0.09	*0	1.01	1.01	0.52	0.17	*0.00
Yogurt Triple Berry Parfait 2	serving	12	8	2	0.16	0.05	5.8	4	0.21	0	0.28	1.31	0.18	0.03	0.00
Salad, Fruit Meal	lunch	15	25	33	0.48	0.13	24.2	220	10.8	*0	1.06	4.25	0.71	0.35	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	salad	10	15	45	0.12	0.10	11.8	322	0.56	*0	0.89	1.12	0.8	0.22	*0.00
Salad, Chinese Chicken	serving	8	17	37	0.18	0.10	2.5	286	0.73	*0	0.61	1.93	0.8	0.11	*0.00
Tater Tots, HS	serving	96	66	160	0.82	0.29	0.0	2	0.98	*N/A*	0.82	7.78	3.28	1.43	0.00
RAISINS	1 CUP	51	37	1	0.46	0.23	6.2	0	0.28	7	0.38	9.76	0.06	0.01	0.00
CELERY STICKS	serving	51	2	10	0.20	0.03	5.1	57	0.39	0	0.09	0.38	0.02	0.01	0.00
CARROT STICKS	1/2 CUP	51	4	7	0.29	0.03	3.4	1732	0.61	0	0.1	0.99	0.02	0.00	0.00
BROCCOLI,raw: fresh	1 CUP	51	5	5	0.40	0.11	7.3	96	13.8	0	0.44	1.03	0.06	0.01	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	200	7	43	0.00	0.00	0.0	0	0.0	1	0.0	1.33	0.0	0.00	0.00
Ranch Dressing R/F	serving	100	19	106	0.10	0.07	3.8	6	0.06	0	0.12	2.02	1.17	0.12	0.01
BBQ Sauce 12 gm PKT	Serving	75	4	21	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
MAYONNAISE	1 each	100	22	16	0.00	0.01	0.3	3	0.0	*N/A*	0.04	0.1	2.38	0.37	*N/A*
Weighted Daily Average			762	1171	8.13	3.25	659.2	3810	57.07	*50	31.16	109.01	23.99	11.88	*0.01
% of Calories										*26.5%	16.4%	57.2%	28.3%	14.0%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 16

Generated on: 3/27/2018 1:46:52 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/30/2018															
SLV High School (9-12)	Total	300													
Pizza Big Daddy WG Cheese 8 cu	Slice	80	99	133	0.80	0.72	119.9	107	0.0	2	5.59	9.59	4.0	1.86	0.00
Pizza Big Daddy WG Pepperoni	Slice	96	118	176	0.96	0.86	112.0	128	0.0	3	6.72	11.2	5.44	5.44	0.00
PB & J, 2.8oz Whole Wheat	1 each	36	37	37	0.35	0.13	2.3	0	0.0	2	1.16	3.72	1.98	0.41	0.00
Pastrami Sandwich	1 each	12	21	109	0.22	*0.36	*5.0	*1	*0.55	*0	1.81	1.5	0.9	0.36	*0.00
Turkey Sandwich	1 each	12	14	68	0.17	0.08	7.7	26	0.02	*0	1.24	1.41	0.32	0.14	0.00
Wrap, Ranch Chicken	Servings	8	6	16	0.06	0.06	4.2	67	0.16	*0	0.27	0.88	0.18	0.02	*0.00
Yogurt Triple Berry Parfait 2	serving	12	8	2	0.16	0.05	5.8	4	0.21	0	0.28	1.31	0.18	0.03	0.00
Salad, Fruit Meal	lunch	15	25	33	0.48	0.13	24.2	220	10.8	*0	1.06	4.25	0.71	0.35	0.00
Salad Garden Large SLV HS/MS	salad	4	6	15	0.12	0.04	6.5	183	1.08	*0	0.28	0.73	0.2	0.10	0.00
Salad, Chicken Caesar Large HS	salad	15	23	68	0.17	0.16	17.7	483	0.84	*0	1.34	1.68	1.2	0.33	*0.00
Salad, Chinese Chicken	serving	10	21	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
X-treme Garlic Fries	1 cup	96	69	228	1.06	0.19	0.0	0	3.19	0	1.06	9.56	2.66	0.53	0.00
RAISINS	1 CUP	51	37	1	0.46	0.23	6.2	0	0.28	7	0.38	9.76	0.06	0.01	0.00
CELERY STICKS	serving	51	2	10	0.20	0.03	5.1	57	0.39	0	0.09	0.38	0.02	0.01	0.00
Carrots Baby	package	51	3	6	0.22	0.07	2.4	1055	0.2	0	0.05	0.63	0.01	0.00	0.00
BROCCOLI,raw: fresh	1 CUP	51	5	5	0.40	0.11	7.3	96	13.8	0	0.44	1.03	0.06	0.01	0.00
Cracker Graham LF Honey MJM	1 each	300	102	130	1.86	2.51	0.0	270	3.34	7	1.86	18.57	3.25	0.46	0.00
APPLES, Fresh 125-138 Ct	1 EACH	75	24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	1 EACH	75	11	0	0.58	0.02	9.6	54	12.77	2	0.23	2.82	0.03	0.00	0.00
BANANAS	1 EACH	75	22	0	0.66	0.07	1.3	16	2.2	3	0.28	5.77	0.08	0.03	0.00
Juice 10 oz Variety	Serving	75	36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	100	47	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	200	100	133	0.00	0.00	200.0	333	0.0	18	6.0	19.33	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	100	3	22	0.00	0.00	0.0	0	0.0	1	0.0	0.67	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	50	1	12	0.00	0.00	0.0	0	0.0	0	0.17	0.0	0.0	0.00	0.00
Italian Dressing Fat Free	serving	50	2	65	0.00	0.00	0.0	0	0.0	0	0.0	0.5	0.0	0.00	0.00
BBQ Sauce 12 gm PKT	Serving	50	3	14	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.67	0.0	0.00	0.00
Ranch Dressing R/F	serving	50	9	53	0.05	0.03	1.9	3	0.03	0	0.06	1.01	0.59	0.06	0.00
MAYONNAISE	1 each	50	11	8	0.00	0.00	0.2	2	0.0	*N/A*	0.02	0.05	1.19	0.18	*N/A*
Weighted Daily Average			864	1446	10.29	*6.03	*661.7	*3653	*63.26	*57	34.58	129.29	25.80	11.49	*0.00
% of Calories										*26.2%	16.0%	59.9%	26.9%	12.0%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average			774	1278	8.61	*3.48	*568.2	*3964	*54.88	*48	31.72	111.06	24.27	8.91	*0.04
										*55.7%	16.4%	57.4%	28.2%	10.4%	*0.0%

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San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 17

Apr 9, 2018 thru Apr 30, 2018

SLV High School (9-12)

005 - High School Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	774		750 - 850	100%											
Sodium (mg)	1278		1420												
Fiber (g)	8.61		6.00	144%											
Iron (mg)	3.48		3.50	99%	Missing	0.02									
Calcium (mg)	568.2		286.00	199%	Missing										
Vitamin A (IU)	3964		1120	354%	Missing										
Sugars (g)	48	24.76%			Missing										
Vitamin C (mg)	54.88		15.00	366%	Missing										
Protein (g)	31.72	16.39%	10.00	317%											
Carbohydrate (g)	111.06	57.38%													
Total Fat (g)	24.27	28.21%	<=30.00%												
Saturated Fat (g)	8.91	10.36%	<10.00%												
Trans Fat ¹ (g)	0.04	0.05%			Missing										

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.