

San Lorenzo Valley USD

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 1

Generated on: 1/18/2018 2:20:39 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 - 02/01/2018															
SLV High School (9-12)	Total	300													
Frito Bowl	Serving	150	340	408	5.80	1.64	270.3	506	1.73	1	16.7	28.94	18.48	4.95	0.00
PB & J, 2.8oz Whole Wheat	1 each	59	61	61	0.57	0.21	3.8	0	0.0	2	1.91	6.1	3.24	0.67	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 serving	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			912	1321	12.52	3.53	693.8	5209	61.80	*39	38.09	116.51	34.89	8.84	*0.00
% of Calories										*17.1%	16.7%	51.1%	34.4%	8.7%	*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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

SLV High School (9-12)

005 - High School Lunch

Generated on: 1/18/2018 2:20:40 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)
Fri - 02/02/2018															
SLV High School (9-12)	Total	300													
Pizza French Bread	slice	96	93	192	0.96	0.86	112.0	240	1.15	1	5.44	10.56	3.52	1.44	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	1 EACH	10	9	37	0.05	0.09	2.9	0	0.55	0	0.62	0.96	0.24	0.05	*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			630	1101	7.37	2.38	529.1	3698	58.64	*47	23.84	99.42	16.94	4.91	*0.01
% of Calories										*29.7%	15.1%	63.1%	24.2%	7.0%	*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

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Feb 1, 2018 thru Feb 28, 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)
Mon - 02/05/2018															
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

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Feb 1, 2018 thru Feb 28, 2018

SLV High School (9-12)

005 - High School Lunch

Generated on: 1/18/2018 2:20:40 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)
Tue - 02/06/2018															
SLV High School (9-12)	Total	300													
Chicken Drumstick Breaded Cook	150 serving		105	360	1.00	0.72	10.0	50	0.0	0	6.5	7.0	6.0	1.25	0.00
Veggie Burger - Morning Star F	58 SERVING		60	118	1.49	0.56	10.7	0	0.0	*1	3.52	7.96	1.73	0.27	0.02
Turkey Sandwich	24 1 each		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	12 1 Each		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	12 serving		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	15 lunch		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	4 salad		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	10 serving		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	15 serving		32	70	0.33	0.20	4.8	536	1.38	*0	1.14	3.63	1.5	0.20	*0.00
POTATO WEDGES	72 1cup Servi		29	6	0.48	0.17	0.0	0	2.88	*N/A*	0.48	4.8	0.72	0.36	*N/A*
RAISINS	76 1 CUP		55	2	0.68	0.35	9.2	0	0.42	11	0.56	14.54	0.08	0.01	0.00
CELERY STICKS	76 1/2 cup se rving		3	15	0.30	0.04	7.5	84	0.58	0	0.13	0.56	0.03	0.01	0.00
Carrots Baby	76 package		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	75 1 EACH		24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	75 1 EACH		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	75 Serving		36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
BANANAS	75 1 EACH		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	100 HALF PINT		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	200 HALF PINT		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	120 PC packet		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	20 Pkt 5g		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	25 Pkt 7g		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	30 serving		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	25 Serving		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			664	1126	8.30	2.91	448.0	3736	45.86	*48	28.26	100.97	18.65	4.65	*0.02
% of Calories										*28.7%	17.0%	60.8%	25.3%	6.3%	*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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SLV High School (9-12)

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Page 5

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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)
Wed - 02/07/2018															
SLV High School (9-12)	Total	300													
Corn Dog Mini	serv	175	160	243	2.97	1.07	89.0	0	0.0	3	5.94	17.81	7.12	2.08	0.00
Lil Nacho Bites	SERVING	50	45	73	0.50	0.24	25.0	83	0.4	0	1.83	5.33	1.67	0.67	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	serv	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	serv	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 sti cks)	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	serv	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	1360	10.43	2.79	530.3	3519	45.48	*49	25.52	111.90	26.80	6.44	*0.00
% of Calories										*25.3%	13.1%	57.2%	30.8%	7.4%	*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

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

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)
Thu - 02/08/2018															
SLV High School (9-12)	Total	300													
Chili ChefMate w/ Corn Muffin	1 Cup	150	130	206	0.50	0.54	121.2	202	0.0	*0	5.54	15.51	5.28	2.02	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			728	1172	7.83	2.94	619.6	4984	60.07	*36	29.74	107.98	21.20	6.42	*0.00
% of Calories										*20.0%	16.3%	59.3%	26.2%	7.9%	*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

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

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)
Fri - 02/09/2018															
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
HAM SANDWICH	1 EACH	10	9	37	0.05	0.09	2.9	0	0.55	0	0.62	0.96	0.24	0.05	*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			774	1245	8.33	3.24	672.9	3714	57.49	*51	31.83	111.56	23.65	11.15	*0.01
% of Calories										*26.4%	16.5%	57.7%	27.5%	13.0%	*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

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Feb 1, 2018 thru Feb 28, 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)
Tue - 02/13/2018															
SLV High School (9-12)	Total	300													
WG Crispy Chicken Rings	Serving	150	152	227	0.63	0.91	12.6	63	0.0	1	10.74	7.58	8.85	1.58	0.00
WG Breaded Onion Rings	Serving	150	99	99	1.49	0.53	49.5	0	1.19	2	1.49	13.87	3.96	0.74	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
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	76	3	15	0.30	0.04	7.5	84	0.58	0	0.13	0.56	0.03	0.01	0.00
	rving														
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			806	1092	9.36	3.62	504.5	3732	46.87	*51	34.05	114.77	25.36	5.77	*0.02
% of Calories										*25.2%	16.9%	56.9%	28.3%	6.4%	*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

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

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)
Wed - 02/14/2018															
SLV High School (9-12)	Total	300													
HOT DOG ON A BUN:turkey hot	SERVING	175	146	362	1.17	1.23	38.9	0	0.0	3	4.96	18.49	5.7	1.35	0.21
Fries seasoned twister	servng 3oz	50	27	53	0.33	0.18	0.0	0	1.0	*N/A*	0.33	3.33	1.33	0.58	*N/A*
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	servng	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	servng	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 sti cks)	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	servng	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			750	1458	8.46	2.89	455.1	3435	46.08	*49	23.05	110.58	25.04	5.62	*0.21
% of Calories										*26.1%	12.3%	59.0%	30.1%	6.8%	*0.2%
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

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

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)
Thu - 02/15/2018															
SLV High School (9-12)	Total	300													
Bosco Stick (2 stick)	1 serving	210	308	406	4.20	2.52	280.0	280	0.0	3	16.8	39.2	9.8	4.20	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	57	2	11	0.23	0.03	5.6	63	0.44	0	0.1	0.42	0.02	0.01	0.00
	rving														
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			808	1120	10.16	4.44	702.2	4934	60.40	*39	37.60	119.16	21.93	7.41	*0.00
% of Calories										*19.1%	18.6%	59.0%	24.4%	8.3%	*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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 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)
Fri - 02/16/2018															
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	

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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Feb 1, 2018 thru Feb 28, 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)
Tue - 02/20/2018															
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
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
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			731	1180	8.50	2.18	442.3	3668	45.68	*48	32.33	114.32	19.05	4.95	*0.02
% of Calories										*26.1%	17.7%	62.6%	23.5%	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

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

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)
Wed - 02/21/2018															
SLV High School (9-12)	Total	300													
Cheeseburger Classis Don Lee	175 serving		200	458	0.99	1.81	96.8	108	0.0	*N/A*	11.49	17.03	9.45	4.38	0.00
HAMBURGER ON A BUN	50 SERVING		60	46	0.33	0.56	3.1	1	0.0	1	3.97	4.67	2.62	0.95	0.10
Ham Sandwich (turkey ham)	10 SANDWIC		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	12 Sandwich		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	12 1 Each		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	10 lunch		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	10 serving		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	4 salad		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	10 salad		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	7 serving		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	96 1 cup		69	228	1.06	0.19	0.0	0	3.19	0	1.06	9.56	2.66	0.53	0.00
RAISINS	68 1 CUP		49	2	0.61	0.31	8.2	0	0.38	10	0.5	13.01	0.08	0.01	0.00
CELERY STICKS	68 1/2c (6 sti cks)		3	13	0.27	0.03	6.7	76	0.52	0	0.12	0.5	0.03	0.01	0.00
Carrots Baby	68 1 ea		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	75 1 EACH		24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	75 1 EACH		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	75 Serving		36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
BANANAS	75 1 EACH		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	100 HALF PINT		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	200 HALF PINT		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	300 PC packet		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	50 Pkt 5g		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	50 Pkt 7g		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	20 Serving		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	50 PACKET		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	175 Serving		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	50 serving		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			837	1548	8.28	3.85	516.2	3545	45.08	*47	33.22	110.46	30.07	9.02	*0.10
% of Calories										*22.5%	15.9%	52.8%	32.3%	9.7%	*0.1%
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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

SLV High School (9-12)

005 - High School Lunch

Generated on: 1/18/2018 2:20:40 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 - 02/22/2018															
SLV High School (9-12)	Total	300													
Pizza Crunchers Rich's	Serving	150	175	190	2.50	1.00	212.5	228	1.0	*N/A*	9.5	20.0	7.5	2.25	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	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	57	2	11	0.23	0.03	5.6	63	0.44	0	0.1	0.42	0.02	0.01	0.00
	rving														
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			762	1018	9.64	3.62	713.4	4961	61.40	*37	35.02	110.97	22.38	6.64	*0.00
% of Calories										*19.2%	18.4%	58.3%	26.4%	7.8%	*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

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Feb 1, 2018 thru Feb 28, 2018

SLV High School (9-12)

005 - High School Lunch

Generated on: 1/18/2018 2:20:40 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)
Fri - 02/23/2018															
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	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	

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

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San Lorenzo Valley USD

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

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Generated on: 1/18/2018 2:20:40 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 - 02/26/2018															
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

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Feb 1, 2018 thru Feb 28, 2018

SLV High School (9-12)

005 - High School Lunch

Generated on: 1/18/2018 2:20:40 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)
Tue - 02/27/2018															
SLV High School (9-12)	Total	300													
Chef Choice	150 serving		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veggie Burger - Morning Star F	58 SERVING		60	118	1.49	0.56	10.7	0	0.0	*1	3.52	7.96	1.73	0.27	0.02
Turkey Sandwich	24 1 each		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	12 1 Each		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	12 serving		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	15 lunch		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	4 salad		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	15 serving		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	10 serving		21	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	72 1cup Servi		29	6	0.48	0.17	0.0	0	2.88	*N/A*	0.48	4.8	0.72	0.36	*N/A*
RAISINS	76 1 CUP		55	2	0.68	0.35	9.2	0	0.42	11	0.56	14.54	0.08	0.01	0.00
CELERY STICKS	76 1/2 cup se rving		3	15	0.30	0.04	7.5	84	0.58	0	0.13	0.56	0.03	0.01	0.00
Carrots Baby	76 package		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	75 1 EACH		24	0	1.09	0.05	2.7	25	2.09	5	0.12	6.28	0.08	0.01	0.00
ORANGES	75 1 EACH		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	75 Serving		36	7	0.00	0.00	0.0	0	10.0	*N/A*	0.0	8.92	0.0	0.00	0.00
BANANAS	75 1 EACH		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	100 HALF PINT		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	200 HALF PINT		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	120 PC packet		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	20 Pkt 5g		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	25 Pkt 7g		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	30 serving		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	25 Serving		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			556	765	7.25	2.18	442.3	3668	45.68	*48	21.83	93.32	12.55	3.45	*0.02
% of Calories										*34.3%	15.7%	67.2%	20.3%	5.6%	*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

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

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)
Wed - 02/28/2018															
SLV High School (9-12)	Total	300													
Sriracha Honey Boneless Wings	Serving	175	29	37	0.20	0.14	0.0	40	0.12	0	2.17	2.17	1.28	0.25	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 sti cks)	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			657	1132	7.64	1.80	419.5	3475	45.20	*49	21.54	96.10	22.04	4.51	*0.00
% of Calories										*29.7%	13.1%	58.5%	30.2%	6.2%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Weighted Average			758	1215	8.94	*3.38	*573.9	*3956	*53.69	*47	30.41	110.81	23.34	7.58	*0.02
										*56.1%	16.0%	58.5%	27.7%	9.0%	*0.0%

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San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

SLV High School (9-12)

005 - High School Lunch

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Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	758		750 - 850		100%												
Sodium (mg)	1215			1420													
Fiber (g)	8.94			6.00	149%												
Iron (mg)	3.38			3.50	97%	Missing	0.12										Correction Required - Iron is Low
Calcium (mg)	573.9			286.00	201%	Missing											
Vitamin A (IU)	3956			1120	353%	Missing											
Sugars (g)	47	24.92%				Missing											
Vitamin C (mg)	53.69			15.00	358%	Missing											
Protein (g)	30.41	16.04%		10.00	304%												
Carbohydrate (g)	110.81	58.46%															
Total Fat (g)	23.34	27.70%		<=30.00%													
Saturated Fat (g)	7.58	9.00%		<10.00%													
Trans Fat ¹ (g)	0.02	0.03%				Missing											

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