

# San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:42 AM

	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 <sup>1</sup> (g)
Wed - 11/01/2017															
SLV High School (9-12)	Total	300													
Bosco Stick (2 stick)	1 serving	175	257	338	3.50	2.10	233.3	233	0.0	2	14.0	32.67	8.17	3.50	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	12	16	56	0.17	0.11	9.6	43	0.1	*0	1.21	1.21	0.63	0.21	*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	1 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	1 salad	2	3	7	0.06	0.02	3.2	92	0.54	*0	0.14	0.36	0.1	0.05	0.00
Salad, Chicken Caesar Large HS	1 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	1 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	1 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	1 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	1 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	1 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	1 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			885	1435	10.91	3.76	651.2	3584	44.56	*51	33.43	126.44	28.92	7.74	*0.00
% of Calories										*22.9%	15.1%	57.1%	29.4%	7.9%	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Planned Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:42 AM

	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 <sup>1</sup> (g)
Thu - 11/02/2017															
SLV High School (9-12)	Total	300													
Beef Chili with Beans RF	5.83 servin	160	196	289	4.17	2.86	49.4	1129	16.75	8	12.74	23.03	6.49	1.87	0.00
Corn Mini Muffin WG IW 1.9oz	1 each	160	62	86	0.64	0.21	4.5	25	0.0	4	1.28	9.81	2.08	0.37	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	14	16	79	0.20	0.09	9.0	31	0.02	*0	1.45	1.64	0.38	0.16	0.00
Tuna Salad Sandwich	SERVINGS	14	33	77	0.21	0.45	5.8	41	0.04	0	4.28	1.78	1.0	0.14	*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
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
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			842	1191	11.89	5.69	549.4	5861	77.11	*48	39.70	122.83	23.51	6.63	*0.00
% of Calories										*23.0%	18.9%	58.4%	25.1%	7.1%	*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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Weighted Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

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 <sup>1</sup> (g)
Fri - 11/03/2017															
SLV High School (9-12)	Total	300													
WM 8 Cut Cheese Pizza	Slice	96	115	163	0.96	0.86	144.0	160	1.92	1	6.4	10.88	5.44	2.56	0.00
WM 8 cut Pepperoni pizza	slice	96	109	186	0.96	0.58	128.0	160	2.88	1	6.4	10.88	5.76	2.88	0.00
PB & J, 2.8oz Whole Wheat	1 each	25	26	26	0.24	0.09	1.6	0	0.0	1	0.81	2.59	1.37	0.28	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
Ham Sandwich (turkey ham)	SANDWIC	12	16	56	0.17	0.11	9.6	43	0.1	*0	1.21	1.21	0.63	0.21	*0.00
Wrap, BBQ Chicken	Servings	10	8	18	0.08	0.07	4.6	83	0.19	*0	0.33	1.24	0.19	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	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			777	1205	8.25	3.44	699.9	3988	62.09	*48	33.87	109.84	25.78	9.87	*0.01
% of Calories										*24.5%	17.4%	56.6%	29.9%	11.4%	*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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Nov 1, 2017 thru Nov 30, 2017

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 <sup>1</sup> (g)
Mon - 11/06/2017															
SLV High School (9-12)	Total	300													
WM 8 Cut Cheese Pizza	Slice	80	96	136	0.80	0.72	120.0	133	1.6	1	5.33	9.07	4.53	2.13	0.00
WM 8 cut Pepperoni pizza	slice	96	109	186	0.96	0.58	128.0	160	2.88	1	6.4	10.88	5.76	2.88	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
Salami & Cheese Sandwich	1 each	12	19	77	0.17	0.12	18.2	75	0.02	*0	1.19	1.42	0.97	0.45	0.01
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			850	1426	10.24	5.49	691.0	3786	67.20	*54	33.39	128.37	26.72	9.28	*0.01
% of Calories										*25.2%	15.7%	60.4%	28.3%	9.8%	*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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# San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:42 AM

	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 <sup>1</sup> (g)
Tue - 11/07/2017															
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
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
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			580	797	7.42	2.30	442.3	3702	45.78	*48	23.69	95.18	13.65	3.66	*0.02
% of Calories										*33.1%	16.3%	65.6%	21.2%	5.7%	*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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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:42 AM

	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 <sup>1</sup> (g)
Wed - 11/08/2017															
SLV High School (9-12)	Total	300													
Chicken Strips	4 strips	175	196	561	0.52	0.74	36.6	41	0.4	*N/A*	10.6	13.88	10.48	2.52	*N/A*
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	12	16	56	0.17	0.11	9.6	43	0.1	*0	1.21	1.21	0.63	0.21	*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	2	3	7	0.06	0.02	3.2	92	0.54	*0	0.14	0.36	0.1	0.05	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 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	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			824	1658	7.93	2.39	454.5	3391	44.96	*48	30.03	107.65	31.23	6.77	*0.00
% of Calories										*23.4%	14.6%	52.2%	34.1%	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

Planned Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:42 AM

	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 <sup>1</sup> (g)
Thu - 11/09/2017															
SLV High School (9-12)	Total	300													
HAMBURGER ON A BUN	SERVING	50	60	46	0.33	0.56	3.1	1	0.0	1	3.97	4.67	2.62	0.95	0.10
CHEESEBURGER ON A BUN	1 EACH	100	153	249	0.65	1.17	104.9	109	0.0	2	9.63	9.61	8.12	3.61	0.31
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
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
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			775	1136	8.33	*4.15	*549.0	*3676	*46.08	*50	36.48	107.41	23.61	8.23	*0.42
% of Calories										*25.9%	18.8%	55.4%	27.4%	9.6%	*0.5%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 11/10/2017															
SLV High School (9-12)	Total	0													
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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# San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 8

Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:42 AM

	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 <sup>1</sup> (g)
Weighted Daily Average			0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 11/13/2017															
SLV High School (9-12)	Total	300													
WM 8 Cut Cheese Pizza	Slice	80	96	136	0.80	0.72	120.0	133	1.6	1	5.33	9.07	4.53	2.13	0.00
WM 8 cut Pepperoni pizza	slice	96	109	186	0.96	0.58	128.0	160	2.88	1	6.4	10.88	5.76	2.88	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
Salami & Cheese Sandwich	1 each	12	19	77	0.17	0.12	18.2	75	0.02	*0	1.19	1.42	0.97	0.45	0.01
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*

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# San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:43 AM

	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 <sup>1</sup> (g)
Weighted Daily Average			850	1426	10.24	5.49	691.0	3786	67.20	*54	33.39	128.37	26.72	9.28	*0.01
% of Calories										*25.2%	15.7%	60.4%	28.3%	9.8%	*0.0%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 11/14/2017															
SLV High School (9-12)	Total	300													
Chicken, Popcorn MSHS Tyson	Serving	180	260	395	3.12	1.87	0.0	104	0.0	1	15.59	15.59	14.55	2.60	0.00
Veggie Burger - Morning Star F	SERVING	28	29	57	0.72	0.27	5.1	0	0.0	*0	1.7	3.84	0.83	0.13	0.01
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	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			787	1100	9.65	3.77	432.5	3790	45.86	*48	35.53	105.44	26.30	5.86	*0.01
% of Calories										*24.5%	18.1%	53.6%	30.1%	6.7%	*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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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:43 AM

	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 <sup>1</sup> (g)
Wed - 11/15/2017															
SLV High School (9-12)	Total	300													
Quesadilla, Cheese Wedge	175 serving		198	531	1.75	0.21	175.0	292	0.0	*N/A*	8.75	23.92	7.58	2.33	0.00
Corn Dog Mini	50 serving		46	70	0.85	0.31	25.4	0	0.0	1	1.7	5.09	2.04	0.59	0.00
Ham Sandwich (turkey ham)	12 SANDWIC		16	56	0.17	0.11	9.6	43	0.1	*0	1.21	1.21	0.63	0.21	*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	2 salad		3	7	0.06	0.02	3.2	92	0.54	*0	0.14	0.36	0.1	0.05	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 stic ks)		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			821	1646	9.52	2.00	615.1	3643	44.56	*47	28.26	117.60	27.63	6.61	*0.00
% of Calories										*22.9%	13.8%	57.3%	30.3%	7.2%	*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 11

Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:43 AM

	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 <sup>1</sup> (g)
Thu - 11/16/2017															
SLV High School (9-12)	Total	300													
Chicken Tenderloin HS/MS	160 serving		224	464	0.80	1.44	0.0	0	0.0	0	16.0	13.6	11.2	2.00	0.00
Bosco Stick (2 stick)	59 serving		87	114	1.18	0.71	78.7	79	0.0	1	4.72	11.01	2.75	1.18	0.00
Turkey Sandwich	14 1 each		16	79	0.20	0.09	9.0	31	0.02	*0	1.45	1.64	0.38	0.16	0.00
Tuna Salad Sandwich	14 SERVINGS		33	77	0.21	0.45	5.8	41	0.04	0	4.28	1.78	1.0	0.14	*0.00
Salad, Fruit Meal	12 lunch		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	12 serving		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	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*
CELERY STICKS	57 1/2 cup se		2	11	0.23	0.03	5.6	63	0.44	0	0.1	0.42	0.02	0.01	0.00
Carrots Baby	57 package		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	57 1 CUP		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	57 salad		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	100 1 EACH		32	1	1.46	0.07	3.6	33	2.79	6	0.16	8.38	0.1	0.02	0.00
ORANGES	25 1 EACH		4	0	0.19	0.01	3.2	18	4.26	1	0.08	0.94	0.01	0.00	0.00
BANANAS	50 1 EACH		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	125 Serving		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	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	150 PC packet		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	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	150 Serving		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	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*
Weighted Daily Average			808	1280	7.89	4.05	495.5	4706	60.36	*37	41.68	103.59	26.14	6.39	*0.00
% of Calories										*18.1%	20.6%	51.3%	29.1%	7.1%	*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

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 12

Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:43 AM

	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 <sup>1</sup> (g)
Fri - 11/17/2017															
SLV High School (9-12)	Total	300													
Pizza Crunchers Rich's	Serving	96	112	122	1.60	0.64	136.0	146	0.64	*N/A*	6.08	12.8	4.8	1.44	0.00
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	25	26	26	0.24	0.09	1.6	0	0.0	1	0.81	2.59	1.37	0.28	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
Ham Sandwich (turkey ham)	SANDWIC	12	16	56	0.17	0.11	9.6	43	0.1	*0	1.21	1.21	0.63	0.21	*0.00
Wrap, BBQ Chicken	Servings	10	8	18	0.08	0.07	4.6	83	0.19	*0	0.33	1.24	0.19	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	12	18	54	0.14	0.13	14.2	386	0.67	*0	1.07	1.35	0.96	0.27	*0.00
Salad, Chinese Chicken	serving	6	13	28	0.13	0.08	1.9	214	0.55	*0	0.46	1.45	0.6	0.08	*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			750	1213	8.90	*3.48	*677.7	*4013	*59.53	*46	30.76	111.16	22.92	7.57	*0.01
% of Calories										*24.8%	16.4%	59.3%	27.5%	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  
 \* - 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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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:43 AM

	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 <sup>1</sup> (g)
Mon - 11/27/2017															
SLV High School (9-12)	Total	300													
WM 8 Cut Cheese Pizza	Slice	80	96	136	0.80	0.72	120.0	133	1.6	1	5.33	9.07	4.53	2.13	0.00
WM 8 cut Pepperoni pizza	slice	96	109	186	0.96	0.58	128.0	160	2.88	1	6.4	10.88	5.76	2.88	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
Salami & Cheese Sandwich	1 each	12	19	77	0.17	0.12	18.2	75	0.02	*0	1.19	1.42	0.97	0.45	0.01
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			850	1426	10.24	5.49	691.0	3786	67.20	*54	33.39	128.37	26.72	9.28	*0.01
% of Calories										*25.2%	15.7%	60.4%	28.3%	9.8%	*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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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:43 AM

	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 <sup>1</sup> (g)
Tue - 11/28/2017															
SLV High School (9-12)	Total	300													
Chicken Sand. Grilled	1 ea	180	184	466	1.78	1.06	0.0	60	0.0	*2	9.55	17.09	8.38	2.69	0.00
Veggie Burger - Morning Star F	SERVING	28	29	57	0.72	0.27	5.1	0	0.0	*0	1.7	3.84	0.83	0.13	0.01
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	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			712	1170	8.31	2.97	432.5	3746	45.86	*50	29.50	106.94	20.13	5.96	*0.01
% of Calories										*27.9%	16.6%	60.1%	25.5%	7.5%	*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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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:43 AM

	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 <sup>1</sup> (g)
Wed - 11/29/2017															
SLV High School (9-12)	Total	300													
Bosco Stick (2 stick)	servicing	175	257	338	3.50	2.10	233.3	233	0.0	2	14.0	32.67	8.17	3.50	0.00
Corn Dog Mini	servicing	50	46	70	0.85	0.31	25.4	0	0.0	1	1.7	5.09	2.04	0.59	0.00
Ham Sandwich (turkey ham)	SANDWIC	12	16	56	0.17	0.11	9.6	43	0.1	*0	1.21	1.21	0.63	0.21	*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	servicing	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	2	3	7	0.06	0.02	3.2	92	0.54	*0	0.14	0.36	0.1	0.05	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	servicing	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	servicing	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			879	1453	11.27	3.89	673.4	3584	44.56	*49	33.51	126.35	28.21	7.77	*0.00
% of Calories										*22.5%	15.2%	57.5%	28.9%	8.0%	*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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Planned Menu Spreadsheet

Weighted Values - Detailed

Page 16

Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:43 AM

	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 <sup>1</sup> (g)
Thu - 11/30/2017															
SLV High School (9-12)	Total	300													
HAMBURGER ON A BUN	SERVING	160	191	148	1.07	1.79	9.9	4	0.0	2	12.71	14.93	8.37	3.04	0.32
CHEESEBURGER ON A BUN	1 EACH	59	90	147	0.39	0.69	61.9	64	0.0	1	5.68	5.67	4.79	2.13	0.18
Turkey Sandwich	1 each	14	16	79	0.20	0.09	9.0	31	0.02	*0	1.45	1.64	0.38	0.16	0.00
Tuna Salad Sandwich	SERVINGS	14	33	77	0.21	0.45	5.8	41	0.04	0	4.28	1.78	1.0	0.14	*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
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			779	997	7.36	4.38	488.6	4695	60.36	*39	39.35	99.58	25.35	8.38	*0.50
% of Calories										*20.0%	20.2%	51.1%	29.3%	9.7%	*0.6%
Nutrient Guideline			750-850	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	
Weighted Average			798	1285	9.27	*3.92	*577.2	*3984	*55.21	*48	33.50	114.07	25.22	7.46	*0.06
										*54.3%	16.8%	57.2%	28.4%	8.4%	*0.1%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1- Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

SLV High School (9-12)

005 - High School Lunch

Generated on: 10/26/2017 7:38:43 AM

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	798		750 - 850	100%												
Sodium (mg)	1285		1420													
Fiber (g)	9.27		6.00	155%												
Iron (mg)	3.92		3.50	112%	Missing											
Calcium (mg)	577.2		286.00	202%	Missing											
Vitamin A (IU)	3984		1120	356%	Missing											
Sugars (g)	48	24.13%			Missing											
Vitamin C (mg)	55.21		15.00	368%	Missing											
Protein (g)	33.50	16.79%	10.00	335%												
Carbohydrate (g)	114.07	57.18%														
Total Fat (g)	25.22	28.44%	<=30.00%													
Saturated Fat (g)	7.46	8.41%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.06	0.07%			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

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

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