

# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 1

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/02/2017																
SLV High School (9-12)	Total	300														
WM 8 Cut Cheese Pizza	Slice	80	96	8	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	11	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	0	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	3	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	2	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	0	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	0	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	2	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	0	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	2	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	1	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	0	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	0	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	0	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	0	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	0	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	0	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	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	0	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	0	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	0	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	1	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	1	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	42	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	100	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

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

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 2

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/03/2017																
SLV High School (9-12)	Total	300														
HAMBURGER ON A BUN	SERVING	50	60	11	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	32	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	0	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	4	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	2	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	0	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	2	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	0	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	2	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	1	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Serv ing	72	29	0	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	0	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 s erving	76	3	0	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	0	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	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	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	0	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	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	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	2	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	0	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	0	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			768	68	1061	8.23	3.90	550.3	3779	45.68	*50	35.43	107.60	23.28	8.00	*0.42
% of Calories											*25.9%	18.4%	56.0%	27.3%	9.4%	*0.5%
Nutrient Guideline			750-850	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 3

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/04/2017																
SLV High School (9-12)	Total	300														
Bosco Stick (2 stick)	175 serving		257	17	338	3.50	2.10	233.3	233	0.0	2	14.0	32.67	8.17	3.50	0.00
Grilled Cheese Sandwich	50 serving		62	5	191	0.66	0.31	64.6	102	0.0	*N/A*	3.54	8.15	1.95	1.14	0.00
Ham Sandwich (turkey ham)	12 SANDWIC		16	3	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	15	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	2	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	1	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	0	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	0	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	2	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	1	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	0	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	0	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 sticks)		3	0	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	0	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	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	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	0	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	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	200 HALF PINT		100	3	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	0	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	0	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	5	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	0	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	1	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	0	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	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.5	0.0	0.00	0.00
Weighted Daily Average			895	61	1575	11.09	3.89	712.5	3686	44.56	*49	35.35	129.41	28.13	8.32	*0.00
% of Calories											*21.7%	15.8%	57.8%	28.3%	8.4%	*0.0%
Nutrient Guideline			750-850	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 4

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/05/2017																
SLV High School (9-12)	Total	300														
Beef Chili with Beans RF	5.83 servin	160	196	41	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	14	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	6	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	2	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	7	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	1	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	0	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	0	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	2	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	1	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Serv ing	72	29	0	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 s erving	57	2	0	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	0	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	0	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	1	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	0	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	32	0.00	0.00	0.0	0	0.0	1	0.0	1.0	0.0	0.00	0.00
Ranch Dressing R/F	serving	30	6	0	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	0	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	2	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	90	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	100	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

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 5

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/06/2017																
SLV High School (9-12)	Total	300														
WM 8 Cut Cheese Pizza	Slice	96	115	10	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	11	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	0	26	0.24	0.09	1.6	0	0.0	1	0.81	2.59	1.37	0.28	0.00
Pesto Chicken Sandwich	sandwich	12	28	*3	76	0.16	0.10	22.0	53	0.0	*0	1.95	1.53	1.56	0.42	*0.00
Ham Sandwich (turkey ham)	SANDWIC	12	16	3	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	1	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	0	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	2	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	0	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	2	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	1	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	0	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	0	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	0	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	0	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	0	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	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	2	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	0	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	2	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	*46	1216	8.22	3.15	717.0	4006	62.06	*47	32.15	109.85	26.49	10.16	*0.01
% of Calories											*24.4%	16.6%	56.6%	30.7%	11.8%	*0.0%
Nutrient Guideline			750-850	100	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

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 6

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/09/2017																
SLV High School (9-12)	Total	300														
WM 8 Cut Cheese Pizza	Slice	80	96	8	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	11	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	0	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	3	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	2	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	0	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	0	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	2	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	0	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	2	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	1	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	0	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	0	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	0	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	0	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	0	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	0	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	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	0	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	0	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	0	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	1	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	1	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	42	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	100	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

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 7

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/10/2017																
SLV High School (9-12)	Total	300														
Sriracha Honey Boneless Wings	Serving	150	25	5	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	0	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	4	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	2	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	0	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	2	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	0	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	2	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	1	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Serv ing	72	29	0	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	0	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 s erving	76	3	0	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	0	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	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	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	0	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	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	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	2	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	0	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	0	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	29	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	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 8

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/11/2017																
SLV High School (9-12)	Total	300														
Chicken Tenderloin HS/MS	serving	175	245	26	508	0.87	1.57	0.0	0	0.0	0	17.5	14.88	12.25	2.19	0.00
Bosco Stick (2 stick)	serving	50	73	5	97	1.00	0.60	66.7	67	0.0	1	4.0	9.33	2.33	1.00	0.00
Ham Sandwich (turkey ham)	SANDWIC	12	16	3	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	15	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	2	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	1	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	0	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	0	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	2	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	1	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	0	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	0	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 sticks)	68	3	0	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	0	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	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	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	0	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	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	0	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	5	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	0	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	1	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	0	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	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.5	0.0	0.00	0.00
Weighted Daily Average			895	70	1650	8.80	3.66	481.3	3418	44.56	*47	39.32	112.80	32.59	6.87	*0.00
% of Calories											*21.0%	17.6%	50.4%	32.8%	6.9%	*0.0%
Nutrient Guideline			750-850	100	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

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 9

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/12/2017																
SLV High School (9-12)	Total	300														
Curly Sue Pasta w/meatballs	1 cup	160	182	29	231	3.60	2.04	73.6	422	1.21	*4	11.26	25.64	4.53	1.63	*0.00
WG Garlic Toast	Serving	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bosco Stick (2 stick)	serving	59	87	6	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	2	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	7	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	1	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	0	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	0	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	2	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	1	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Serv ing	72	29	0	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 s erving	57	2	0	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	0	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	0	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	1	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	0	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	32	0.00	0.00	0.0	0	0.0	1	0.0	1.0	0.0	0.00	0.00
Ranch Dressing R/F	serving	30	6	0	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	0	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	2	23	0.00	0.02	0.7	11	0.0	0	0.04	0.11	3.24	0.35	*N/A*
Weighted Daily Average			766	64	1047	10.69	4.65	569.1	5128	61.57	*40	36.94	115.63	19.47	6.02	*0.00
% of Calories											*21.0%	19.3%	60.4%	22.9%	7.1%	*0.0%
Nutrient Guideline			750-850	100	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

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 10

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/13/2017																
SLV High School (9-12)	Total	300														
Pizza Crunchers Rich's	Serving	96	112	10	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	6	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	0	26	0.24	0.09	1.6	0	0.0	1	0.81	2.59	1.37	0.28	0.00
Pesto Chicken Sandwich	sandwich	12	28	*3	76	0.16	0.10	22.0	53	0.0	*0	1.95	1.53	1.56	0.42	*0.00
Ham Sandwich (turkey ham)	SANDWIC	12	16	3	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	1	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	0	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	2	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	0	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	2	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	1	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	0	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	0	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	0	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	0	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	0	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	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	2	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	0	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	2	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			757	*41	1180	8.86	3.22	693.0	4072	59.05	*46	30.88	111.45	23.61	7.61	*0.01
% of Calories											*24.3%	16.3%	58.9%	28.1%	9.0%	*0.0%
Nutrient Guideline			750-850	100	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

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 11

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/16/2017																
SLV High School (9-12)	Total	300														
WM 8 Cut Cheese Pizza	Slice	80	96	8	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	11	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	0	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	3	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	2	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	0	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	0	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	2	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	0	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	2	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	1	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	0	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	0	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	0	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	0	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	0	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	0	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	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	0	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	0	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	0	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	1	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	1	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	42	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	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 12

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/17/2017																
SLV High School (9-12)	Total	300														
Spicy Chicken Sandwich	SERVING	150	174	17	338	0.98	0.71	0.0	0	0.0	*2	9.46	19.74	6.48	1.50	0.00
Veggie Burger - Morning Star F	SERVING	58	60	0	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	4	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	2	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	0	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	2	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	0	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	2	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	1	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Serv ing	72	29	0	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	0	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 s erving	76	3	0	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	0	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	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	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	0	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	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	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	2	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	0	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	0	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			729	41	1103	8.23	2.88	442.3	3668	45.68	*50	31.29	113.06	19.03	4.94	*0.02
% of Calories											*27.2%	17.2%	62.0%	23.5%	6.1%	*0.0%
Nutrient Guideline			750-850	100	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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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 13

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/18/2017																
SLV High School (9-12)	Total	300														
Teriyaki Chicken Rice Bowl	Serving	175	115	29	99	1.05	0.61	12.7	34	1.24	*N/A*	8.69	15.13	1.89	0.45	0.00
Grilled Cheese Sandwich	serving	50	62	5	191	0.66	0.31	64.6	102	0.0	*N/A*	3.54	8.15	1.95	1.14	0.00
Ham Sandwich (turkey ham)	SANDWIC	12	16	3	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	15	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	2	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	1	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	0	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	0	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	2	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	1	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	0	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	0	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 sticks)	68	3	0	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	0	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	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	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	0	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	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	0	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	5	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	0	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	1	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	0	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	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.5	0.0	0.00	0.00
Weighted Daily Average			753	73	1336	8.64	2.40	491.9	3487	45.80	*46	30.04	111.87	21.85	5.26	*0.00
% of Calories											*24.5%	16.0%	59.4%	26.1%	6.3%	*0.0%
Nutrient Guideline			750-850	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 14

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/19/2017																
SLV High School (9-12)	Total	300														
CALZONE TURKEY PEPPERONI CRESC	SERVING	160	181	19	250	2.66	1.44	186.3	213	4.79	3	12.78	18.1	6.39	3.19	0.00
Bosco Stick (2 stick)	serving	34	50	3	66	0.68	0.41	45.3	45	0.0	0	2.72	6.35	1.59	0.68	0.00
PB & J, 2.8oz Whole Wheat	1 each	25	26	0	26	0.24	0.09	1.6	0	0.0	1	0.81	2.59	1.37	0.28	0.00
Turkey Sandwich	1 each	14	16	2	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	7	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	1	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	0	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	0	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	2	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	1	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Serving	72	29	0	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 serving	57	2	0	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	0	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	0	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	1	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	0	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	32	0.00	0.00	0.0	0	0.0	1	0.0	1.0	0.0	0.00	0.00
Ranch Dressing R/F	serving	30	6	0	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	0	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	2	23	0.00	0.02	0.7	11	0.0	0	0.04	0.11	3.24	0.35	*N/A*
Weighted Daily Average			755	51	1044	9.49	3.84	650.1	4886	65.15	*41	37.26	106.01	21.54	7.37	*0.00
% of Calories											*21.5%	19.8%	56.2%	25.7%	8.8%	*0.0%
Nutrient Guideline			750-850	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 15

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/20/2017																
SLV High School (9-12)	Total	300														
WM 8 Cut Cheese Pizza	Slice	96	115	10	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	11	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	0	26	0.24	0.09	1.6	0	0.0	1	0.81	2.59	1.37	0.28	0.00
Pesto Chicken Sandwich	sandwich	12	28	*3	76	0.16	0.10	22.0	53	0.0	*0	1.95	1.53	1.56	0.42	*0.00
Ham Sandwich (turkey ham)	SANDWIC	12	16	3	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	1	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	0	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	2	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	0	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	2	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	1	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	0	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	0	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	0	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	0	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	0	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	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	2	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	0	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	2	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	*46	1216	8.22	3.15	717.0	4006	62.06	*47	32.15	109.85	26.49	10.16	*0.01
% of Calories											*24.4%	16.6%	56.6%	30.7%	11.8%	*0.0%
Nutrient Guideline			750-850	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 16

Generated on: 9/21/2017 2:40:44 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/23/2017																
SLV High School (9-12)	Total	300														
WM 8 Cut Cheese Pizza	Slice	80	96	8	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	11	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	0	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	3	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	2	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	0	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	0	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	2	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	0	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	2	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	1	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	0	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	0	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	0	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	0	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	0	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	0	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	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	0	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	0	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	0	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	1	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	1	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	42	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	100	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

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 17

Generated on: 9/21/2017 2:40:45 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/24/2017																
SLV High School (9-12)	Total	300														
HAMBURGER ON A BUN	SERVING	50	60	11	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	32	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	0	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	4	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	2	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	0	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	2	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	0	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	2	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	1	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Serving	72	29	0	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	0	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 serving	76	3	0	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	0	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	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	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	0	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	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK, FF Chocolate	HALF PINT	200	100	3	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	0	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	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	2	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	0	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	0	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			768	68	1061	8.23	3.90	550.3	3779	45.68	*50	35.43	107.60	23.28	8.00	*0.42
% of Calories											*25.9%	18.4%	56.0%	27.3%	9.4%	*0.5%
Nutrient Guideline			750-850	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 18

Generated on: 9/21/2017 2:40:45 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/25/2017																
SLV High School (9-12)	Total	300														
Bosco Stick (2 stick)	servicing	175	257	17	338	3.50	2.10	233.3	233	0.0	2	14.0	32.67	8.17	3.50	0.00
Lil Nacho Bites	SERVING	50	45	2	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	12	16	3	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	15	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	2	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	1	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	0	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	0	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	2	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	1	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	0	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	0	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 sticks)	68	3	0	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	0	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	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	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	0	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	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	0	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	5	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	0	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	1	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	0	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	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.5	0.0	0.00	0.00
Weighted Daily Average			878	59	1457	10.92	3.82	673.0	3668	44.96	*49	33.65	126.60	27.84	7.85	*0.00
% of Calories											*22.2%	15.3%	57.7%	28.5%	8.0%	*0.0%
Nutrient Guideline			750-850	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 19

Generated on: 9/21/2017 2:40:45 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/26/2017																
SLV High School (9-12)	Total	300														
FIESTA CHICKEN BOWL	1 EA	160	137	37	389	4.88	2.32	56.5	183	10.23	*N/A*	13.28	14.29	3.02	0.85	0.00
Bosco Stick (2 stick)	serving	59	87	6	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	2	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	7	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	1	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	0	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	0	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	2	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	1	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Serv ing	72	29	0	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 s erving	57	2	0	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	0	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	0	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	1	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	0	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	32	0.00	0.00	0.0	0	0.0	1	0.0	1.0	0.0	0.00	0.00
Ranch Dressing R/F	serving	30	6	0	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	0	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	2	23	0.00	0.02	0.7	11	0.0	0	0.04	0.11	3.24	0.35	*N/A*
Weighted Daily Average			721	72	1205	11.97	4.94	552.0	4889	70.59	*37	38.96	104.28	17.96	5.24	*0.00
% of Calories											*20.3%	21.6%	57.8%	22.4%	6.5%	*0.0%
Nutrient Guideline			750-850	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 20

Generated on: 9/21/2017 2:40:45 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/27/2017																
SLV High School (9-12)	Total	300														
Pizza Crunchers Rich's	Serving	96	112	10	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	6	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	0	26	0.24	0.09	1.6	0	0.0	1	0.81	2.59	1.37	0.28	0.00
Pesto Chicken Sandwich	sandwich	12	28	*3	76	0.16	0.10	22.0	53	0.0	*0	1.95	1.53	1.56	0.42	*0.00
Ham Sandwich (turkey ham)	SANDWIC	12	16	3	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	1	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	0	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	2	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	0	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	2	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	1	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	0	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	0	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	0	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	0	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	0	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	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	2	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	0	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	2	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			757	*41	1180	8.86	3.22	693.0	4072	59.05	*46	30.88	111.45	23.61	7.61	*0.01
% of Calories											*24.3%	16.3%	58.9%	28.1%	9.0%	*0.0%
Nutrient Guideline			750-850	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 21

Generated on: 9/21/2017 2:40:45 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/30/2017																
SLV High School (9-12)	Total	300														
WM 8 Cut Cheese Pizza	Slice	80	96	8	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	11	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	0	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	3	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	2	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	0	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	0	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	2	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	0	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	2	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	1	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	0	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	0	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	0	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	0	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	0	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	0	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	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	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	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	0	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	0	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	0	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	0	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	1	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	1	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	42	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	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 22

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/31/2017																
SLV High School (9-12)	Total	300														
Sriracha Honey Boneless Wings	Serving	150	25	5	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	0	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	4	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	2	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	0	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	2	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	0	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	2	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	1	46	0.22	0.13	3.2	357	0.92	*0	0.76	2.42	1.0	0.13	*0.00
POTATO WEDGES	1cup Serv ing	72	29	0	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	0	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 s erving	76	3	0	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	0	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	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	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	0	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	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	7	47	0.00	0.00	116.7	167	0.4	5	3.33	4.67	1.67	1.00	0.00
MILK,FF Chocolate	HALF PINT	200	100	3	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	0	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	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	2	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	0	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	0	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	29	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	100	1420	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average			784	*53	1238	9.47	4.02	608.3	4034	57.32	*48	33.35	115.11	23.62	7.44	*0.05
											*55.1%	17.0%	58.7%	27.1%	8.5%	*0.1%

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# San Lorenzo Valley USD

Oct 2, 2017 thru Oct 31, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 23

Generated on: 9/21/2017 2:40:45 PM

Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	784		750 - 850	100%													
Cholesterol (mg)	53		100	53%	Missing												
Sodium (mg)	1238		1420														
Fiber (g)	9.47		6.00	158%													
Iron (mg)	4.02		3.50	115%													
Calcium (mg)	608.3		286.00	213%													
Vitamin A (IU)	4034		1120	360%													
Sugars (g)	48	24.50%			Missing												
Vitamin C (mg)	57.32		15.00	382%													
Protein (g)	33.35	17.02%	10.00	334%													
Carbohydrate (g)	115.11	58.73%															
Total Fat (g)	23.62	27.11%	<=30.00%														
Saturated Fat (g)	7.44	8.55%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.05	0.05%			Missing												

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