

San Lorenzo Valley USD

Mar 6, 2017 thru Mar 10, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 1

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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 ¹ (g)
Mon - 03/06/2017																
SLV High School (9-12)	Total	300														
WM 8 Cut Cheese Pizza	Slice	112	134	11	190	1.12	1.01	168.0	187	2.24	1	7.47	12.69	6.35	2.99	0.00
WM 8 cut Pepperoni pizza	slice	112	127	13	217	1.12	0.67	149.3	187	3.36	1	7.47	12.69	6.72	3.36	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
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	8	5	0	2	0.11	0.03	3.9	3	0.14	0	0.19	0.88	0.12	0.02	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
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	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	46	1424	10.16	5.66	736.8	3628	65.90	*52	34.70	128.03	26.57	9.78	*0.00
% of Calories											*24.7%	16.3%	60.2%	28.1%	10.3%	*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

Mar 6, 2017 thru Mar 10, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 2

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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 ¹ (g)
Tue - 03/07/2017																
SLV High School (9-12)	Total	300														
Spicy Chicken Sandwich	Serving	20	23	2	55	0.17	0.00	0.0	0	0.0	*N/A*	1.4	2.8	0.87	0.20	0.00
Mac & Cheese RF (Rose & Shore)	serving	94	119	16	195	1.57	0.45	141.3	550	3.77	1	5.97	11.62	5.02	2.20	0.00
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	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	15	32	2	70	0.33	0.20	4.8	536	1.38	*0	1.14	3.63	1.5	0.20	*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			641	42	898	7.55	2.08	568.7	4236	49.63	*48	25.61	100.43	16.81	5.53	*0.00
% of Calories											*29.6%	16.0%	62.7%	23.6%	7.8%	*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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Mar 6, 2017 thru Mar 10, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

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	Portion Size	Plan Qty	Cals (kcal)	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 ¹ (g)
Wed - 03/08/2017																
SLV High School (9-12)	Total	300														
Bosco Stick (2 stick)	1 serving	165	242	16	319	3.30	1.98	220.0	220	0.0	2	13.2	30.8	7.7	3.30	0.00
PB & J, 2.8oz Whole Wheat	1 each	43	46	0	46	0.43	0.20	2.8	0	0.0	*N/A*	1.56	4.69	2.28	0.50	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	8	10	1	32	0.05	0.06	8.9	39	0.04	*0	0.59	0.84	0.53	0.13	*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 2	serving	9	6	0	2	0.12	0.04	4.4	3	0.16	0	0.21	0.99	0.14	0.03	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	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	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 sti cks)	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			870	56	1419	10.80	3.71	639.9	3751	46.80	*49	32.75	125.13	28.17	7.54	*0.00
% of Calories											*22.3%	15.1%	57.5%	29.1%	7.8%	*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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Mar 6, 2017 thru Mar 10, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

Page 4

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017																
SLV High School (9-12)	Total	300														
Chicken, Popcorn HS Tyson	Serving	180	253	33	264	1.10	1.58	22.0	110	0.0	*N/A*	13.19	15.38	15.38	2.75	0.00
QUESADILLA, PIZZA MAX	SERVING	35	38	1	97	0.47	0.32	23.3	35	0.0	0	1.87	4.67	1.4	0.41	0.00
Ham Sandwich (turkey ham)	SANDWIC	10	13	3	47	0.14	0.10	8.0	36	0.09	*0	1.01	1.01	0.52	0.17	*0.00
Turkey Submarine Sandwich	sandwich	11	13	2	66	0.11	0.07	8.3	38	0.05	*0	1.14	1.32	0.4	0.16	*0.00
Salad, Fruit Meal	lunch	9	15	1	20	0.29	0.08	14.5	132	6.48	*0	0.64	2.55	0.42	0.21	0.00
Yogurt Triple Berry Parfait	serving	6	5	0	2	0.07	0.02	0.8	1	0.13	*0	0.16	0.95	0.08	0.03	*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	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*
	ing															
CELERY STICKS	1/2 cup s	57	2	0	11	0.23	0.03	5.6	63	0.44	0	0.1	0.42	0.02	0.01	0.00
	erving															
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			757	57	1009	7.14	3.38	458.1	4729	58.14	*36	32.05	96.13	28.29	6.29	*0.00
% of Calories											*18.8%	16.9%	50.8%	33.6%	7.5%	*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

Mar 6, 2017 thru Mar 10, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

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	Portion Size	Plan Qty	Cals (kcal)	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 ¹ (g)
Fri - 03/10/2017																
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	112	127	13	217	1.12	0.67	149.3	187	3.36	1	7.47	12.69	6.72	3.36	0.00
PB & J, 2.8oz Whole Wheat	1 each	18	19	0	19	0.18	0.09	1.2	0	0.0	*N/A*	0.65	1.96	0.95	0.21	0.00
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, BBQ Chicken	Servings	6	5	0	11	0.05	0.04	2.8	50	0.11	*0	0.2	0.74	0.11	0.01	*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
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			767	44	1200	8.23	3.16	718.7	4162	62.84	*47	31.61	110.26	25.69	10.22	*0.01
% of Calories											*24.4%	16.5%	57.5%	30.2%	12.0%	*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			777	49	1190	8.78	3.60	624.4	4101	56.66	*46	31.34	111.99	25.11	7.87	*0.00
											*53.5%	16.1%	57.7%	29.1%	9.1%	*0.0%

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San Lorenzo Valley USD

Mar 6, 2017 thru Mar 10, 2017

Planned Menu Spreadsheet

SLV High School (9-12)

Weighted Values - Detailed

005 - High School Lunch

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Nutrient	Menu AVG	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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	777		750 - 850	100%													
Cholesterol (mg)	49		100	49%													
Sodium (mg)	1190		1420														
Fiber (g)	8.78		6.00	146%													
Iron (mg)	3.60		3.50	103%													
Calcium (mg)	624.4		286.00	218%													
Vitamin A (IU)	4101		1120	366%													
Sugars (g)	46	23.76%			Missing												
Vitamin C (mg)	56.66		15.00	378%													
Protein (g)	31.34	16.14%	10.00	313%													
Carbohydrate (g)	111.99	57.65%															
Total Fat (g)	25.11	29.08%	<=30.00%														
Saturated Fat (g)	7.87	9.12%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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