

San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/09/2018															
Elementary Lunch (k-5)	Total	100													
Chicken Drumstick Breaded Cook	100 serving	100	210	720	2.00	1.44	20.0	100	0.0	0	13.0	14.0	12.0	2.50	0.00
Salad Bar Beans (mon)	100 serving	100	227	199	11.96	2.82	100.8	4299	59.23	*16	9.54	45.58	2.16	0.12	0.00
MILK,1% Lowfat	HALF PINT	50	70	70	0.00	0.00	175.0	250	0.6	7	5.0	7.0	2.5	1.50	0.00
MILK,FF Chocolate	HALF PINT	50	75	100	0.00	0.00	150.0	250	0.0	14	4.5	14.5	0.0	0.00	0.00
BBQ Sauce 12 gm PKT	Serving	50	8	42	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Ketchup Hellmann's Pump	portion	25	17	167	0.00	0.00	0.0	167	0.0	*N/A*	0.0	4.17	0.0	0.00	0.00
Weighted Daily Average			606	1299	13.96	4.26	445.8	5065	59.83	*36	32.04	87.25	16.66	4.12	0.00
% of Calories										*24.0%	21.2%	57.6%	24.7%	6.1%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 04/10/2018															
Elementary Lunch (k-5)	Total	175													
Pizza Cheese WW Tony & Alba	Slice	175	310	620	4.00	2.70	250.0	300	1.2	3	16.0	34.0	13.0	7.00	0.00
Salad Bar Pizza Day (tues)	Servings	175	128	59	7.03	1.05	37.5	10262	35.49	*19	1.21	32.59	0.45	0.07	0.00
Ranch Dressing R/F	serving	175	56	318	0.31	0.20	11.3	19	0.17	1	0.35	6.05	3.52	0.35	0.02
MILK,1% Lowfat	HALF PINT	50	40	40	0.00	0.00	100.0	143	0.34	4	2.86	4.0	1.43	0.86	0.00
MILK,FF Chocolate	HALF PINT	125	107	143	0.00	0.00	214.3	357	0.0	19	6.43	20.71	0.0	0.00	0.00
Weighted Daily Average			641	1179	11.34	3.95	613.1	11081	37.20	*46	26.85	97.36	18.40	8.28	0.02
% of Calories										*28.9%	16.8%	60.8%	25.8%	11.6%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 04/11/2018															
Elementary Lunch (k-5)	Total	100													
Chicken Nuggets WG	(7 PIECES)	100	252	630	2.80	2.52	56.0	0	0.0	*N/A*	18.2	19.6	11.2	2.10	0.00
Salad Bar (wed) Elem	1 cup	100	144	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
MILK,1% Lowfat	HALF PINT	25	35	35	0.00	0.00	87.5	125	0.3	4	2.5	3.5	1.25	0.75	0.00
MILK,FF Chocolate	HALF PINT	75	113	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
KETCHUP Single Serve 7gm	PC packet	100	10	65	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			553	919	9.12	4.15	426.0	1206	65.78	*44	29.86	83.08	13.06	2.99	0.00
% of Calories										*32.1%	21.6%	60.1%	21.3%	4.9%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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San Lorenzo Valley USD

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/12/2018															
Elementary Lunch (k-5)	Total	125													
Pizza French Bread	slice	125	290	600	3.00	2.70	350.1	750	3.6	4	17.01	33.01	11.0	4.50	0.00
Salad Bar mex (thur)	Serving	125	146	179	5.57	1.32	44.1	4123	18.43	*5	3.36	34.68	1.29	0.22	0.00
MILK,1% Lowfat	HALF PINT	50	56	56	0.00	0.00	140.0	200	0.48	6	4.0	5.6	2.0	1.20	0.00
MILK,FF Chocolate	HALF PINT	75	90	120	0.00	0.00	180.0	300	0.0	16	5.4	17.4	0.0	0.00	0.00
Taco Sauce	1 ea	75	4	76	0.05	0.06	0.8	25	0.05	*N/A*	0.06	0.82	0.03	0.01	*N/A*
Weighted Daily Average			586	1032	8.62	4.09	715.0	5398	22.55	*31	29.83	91.51	14.33	5.93	*0.00
% of Calories										*21.0%	20.4%	62.5%	22.0%	9.1%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 04/13/2018															
Elementary Lunch (k-5)	Total	125													
Bosco Stick (2 stick)	serving	125	440	580	6.00	3.60	400.0	400	0.0	4	24.0	56.0	14.0	6.00	0.00
Salad Bar veggie (Fri)	1 cup	125	88	24	2.94	0.85	27.0	623	37.49	*2	2.02	22.06	0.41	0.09	0.00
Ranch Dressing R/F	serving	75	33	191	0.19	0.12	6.8	11	0.1	1	0.21	3.63	2.11	0.21	0.01
BBQ Sauce 12 gm PKT	Serving	50	6	34	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.6	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			716	1016	9.13	4.57	743.8	1535	37.83	*31	35.43	109.29	17.52	6.90	0.01
% of Calories										*17.1%	19.8%	61.1%	22.0%	8.7%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 04/16/2018															
Elementary Lunch (k-5)	Total	100													
HOT DOG ON A BUN:turkey hot	SERVING	100	250	620	2.00	2.10	66.6	0	0.0	5	8.5	31.7	9.78	2.31	0.36
Salad Bar Beans (mon)	serving	100	227	199	11.96	2.82	100.8	4299	59.23	*16	9.54	45.58	2.16	0.12	0.00
MILK,1% Lowfat	HALF PINT	50	70	70	0.00	0.00	175.0	250	0.6	7	5.0	7.0	2.5	1.50	0.00
MILK,FF Chocolate	HALF PINT	50	75	100	0.00	0.00	150.0	250	0.0	14	4.5	14.5	0.0	0.00	0.00
Ranch Dressing R/F	serving	50	28	159	0.16	0.10	5.7	9	0.09	1	0.18	3.02	1.76	0.18	0.01
Weighted Daily Average			650	1148	14.12	5.02	498.0	4808	59.91	*41	27.72	101.80	16.20	4.11	0.36
% of Calories										*25.5%	17.1%	62.7%	22.4%	5.7%	0.5%
Nutrient Guideline			550-650	1230	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

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Apr 9, 2018 thru Apr 30, 2018

Elementary Lunch (k-5)

002 - BCE Elementary Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/17/2018															
Elementary Lunch (k-5)	Total	175													
Pizza Cheese WW Tony & Alba	Slice	175	310	620	4.00	2.70	250.0	300	1.2	3	16.0	34.0	13.0	7.00	0.00
Salad Bar Pizza Day (tues)	Servings	175	128	59	7.03	1.05	37.5	10262	35.49	*19	1.21	32.59	0.45	0.07	0.00
MILK,1% Lowfat	HALF PINT	50	40	40	0.00	0.00	100.0	143	0.34	4	2.86	4.0	1.43	0.86	0.00
MILK,FF Chocolate	HALF PINT	125	107	143	0.00	0.00	214.3	357	0.0	19	6.43	20.71	0.0	0.00	0.00
Weighted Daily Average			585	862	11.03	3.75	601.7	11062	37.03	*45	26.49	91.31	14.88	7.92	0.00
% of Calories										*30.9%	18.1%	62.4%	22.9%	12.2%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 04/18/2018															
Elementary Lunch (k-5)	Total	100													
Spaghetti with Meatballs	Serving	100	352	736	4.08	2.53	49.1	764	6.97	*N/A*	13.86	32.85	18.29	7.21	*0.00
ROLLS,WHEAT: scratch 1 oz	Each 1 oz.	0	0	0	0.00	0.00	0.0	0	0.0	*0	0.0	0.0	0.0	0.00	*0.00
Salad Bar (wed) Elem	1 cup	100	144	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
MILK,1% Lowfat	HALF PINT	25	35	35	0.00	0.00	87.5	125	0.3	4	2.5	3.5	1.25	0.75	0.00
MILK,FF Chocolate	HALF PINT	75	113	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
Weighted Daily Average			644	960	10.40	4.16	419.1	1970	72.75	*42	25.52	94.33	20.15	8.10	*0.00
% of Calories										*26.4%	15.9%	58.6%	28.2%	11.3%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 04/19/2018															
Elementary Lunch (k-5)	Total	125													
Bean and Cheese Burrito 5.75oz	1 ea	125	360	994	4.00	3.40	224.0	891	15.0	*N/A*	15.0	45.0	14.0	6.32	0.00
Salad Bar mex (thur)	Serving	125	146	179	5.57	1.32	44.1	4123	18.43	*5	3.36	34.68	1.29	0.22	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			654	1361	9.58	4.72	578.1	5514	33.67	*29	27.56	105.68	16.29	7.14	0.00
% of Calories										*18.0%	16.9%	64.6%	22.4%	9.8%	0.0%
Nutrient Guideline			550-650	1230	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

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Apr 9, 2018 thru Apr 30, 2018

Elementary Lunch (k-5)

002 - BCE Elementary Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/20/2018															
Elementary Lunch (k-5)	Total	125													
JUMBO TURKEY CORN DOG	SERVING	125	217	814	1.60	3.42	670.0	0	0.0	9	8.7	28.3	7.7	2.50	0.00
Tater Tots,	serving	125	63	154	0.79	0.28	0.0	2	0.95	*N/A*	0.79	7.51	3.16	1.38	0.00
Salad Bar veggie (Fri)	1 cup	125	88	24	2.94	0.85	27.0	623	37.49	*2	2.02	22.06	0.41	0.09	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Ranch Dressing R/F	serving	75	33	191	0.19	0.12	6.8	11	0.1	1	0.21	3.63	2.11	0.21	0.01
Weighted Daily Average			550	1370	5.52	4.68	1013.7	1136	38.78	*35	20.92	87.49	14.38	4.78	0.01
% of Calories										*25.8%	15.2%	63.7%	23.5%	7.8%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 04/23/2018															
Elementary Lunch (k-5)	Total	100													
WG Crispy Chicken Rings	Serving	100	303	455	1.26	1.82	25.3	126	0.0	1	21.48	15.17	17.69	3.16	0.00
Salad Bar Beans (mon)	serving	100	227	199	11.96	2.82	100.8	4299	59.23	*16	9.54	45.58	2.16	0.12	0.00
MILK,1% Lowfat	HALF PINT	50	70	70	0.00	0.00	175.0	250	0.6	7	5.0	7.0	2.5	1.50	0.00
MILK,FF Chocolate	HALF PINT	50	75	100	0.00	0.00	150.0	250	0.0	14	4.5	14.5	0.0	0.00	0.00
Ranch Dressing R/F	serving	50	28	159	0.16	0.10	5.7	9	0.09	1	0.18	3.02	1.76	0.18	0.01
Weighted Daily Average			703	983	13.38	4.74	456.7	4934	59.91	*38	40.70	85.27	24.11	4.95	0.01
% of Calories										*21.7%	23.2%	48.5%	30.9%	6.3%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 04/24/2018															
Elementary Lunch (k-5)	Total	175													
Pizza Cheese WW Tony & Alba	Slice	175	310	620	4.00	2.70	250.0	300	1.2	3	16.0	34.0	13.0	7.00	0.00
Salad Bar Pizza Day (tues)	Servings	175	128	59	7.03	1.05	37.5	10262	35.49	*19	1.21	32.59	0.45	0.07	0.00
Ranch Dressing R/F	serving	175	56	318	0.31	0.20	11.3	19	0.17	1	0.35	6.05	3.52	0.35	0.02
MILK,1% Lowfat	HALF PINT	50	40	40	0.00	0.00	100.0	143	0.34	4	2.86	4.0	1.43	0.86	0.00
MILK,FF Chocolate	HALF PINT	125	107	143	0.00	0.00	214.3	357	0.0	19	6.43	20.71	0.0	0.00	0.00
Weighted Daily Average			641	1179	11.34	3.95	613.1	11081	37.20	*46	26.85	97.36	18.40	8.28	0.02
% of Calories										*28.9%	16.8%	60.8%	25.8%	11.6%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Elementary Lunch (k-5)

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/25/2018															
Elementary Lunch (k-5)	Total	100													
HAMBURGER ON A BUN	SERVING	100	358	278	2.00	3.35	18.5	7	0.0	4	23.83	28.0	15.69	5.71	0.59
Salad Bar (wed) Elem	1 cup	100	144	39	6.32	1.63	57.5	706	65.48	19	2.41	36.23	0.61	0.14	0.00
MILK,1% Lowfat	HALF PINT	25	35	35	0.00	0.00	87.5	125	0.3	4	2.5	3.5	1.25	0.75	0.00
MILK,FF Chocolate	HALF PINT	75	113	150	0.00	0.00	225.0	375	0.0	20	6.75	21.75	0.0	0.00	0.00
Weighted Daily Average			649	501	8.32	4.98	388.5	1213	65.78	46	35.49	89.48	17.56	6.60	0.59
% of Calories										28.6%	21.9%	55.1%	24.3%	9.2%	0.8%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 04/26/2018															
Elementary Lunch (k-5)	Total	125													
Taco Mini Chicken	Serving	125	319	478	3.99	3.59	199.3	399	2.39	0	16.94	30.9	13.95	4.98	0.00
Salad Bar mex (thur)	Serving	125	146	179	5.57	1.32	44.1	4123	18.43	*5	3.36	34.68	1.29	0.22	0.00
Taco Sauce	1 ea	75	4	76	0.05	0.06	0.8	25	0.05	*N/A*	0.06	0.82	0.03	0.01	*N/A*
Ranch Dressing R/F	serving	75	33	191	0.19	0.12	6.8	11	0.1	1	0.21	3.63	2.11	0.21	0.01
Mustard Hellmann's Pump	Serving	50	0	272	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			650	1385	9.80	5.09	561.1	5058	21.21	*30	29.78	96.03	18.39	6.03	*0.01
% of Calories										*18.5%	18.3%	59.1%	25.5%	8.3%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 04/27/2018															
Elementary Lunch (k-5)	Total	125													
Pizza Crunchers Rich's	Serving	125	350	380	5.00	2.00	425.0	456	2.0	*N/A*	19.0	40.0	15.0	4.50	0.00
Salad Bar veggie (Fri)	1 cup	125	88	24	2.94	0.85	27.0	623	37.49	*2	2.02	22.06	0.41	0.09	0.00
MILK,1% Lowfat	HALF PINT	25	28	28	0.00	0.00	70.0	100	0.24	3	2.0	2.8	1.0	0.60	0.00
MILK,FF Chocolate	HALF PINT	100	120	160	0.00	0.00	240.0	400	0.0	22	7.2	23.2	0.0	0.00	0.00
Weighted Daily Average			586	592	7.94	2.85	762.0	1579	39.73	*26	30.22	88.06	16.41	5.19	0.00
% of Calories										*17.8%	20.6%	60.1%	25.2%	8.0%	0.0%
Nutrient Guideline			550-650	1230	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

Apr 9, 2018 thru Apr 30, 2018

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

002 - BCE Elementary Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/30/2018															
Elementary Lunch (k-5)	Total	100													
Corn Dog Mini	serving	100	275	417	5.09	1.83	152.6	0	0.0	5	10.18	30.53	12.21	3.56	0.00
Salad Bar Beans (mon)	serving	100	227	199	11.96	2.82	100.8	4299	59.23	*16	9.54	45.58	2.16	0.12	0.00
MILK,1% Lowfat	HALF PINT	50	70	70	0.00	0.00	175.0	250	0.6	7	5.0	7.0	2.5	1.50	0.00
MILK,FF Chocolate	HALF PINT	50	75	100	0.00	0.00	150.0	250	0.0	14	4.5	14.5	0.0	0.00	0.00
Ranch Dressing R/F	serving	50	28	159	0.16	0.10	5.7	9	0.09	1	0.18	3.02	1.76	0.18	0.01
Weighted Daily Average			674	945	17.20	4.75	584.1	4808	59.91	*42	29.39	100.63	18.63	5.36	0.01
% of Calories										*24.9%	17.4%	59.7%	24.9%	7.2%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average			630	1046	10.68	4.36	588.7	4841	46.82	*38	29.66	94.12	17.21	6.04	*0.06
										*54.5%	18.8%	59.7%	24.6%	8.6%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	630		550 - 650	100%				
Sodium (mg)	1046		1230					
Fiber (g)	10.68		6.00	178%				
Iron (mg)	4.36		3.50	124%				
Calcium (mg)	588.7		286.00	206%				
Vitamin A (IU)	4841		1120	432%				
Sugars (g)	38	24.23%			Missing			
Vitamin C (mg)	46.82		15.00	312%				
Protein (g)	29.66	18.82%	10.00	297%				
Carbohydrate (g)	94.12	59.72%						
Total Fat (g)	17.21	24.57%	<=30.00%					
Saturated Fat (g)	6.04	8.63%	<10.00%					
Trans Fat ¹ (g)	0.06	0.09%			Missing			

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