

San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 1

Feb 1, 2018 thru Feb 28, 2018

Elementary Lunch (k-5)

003 - SLE Elementary Lunch

Generated on: 1/18/2018 2:19:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/01/2018															
Elementary Lunch (k-5)	Total	125													
Frito Bowl	Serving	125	679	815	11.60	3.27	540.5	1012	3.47	2	33.41	57.88	36.95	9.91	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			975	1247	17.23	4.66	905.5	5661	22.42	*29	46.23	116.38	40.28	11.34	*0.00
% of Calories										*11.7%	19.0%	47.8%	37.2%	10.5%	*0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 02/02/2018															
Elementary Lunch (k-5)	Total	125													
Chicken Nuggets WG	(7 PIECES)	125	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 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
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			522	1032	5.93	3.49	399.8	1135	37.83	*27	29.63	71.29	14.72	3.00	0.01
% of Calories										*20.4%	22.7%	54.7%	25.4%	5.2%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 02/05/2018															
Elementary Lunch (k-5)	Total	100													
Chicken Drumstick Breaded Cook	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)	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			609	1248	14.12	4.36	451.4	4908	59.91	*37	32.22	84.10	18.42	4.29	0.01
% of Calories										*24.2%	21.1%	55.2%	27.2%	6.3%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

San Lorenzo Valley USD

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary Lunch

Page 2

Generated on: 1/18/2018 2:19:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/06/2018															
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 - 02/07/2018															
Elementary Lunch (k-5)	Total	100													
Cheeseburger Mini's	serving	100	272	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	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			573	644	8.92	4.43	452.0	1306	65.78	48	31.36	94.78	9.66	3.79	0.00
% of Calories										33.5%	21.9%	66.1%	15.2%	6.0%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 02/08/2018															
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	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			656	1425	9.62	4.79	588.9	5539	33.95	*27	27.82	103.50	17.33	7.75	*0.00
% of Calories										*16.3%	17.0%	63.1%	23.8%	10.6%	*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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 3

Feb 1, 2018 thru Feb 28, 2018

Elementary Lunch (k-5)

003 - SLE Elementary Lunch

Generated on: 1/18/2018 2:19:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/09/2018															
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 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			566	1037	6.13	3.67	693.9	1885	41.43	*31	28.44	86.30	14.52	5.40	0.01
% of Calories										*21.7%	20.1%	61.0%	23.1%	8.6%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 02/13/2018															
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 - 02/14/2018															
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
Tater Tots,	serving	100	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 (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			607	1008	9.91	4.43	426.0	1208	66.73	*42	30.65	88.58	16.22	4.38	0.00
% of Calories										*28.0%	20.2%	58.4%	24.1%	6.5%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 4

Feb 1, 2018 thru Feb 28, 2018

Elementary Lunch (k-5)

003 - SLE Elementary Lunch

Generated on: 1/18/2018 2:19:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/15/2018															
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 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			734	947	11.57	4.92	754.1	5023	18.67	*33	36.56	116.68	16.29	6.82	0.00
% of Calories										*18.2%	19.9%	63.6%	20.0%	8.4%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 02/16/2018															
Elementary Lunch (k-5)	Total	125													
Corn Dog Mini	serving	125	275	417	5.09	1.83	152.6	0	0.0	5	10.18	30.53	12.21	3.56	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			608	974	9.01	3.09	496.4	1136	38.78	*32	22.40	89.72	18.89	5.84	0.01
% of Calories										*20.9%	14.7%	59.1%	28.0%	8.7%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 02/20/2018															
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	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

San Lorenzo Valley USD

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary Lunch

Page 5

Generated on: 1/18/2018 2:19:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/21/2018															
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
Tater Tots,	serving	100	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 (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			658	833	8.37	3.73	395.3	1334	66.73	*44	33.93	84.15	22.72	5.44	0.00
% of Calories										*26.6%	20.6%	51.2%	31.1%	7.4%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/22/2018															
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	

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/23/2018															
Elementary Lunch (k-5)	Total	125													
Mac & Cheese RF (Rose & Shore)	serving	125	381	621	5.01	1.44	451.0	1754	12.03	2	19.04	37.08	16.04	7.02	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			617	833	7.95	2.30	788.0	2877	49.75	*28	30.26	85.14	17.45	7.70	0.00
% of Calories										*18.2%	19.6%	55.2%	25.4%	11.2%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

San Lorenzo Valley USD

Feb 1, 2018 thru Feb 28, 2018

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary Lunch

Page 6

Generated on: 1/18/2018 2:19:48 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/26/2018															
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 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			757	806	14.12	6.27	449.9	4815	59.91	*41	43.04	98.10	22.11	7.50	0.60
% of Calories										*21.6%	22.7%	51.8%	26.3%	8.9%	0.7%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 02/27/2018															
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 - 02/28/2018															
Elementary Lunch (k-5)	Total	100													
Pizza Crunchers Rich's	Serving	100	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 (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			641	604	11.32	3.63	795.0	1662	67.78	*42	30.66	101.48	16.86	5.40	0.00
% of Calories										*26.5%	19.1%	63.3%	23.7%	7.6%	0.0%
Nutrient Guideline			550-650	1230	6.00	3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average			649	1023	10.50	4.14	588.8	4881	44.42	*37	31.11	94.42	18.55	6.52	*0.04
										*51.9%	19.2%	58.2%	25.7%	9.0%	*0.1%

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

San Lorenzo Valley USD

Planned Menu Spreadsheet

Weighted Values - Detailed

Page 7

Feb 1, 2018 thru Feb 28, 2018

Elementary Lunch (k-5)

003 - SLE Elementary Lunch

Generated on: 1/18/2018 2:19:49 PM

Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
--------------	----------	-------------	-----------	-----------	-----------	-----------	------------	------------	------------	-----------	----------	-----------	-----------	-------------------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	649		550 - 650	100%				
Sodium (mg)	1023		1230					
Fiber (g)	10.50		6.00	175%				
Iron (mg)	4.14		3.50	118%				
Calcium (mg)	588.8		286.00	206%				
Vitamin A (IU)	4881		1120	436%				
Sugars (g)	37	23.08%			Missing			
Vitamin C (mg)	44.42		15.00	296%				
Protein (g)	31.11	19.18%	10.00	311%				
Carbohydrate (g)	94.42	58.21%						
Total Fat (g)	18.55	25.73%	<=30.00%					
Saturated Fat (g)	6.52	9.05%	<10.00%					
Trans Fat ¹ (g)	0.04	0.05%			Missing			

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.