

San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary Lunch

Page 1

Generated on: 2/21/2017 12:50:38 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 ¹ (g) |
|--------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/01/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 100 | | | | | | | | | | | | | | |
| Cheeseburger Mini's | 100 serving | 100 | 272 | 45 | 355 | 2.60 | 2.80 | 82.0 | 100 | 0.0 | 3 | 19.7 | 31.3 | 7.8 | 2.90 | 0.00 |
| Salad Bar Beans (mon) | 100 serving | 100 | 227 | 0 | 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 | 10 | 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 | 3 | 100 | 0.00 | 0.00 | 150.0 | 250 | 0.0 | 14 | 4.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| KETCHUP Single Serve 7gm | PC packet | 50 | 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 | 50 | 28 | 2 | 159 | 0.16 | 0.10 | 5.7 | 9 | 0.09 | 1 | 0.18 | 3.02 | 1.76 | 0.18 | 0.01 |
| Weighted Daily Average | | | 676 | 60 | 916 | 14.72 | 5.72 | 513.4 | 4908 | 59.91 | *41 | 38.92 | 102.40 | 14.22 | 4.69 | 0.01 |
| % of Calories | | | | | | | | | | | *24.4% | 23.0% | 60.5% | 18.9% | 6.2% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---------------------------|-------------|-----|---------|-----|------|------|------|--------|------|-------|--------|-------|-------|--------|--------|-------|
| Thu - 03/02/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 125 | | | | | | | | | | | | | | |
| Taquito, Chicken & Cheese | 125 serving | 125 | 220 | 20 | 270 | 2.00 | 1.44 | 40.0 | 200 | 0.0 | 0 | 8.0 | 26.0 | 10.0 | 2.00 | 0.00 |
| Salad Bar mex (thur) | Serving | 125 | 146 | 0 | 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 | 8 | 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 | 3 | 120 | 0.00 | 0.00 | 180.0 | 300 | 0.0 | 16 | 5.4 | 17.4 | 0.0 | 0.00 | 0.00 |
| Ranch Dressing R/F | serving | 100 | 44 | 4 | 254 | 0.25 | 0.16 | 9.1 | 15 | 0.14 | 1 | 0.28 | 4.84 | 2.82 | 0.28 | 0.01 |
| Taco Sauce | 1 ea | 50 | 2 | 0 | 51 | 0.03 | 0.04 | 0.5 | 17 | 0.03 | *N/A* | 0.04 | 0.55 | 0.02 | 0.01 | *N/A* |
| Weighted Daily Average | | | 559 | 35 | 930 | 7.86 | 2.96 | 413.7 | 4855 | 19.07 | *28 | 21.09 | 89.07 | 16.13 | 3.71 | *0.01 |
| % of Calories | | | | | | | | | | | *19.8% | 15.1% | 63.7% | 26.0% | 6.0% | *0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------|-------------|-----|-----|----|-----|------|------|-------|-----|-------|----|-------|-------|-------|------|------|
| Fri - 03/03/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 150 | | | | | | | | | | | | | | |
| Corn Dog Mini | 150 serving | 150 | 275 | 41 | 417 | 5.09 | 1.83 | 152.6 | 0 | 0.0 | 5 | 10.18 | 30.53 | 12.21 | 3.56 | 0.00 |
| Salad Bar veggio (Fri) | 1 cup | 150 | 88 | 0 | 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 | 150 | 56 | 5 | 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 | 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 | 100 | 100 | 3 | 133 | 0.00 | 0.00 | 200.0 | 333 | 0.0 | 18 | 6.0 | 19.33 | 0.0 | 0.00 | 0.00 |
| MUSTARD: individual PC | Pkt 5g | 15 | 0 | 0 | 7 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.1 | 0.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP Single Serve 7gm | PC packet | 50 | 3 | 0 | 22 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 0.67 | 0.0 | 0.00 | 0.00 |

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 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary Lunch

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| | 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) |
|--------------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 569 | 55 | 967 | 8.34 | 2.88 | 507.6 | 1142 | 38.06 | *31 *21.9% | 21.99 15.5% | 83.30 58.6% | 17.81 28.2% | 5.00 7.9% | 0.02 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| Mon - 03/06/2017 | | | | | | | | | | | | | | | | |
|--------------------------------------|-------------|-----|---------|-----|------|------|------|--------|------|-------|---------------|----------------|----------------|----------------|--------------|--------------|
| Elementary Lunch (k-5) | Total | 100 | | | | | | | | | | | | | | |
| WG POPCORN CHICKEN ELE M CN | 100 serving | 100 | 230 | 20 | 340 | 2.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 14.0 | 14.0 | 13.0 | 2.50 | 0.00 |
| Salad Bar (wed) Elem | 1 cup | 100 | 144 | 0 | 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 | 50 | 70 | 10 | 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 | 3 | 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 | 100 | 56 | 5 | 318 | 0.31 | 0.20 | 11.3 | 19 | 0.17 | 1 | 0.35 | 6.05 | 3.52 | 0.35 | 0.02 |
| BBQ Sauce 12 gm PKT | Serving | 50 | 8 | 0 | 42 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 582 | 37 | 909 | 8.63 | 3.63 | 433.8 | 1325 | 66.25 | *41 *28.4% | 26.26 18.1% | 79.78 54.8% | 19.64 30.4% | 4.50 7.0% | 0.02 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| Tue - 03/07/2017 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------|-----|---------|-----|------|-------|------|--------|-------|-------|---------------|----------------|----------------|----------------|---------------|--------------|
| Elementary Lunch (k-5) | Total | 205 | | | | | | | | | | | | | | |
| Pizza Cheese WW Tony & Alba | Slice | 205 | 310 | 40 | 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 | 205 | 128 | 0 | 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 | 205 | 56 | 5 | 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 | 100 | 68 | 10 | 68 | 0.00 | 0.00 | 170.7 | 244 | 0.59 | 7 | 4.88 | 6.83 | 2.44 | 1.46 | 0.00 |
| MILK,FF Chocolate | HALF PINT | 105 | 77 | 3 | 102 | 0.00 | 0.00 | 153.7 | 256 | 0.0 | 14 | 4.61 | 14.85 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 639 | 57 | 1167 | 11.34 | 3.95 | 623.2 | 11081 | 37.44 | *44 *27.3% | 27.05 16.9% | 94.32 59.1% | 19.41 27.4% | 8.88 12.5% | 0.02 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

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Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary 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 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 80 | | | | | | | | | | | | | | |
| Grilled Cheese Sandwich 4oz WG | 1 serving | 80 | 298 | 33 | 686 | 2.38 | 1.29 | 489.8 | 549 | 0.0 | *N/A* | 19.42 | 31.99 | 10.63 | 6.02 | 0.00 |
| Salad Bar (wed) Elem | 1 cup | 80 | 144 | 0 | 39 | 6.32 | 1.63 | 57.5 | 706 | 65.48 | 19 | 2.41 | 36.23 | 0.61 | 0.14 | 0.00 |
| Ranch Dressing R/F | serving | 80 | 56 | 5 | 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 | 40 | 70 | 10 | 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 | 40 | 75 | 3 | 100 | 0.00 | 0.00 | 150.0 | 250 | 0.0 | 14 | 4.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 642 | 50 | 1213 | 9.01 | 3.11 | 883.6 | 1774 | 66.25 | *40 | 31.68 | 95.77 | 17.27 | 8.02 | 0.02 |
| % of Calories | | | | | | | | | | | *25.1% | 19.7% | 59.6% | 24.2% | 11.2% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|-----|---------|-----|------|-------|------|--------|------|-------|--------|-------|--------|--------|--------|-------|
| Thu - 03/09/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 125 | | | | | | | | | | | | | | |
| Bean & Cheese Burrito XTR 5.20 | 1 each | 125 | 291 | 15 | 479 | 7.96 | 3.33 | 171.0 | 295 | 1.54 | 0 | 15.6 | 40.95 | 8.29 | 3.62 | 0.00 |
| Salad Bar mex (thur) | Serving | 125 | 146 | 0 | 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 | 8 | 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 | 3 | 120 | 0.00 | 0.00 | 180.0 | 300 | 0.0 | 16 | 5.4 | 17.4 | 0.0 | 0.00 | 0.00 |
| Ranch Dressing R/F | serving | 100 | 44 | 4 | 254 | 0.25 | 0.16 | 9.1 | 15 | 0.14 | 1 | 0.28 | 4.84 | 2.82 | 0.28 | 0.01 |
| Taco Sauce | 1 ea | 25 | 1 | 0 | 25 | 0.02 | 0.02 | 0.3 | 8 | 0.02 | *N/A* | 0.02 | 0.27 | 0.01 | 0.00 | *N/A* |
| Weighted Daily Average | | | 629 | 30 | 1114 | 13.80 | 4.83 | 544.4 | 4942 | 20.60 | *28 | 28.67 | 103.74 | 14.41 | 5.33 | *0.01 |
| % of Calories | | | | | | | | | | | *17.6% | 18.2% | 66.0% | 20.6% | 7.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------|------------|-----|---------|-----|------|------|------|--------|------|-------|--------|-------|-------|--------|--------|------|
| Fri - 03/10/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 150 | | | | | | | | | | | | | | |
| Chicken Nuggets WG | (7 PIECES) | 150 | 252 | 28 | 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 | 150 | 88 | 0 | 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 | 28 | 2 | 159 | 0.16 | 0.10 | 5.7 | 9 | 0.09 | 1 | 0.18 | 3.02 | 1.76 | 0.18 | 0.01 |
| BBQ Sauce 12 gm PKT | Serving | 150 | 15 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | HALF PINT | 50 | 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 | 100 | 100 | 3 | 133 | 0.00 | 0.00 | 200.0 | 333 | 0.0 | 18 | 6.0 | 19.33 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 530 | 40 | 1078 | 5.90 | 3.47 | 405.3 | 1133 | 37.97 | *25 | 29.73 | 72.68 | 15.04 | 3.36 | 0.01 |
| % of Calories | | | | | | | | | | | *18.7% | 22.5% | 54.9% | 25.5% | 5.7% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

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Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary 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) |
|-------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/13/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 100 | | | | | | | | | | | | | | |
| Chicken Sand. Grilled | 1 ea | 100 | 307 | 75 | 776 | 2.96 | 1.77 | 0.0 | 100 | 0.0 | *4 | 15.92 | 28.48 | 13.96 | 4.49 | 0.00 |
| Salad Bar Beans (mon) | serving | 100 | 227 | 0 | 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 | 10 | 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 | 3 | 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 | 75 | 42 | 3 | 238 | 0.23 | 0.15 | 8.5 | 14 | 0.13 | 1 | 0.27 | 4.54 | 2.64 | 0.27 | 0.01 |
| Weighted Daily Average | | | 721 | 91 | 1383 | 15.16 | 4.74 | 434.3 | 4913 | 59.96 | *41 | 35.23 | 100.09 | 21.26 | 6.37 | 0.01 |
| % of Calories | | | | | | | | | | | *22.8% | 19.6% | 55.6% | 26.6% | 8.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-----------------------------|-----------|-----|---------|-----|------|-------|------|--------|-------|-------|--------|-------|-------|--------|--------|------|
| Tue - 03/14/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 205 | | | | | | | | | | | | | | |
| Pizza Cheese WW Tony & Alba | Slice | 205 | 310 | 40 | 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 | 205 | 128 | 0 | 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 | 205 | 56 | 5 | 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 | 100 | 68 | 10 | 68 | 0.00 | 0.00 | 170.7 | 244 | 0.59 | 7 | 4.88 | 6.83 | 2.44 | 1.46 | 0.00 |
| MILK,FF Chocolate | HALF PINT | 105 | 77 | 3 | 102 | 0.00 | 0.00 | 153.7 | 256 | 0.0 | 14 | 4.61 | 14.85 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 639 | 57 | 1167 | 11.34 | 3.95 | 623.2 | 11081 | 37.44 | *44 | 27.05 | 94.32 | 19.41 | 8.88 | 0.02 |
| % of Calories | | | | | | | | | | | *27.3% | 16.9% | 59.1% | 27.4% | 12.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------|-----------|----|---------|-----|------|-------|------|--------|------|-------|--------|-------|-------|--------|--------|-------|
| Wed - 03/15/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 80 | | | | | | | | | | | | | | |
| Spaghetti with Meatballs | Serving | 80 | 352 | 30 | 736 | 4.08 | 2.53 | 49.1 | 764 | 6.97 | *N/A* | 13.86 | 32.85 | 18.29 | 7.21 | *0.00 |
| Bread 1oz Wheat Roll IW | 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 |
| Salad Bar (wed) Elem | 1 cup | 80 | 144 | 0 | 39 | 6.32 | 1.63 | 57.5 | 706 | 65.48 | 19 | 2.41 | 36.23 | 0.61 | 0.14 | 0.00 |
| Ranch Dressing R/F | serving | 80 | 56 | 5 | 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 | 40 | 70 | 10 | 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 | 40 | 75 | 3 | 100 | 0.00 | 0.00 | 150.0 | 250 | 0.0 | 14 | 4.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 697 | 47 | 1263 | 10.71 | 4.36 | 442.9 | 1989 | 73.22 | *40 | 26.12 | 96.63 | 24.92 | 9.21 | *0.02 |
| % of Calories | | | | | | | | | | | *23.1% | 15.0% | 55.5% | 32.2% | 11.9% | *0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

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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 - 03/16/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 125 | | | | | | | | | | | | | | |
| Taco Mini Chicken | Serving | 125 | 260 | 90 | 460 | 5.00 | 1.80 | 200.0 | 1000 | 2.4 | *N/A* | 15.0 | 25.0 | 11.0 | 4.00 | 0.00 |
| Salad Bar mex (thur) | Serving | 125 | 146 | 0 | 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 | 8 | 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 | 3 | 120 | 0.00 | 0.00 | 180.0 | 300 | 0.0 | 16 | 5.4 | 17.4 | 0.0 | 0.00 | 0.00 |
| Ranch Dressing R/F | serving | 100 | 44 | 4 | 254 | 0.25 | 0.16 | 9.1 | 15 | 0.14 | 1 | 0.28 | 4.84 | 2.82 | 0.28 | 0.01 |
| Taco Sauce | 1 ea | 50 | 2 | 0 | 51 | 0.03 | 0.04 | 0.5 | 17 | 0.03 | *N/A* | 0.04 | 0.55 | 0.02 | 0.01 | *N/A* |
| Weighted Daily Average | | | 599 | 105 | 1120 | 10.86 | 3.32 | 573.7 | 5655 | 21.47 | *28 | 28.08 | 88.07 | 17.13 | 5.71 | *0.01 |
| % of Calories | | | | | | | | | | | *18.4% | 18.8% | 58.8% | 25.7% | 8.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|-----|---------|-----|------|------|------|--------|------|-------|--------|-------|-------|--------|--------|------|
| Fri - 03/17/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 150 | | | | | | | | | | | | | | |
| Pizza French Bread | slice | 150 | 290 | 20 | 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 | 150 | 88 | 0 | 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 | 150 | 56 | 5 | 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 | 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 | 100 | 100 | 3 | 133 | 0.00 | 0.00 | 200.0 | 333 | 0.0 | 18 | 6.0 | 19.33 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 581 | 35 | 1122 | 6.26 | 3.75 | 705.1 | 1892 | 41.66 | *29 | 28.72 | 85.12 | 16.60 | 5.94 | 0.02 |
| % of Calories | | | | | | | | | | | *20.2% | 19.8% | 58.6% | 25.7% | 9.2% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|----|---------|-----|------|-------|------|--------|------|-------|--------|-------|-------|--------|--------|------|
| Mon - 03/20/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 80 | | | | | | | | | | | | | | |
| Bosco Stick (1 stick) | serving | 80 | 220 | 15 | 290 | 3.00 | 1.80 | 200.0 | 200 | 0.0 | 2 | 12.0 | 28.0 | 7.0 | 3.00 | 0.00 |
| Salad Bar (wed) Elem | 1 cup | 80 | 144 | 0 | 39 | 6.32 | 1.63 | 57.5 | 706 | 65.48 | 19 | 2.41 | 36.23 | 0.61 | 0.14 | 0.00 |
| Bosco Sauce Cup | Serving | 80 | 45 | 0 | 250 | 2.00 | 0.00 | 0.0 | 500 | 6.0 | *N/A* | 1.0 | 5.0 | 2.0 | 0.00 | 0.00 |
| Ranch Dressing R/F | serving | 80 | 56 | 5 | 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 | 40 | 70 | 10 | 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 | 40 | 75 | 3 | 100 | 0.00 | 0.00 | 150.0 | 250 | 0.0 | 14 | 4.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 609 | 32 | 1066 | 11.63 | 3.63 | 593.8 | 1925 | 72.25 | *42 | 25.26 | 96.78 | 15.64 | 5.00 | 0.02 |
| % of Calories | | | | | | | | | | | *27.7% | 16.6% | 63.5% | 23.1% | 7.4% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 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

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary 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) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/21/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 205 | | | | | | | | | | | | | | |
| Pizza Cheese WW Tony & Alba | Slice | 205 | 310 | 40 | 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 | 205 | 128 | 0 | 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 | 205 | 56 | 5 | 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 | 100 | 68 | 10 | 68 | 0.00 | 0.00 | 170.7 | 244 | 0.59 | 7 | 4.88 | 6.83 | 2.44 | 1.46 | 0.00 |
| MILK,FF Chocolate | HALF PINT | 105 | 77 | 3 | 102 | 0.00 | 0.00 | 153.7 | 256 | 0.0 | 14 | 4.61 | 14.85 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 639 | 57 | 1167 | 11.34 | 3.95 | 623.2 | 11081 | 37.44 | *44 | 27.05 | 94.32 | 19.41 | 8.88 | 0.02 |
| % of Calories | | | | | | | | | | | *27.3% | 16.9% | 59.1% | 27.4% | 12.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------|-----------|-----|---------|-----|------|-------|------|--------|------|-------|--------|-------|--------|--------|--------|------|
| Wed - 03/22/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 100 | | | | | | | | | | | | | | |
| Beef Chili with Beans RF | serving | 100 | 241 | 51 | 934 | 6.61 | 4.96 | 84.3 | 2463 | 19.84 | *N/A* | 21.49 | 21.49 | 8.27 | 2.81 | 0.00 |
| Corn Muffin 2.25oz | 1 each | 100 | 190 | 25 | 320 | 1.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 4.0 | 30.0 | 6.0 | 1.00 | 0.00 |
| Salad Bar Beans (mon) | serving | 100 | 227 | 0 | 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 | 10 | 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 | 3 | 100 | 0.00 | 0.00 | 150.0 | 250 | 0.0 | 14 | 4.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 803 | 89 | 1623 | 19.57 | 8.86 | 550.1 | 7361 | 79.67 | *36 | 44.53 | 118.57 | 18.92 | 5.43 | 0.00 |
| % of Calories | | | | | | | | | | | *18.1% | 22.2% | 59.1% | 21.2% | 6.1% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|-----|---------|-----|------|------|------|--------|------|-------|--------|-------|-------|--------|--------|-------|
| Thu - 03/23/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 125 | | | | | | | | | | | | | | |
| Lil Nacho Bites | SERVING | 125 | 270 | 15 | 440 | 3.00 | 1.44 | 150.0 | 500 | 2.4 | 1 | 11.0 | 32.0 | 10.0 | 4.00 | 0.00 |
| Salad Bar mex (thur) | Serving | 125 | 146 | 0 | 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 | 8 | 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 | 3 | 120 | 0.00 | 0.00 | 180.0 | 300 | 0.0 | 16 | 5.4 | 17.4 | 0.0 | 0.00 | 0.00 |
| Ranch Dressing R/F | serving | 100 | 44 | 4 | 254 | 0.25 | 0.16 | 9.1 | 15 | 0.14 | 1 | 0.28 | 4.84 | 2.82 | 0.28 | 0.01 |
| Taco Sauce | 1 ea | 25 | 1 | 0 | 25 | 0.02 | 0.02 | 0.3 | 8 | 0.02 | *N/A* | 0.02 | 0.27 | 0.01 | 0.00 | *N/A* |
| Weighted Daily Average | | | 608 | 30 | 1075 | 8.84 | 2.94 | 523.4 | 5147 | 21.46 | *29 | 24.07 | 94.79 | 16.12 | 5.71 | *0.01 |
| % of Calories | | | | | | | | | | | *18.8% | 15.8% | 62.4% | 23.9% | 8.5% | *0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 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

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San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary 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 - 03/24/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 150 | | | | | | | | | | | | | | |
| Corn Dog Mini | serving | 150 | 275 | 41 | 417 | 5.09 | 1.83 | 152.6 | 0 | 0.0 | 5 | 10.18 | 30.53 | 12.21 | 3.56 | 0.00 |
| Salad Bar veggie (Fri) | 1 cup | 150 | 88 | 0 | 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 | 28 | 2 | 159 | 0.16 | 0.10 | 5.7 | 9 | 0.09 | 1 | 0.18 | 3.02 | 1.76 | 0.18 | 0.01 |
| BBQ Sauce 12 gm PKT | Serving | 150 | 15 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | HALF PINT | 50 | 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 | 100 | 100 | 3 | 133 | 0.00 | 0.00 | 200.0 | 333 | 0.0 | 18 | 6.0 | 19.33 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 552 | 53 | 865 | 8.19 | 2.78 | 501.9 | 1133 | 37.97 | *30 | 21.71 | 83.61 | 16.05 | 4.83 | 0.01 |
| % of Calories | | | | | | | | | | | *21.7% | 15.7% | 60.5% | 26.1% | 7.9% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|-----|---------|-----|------|------|------|--------|------|-------|--------|-------|-------|--------|--------|------|
| Mon - 03/27/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 150 | | | | | | | | | | | | | | |
| WG Chicken Sticks | serving | 150 | 152 | 14 | 228 | 1.38 | 1.24 | 27.7 | 69 | 0.0 | 1 | 8.99 | 9.68 | 8.99 | 1.73 | 0.00 |
| Salad Bar veggie (Fri) | 1 cup | 150 | 88 | 0 | 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 | 28 | 2 | 159 | 0.16 | 0.10 | 5.7 | 9 | 0.09 | 1 | 0.18 | 3.02 | 1.76 | 0.18 | 0.01 |
| BBQ Sauce 12 gm PKT | Serving | 150 | 15 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | HALF PINT | 50 | 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 | 100 | 100 | 3 | 133 | 0.00 | 0.00 | 200.0 | 333 | 0.0 | 18 | 6.0 | 19.33 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 430 | 26 | 676 | 4.48 | 2.20 | 376.9 | 1202 | 37.97 | *26 | 20.52 | 62.76 | 12.83 | 2.99 | 0.01 |
| % of Calories | | | | | | | | | | | *23.7% | 19.1% | 58.4% | 26.9% | 6.3% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-----------------------------|-----------|-----|---------|-----|------|-------|------|--------|-------|-------|--------|-------|-------|--------|--------|------|
| Tue - 03/28/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 205 | | | | | | | | | | | | | | |
| Pizza Cheese WW Tony & Alba | Slice | 205 | 310 | 40 | 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 | 205 | 128 | 0 | 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 | 205 | 56 | 5 | 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 | 100 | 68 | 10 | 68 | 0.00 | 0.00 | 170.7 | 244 | 0.59 | 7 | 4.88 | 6.83 | 2.44 | 1.46 | 0.00 |
| MILK,FF Chocolate | HALF PINT | 105 | 77 | 3 | 102 | 0.00 | 0.00 | 153.7 | 256 | 0.0 | 14 | 4.61 | 14.85 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 639 | 57 | 1167 | 11.34 | 3.95 | 623.2 | 11081 | 37.44 | *44 | 27.05 | 94.32 | 19.41 | 8.88 | 0.02 |
| % of Calories | | | | | | | | | | | *27.3% | 16.9% | 59.1% | 27.4% | 12.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

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

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San Lorenzo Valley USD

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary 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 - 03/29/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 100 | | | | | | | | | | | | | | |
| Mac & Cheese RF (Rose & Shore) | 100 serving | 100 | 381 | 50 | 621 | 5.01 | 1.44 | 451.0 | 1754 | 12.03 | 2 | 19.04 | 37.08 | 16.04 | 7.02 | 0.00 |
| Salad Bar Beans (mon) | 100 serving | 100 | 227 | 0 | 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 | 10 | 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 | 3 | 100 | 0.00 | 0.00 | 150.0 | 250 | 0.0 | 14 | 4.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 753 | 63 | 991 | 16.97 | 4.26 | 876.8 | 6552 | 71.86 | *38 | 38.08 | 104.16 | 20.69 | 8.63 | 0.00 |
| % of Calories | | | | | | | | | | | *20.4% | 20.2% | 55.4% | 24.7% | 10.3% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|-------------|-----|---------|-----|------|-------|------|--------|------|-------|--------|-------|-------|--------|--------|------|
| Thu - 03/30/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 100 | | | | | | | | | | | | | | |
| Taco Tower | 5.83 servin | 100 | 241 | 51 | 934 | 6.61 | 4.96 | 84.3 | 2463 | 19.84 | *N/A* | 21.49 | 21.49 | 8.27 | 2.81 | 0.00 |
| Tortilla Chips sgl serv. 2.0 | 1 ea | 100 | 135 | 0 | 60 | 2.00 | 0.40 | 18.0 | 100 | 0.0 | *N/A* | 2.0 | 19.0 | 5.0 | 1.00 | 0.00 |
| Salad Bar mex (thur) | Serving | 100 | 146 | 0 | 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 | 70 | 10 | 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 | 3 | 100 | 0.00 | 0.00 | 150.0 | 250 | 0.0 | 14 | 4.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 667 | 64 | 1343 | 14.19 | 6.68 | 471.4 | 7186 | 38.86 | *25 | 36.35 | 96.67 | 17.06 | 5.53 | 0.00 |
| % of Calories | | | | | | | | | | | *15.3% | 21.8% | 57.9% | 23.0% | 7.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------|-----------|-----|---------|-----|------|------|------|--------|------|-------|--------|-------|-------|--------|--------|------|
| Fri - 03/31/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch (k-5) | Total | 150 | | | | | | | | | | | | | | |
| Pizza Crunchers Rich's | Serving | 150 | 350 | 30 | 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 | 150 | 88 | 0 | 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 | 150 | 56 | 5 | 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 | 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 | 100 | 100 | 3 | 133 | 0.00 | 0.00 | 200.0 | 333 | 0.0 | 18 | 6.0 | 19.33 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 640 | 45 | 901 | 8.26 | 3.05 | 780.0 | 1598 | 40.06 | *25 | 30.71 | 92.11 | 20.60 | 5.94 | 0.02 |
| % of Calories | | | | | | | | | | | *15.8% | 19.2% | 57.5% | 28.9% | 8.3% | 0.0% |
| Nutrient Guideline | | | 550-650 | 100 | 1230 | 6.00 | 3.50 | 286.00 | 1120 | 15.00 | | 10.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|------|-------|------|-------|------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average | | | 626 | 53 | 1097 | 10.81 | 4.04 | 566.3 | 4824 | 45.84 | *35 | 28.95 | 92.32 | 17.82 | 6.15 | *0.01 |
| | | | | | | | | | | | *49.9% | 18.5% | 59.0% | 25.6% | 8.8% | *0.0% |

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

Mar 1, 2017 thru Mar 31, 2017

Planned Menu Spreadsheet

Elementary Lunch (k-5)

Weighted Values - Detailed

003 - SLE Elementary 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) |
|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 626 | | 550 - 650 | 100% | | | | |
| Cholesterol (mg) | 53 | | 100 | 53% | | | | |
| Sodium (mg) | 1097 | | 1230 | | | | | |
| Fiber (g) | 10.81 | | 6.00 | 180% | | | | |
| Iron (mg) | 4.04 | | 3.50 | 115% | | | | |
| Calcium (mg) | 566.3 | | 286.00 | 198% | | | | |
| Vitamin A (IU) | 4824 | | 1120 | 431% | | | | |
| Sugars (g) | 35 | 22.18% | | | Missing | | | |
| Vitamin C (mg) | 45.84 | | 15.00 | 306% | | | | |
| Protein (g) | 28.95 | 18.49% | 10.00 | 290% | | | | |
| Carbohydrate (g) | 92.32 | 58.97% | | | | | | |
| Total Fat (g) | 17.82 | 25.62% | <=30.00% | | | | | |
| Saturated Fat (g) | 6.15 | 8.84% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.01 | 0.02% | | | 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.

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