

# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018																
Elementary Lunch	Total	100														
NACHOS CHEESE SHRD & BEANS K-8	1 EACH	80	514	30	978	6.20	2.58	260.7	300	0.0	*0	17.2	55.64	25.07	5.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
LETTUCE SHREDDED	1/2 CUP	30	5	0	4	0.56	0.20	7.5	131	1.55	*N/A*	0.4	0.83	0.08	0.01	0.00
Tomato	1 oz	30	5	0	1	0.34	0.08	2.8	236	3.88	1	0.25	1.1	0.06	0.01	*N/A*
CELERY STICKS	1/2 cup	20	12	0	60	1.19	0.15	29.8	334	2.31	*N/A*	0.51	2.21	0.13	0.03	0.00
BEANS BLACK	1/2 CUP	30	110	0	300	7.00	6.30	60.0	100	0.0	0	8.0	19.0	0.0	0.00	0.00
PEARS CANNED IN JUICE	1/2 CUP	10	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint carton	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			658	39	1142	*8.92	4.74	629.3	1060	13.02	*11	29.06	83.23	23.74	5.75	*1.20
% of Calories											*6.5%	17.7%	50.6%	32.5%	7.9%	*1.6%
Nutrient Guideline			550-650		1230									<10.00		

Wed - 05/02/2018																
Elementary Lunch	Total	100														
PASTA ALFREDO w/BEEF JTM	2 #8 SCO OPS	80	272	37	683	2.70	2.03	294.1	360	0.0	*N/A*	16.68	29.21	10.34	5.33	0.00
Breadsticks, WG	1 each	80	180	0	440	4.00	1.44	40.0	30	0.0	6	4.0	36.0	2.0	1.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD SIDE CAESAR:bulk K5	1/2 cup	40	45	4	163	1.24	0.58	46.6	4649	2.13	1	2.24	3.58	2.76	1.06	*0.00
Peas, Snap	1/2 cup	30	13	0	1	0.82	0.66	13.5	342	18.9	1	0.88	2.38	0.06	0.01	*N/A*
CAULIFLOWER FRESH	1/2 CUP	30	13	0	16	1.07	0.22	11.8	0	25.79	*N/A*	1.03	2.66	0.15	0.03	0.00
Salad Dressing, Ranch, Lite	1 oz cup	30	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
OLIVES BLACK	1/2 cup	10	104	0	520	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.16	10.41	0.00	0.00
FRUIT COCKTAIL CND	1/2 CUP	20	60	0	10	1.00	0.00	0.0	200	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	20	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	5	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint carton	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*

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

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

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

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May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			609	48	1329	*7.20	3.84	682.5	2900	20.51	*14	30.43	84.78	17.08	7.51	*1.20
% of Calories											*9.0%	20.0%	55.6%	25.2%	11.1%	*1.8%
Nutrient Guideline			550-650		1230											<10.00

Thu - 05/03/2018																
Elementary Lunch	Total	100														
CHICKEN SWEET & SOUR FAJITA	80	151	75	466	0.00	0.34	0.0	0	0.0	*0	14.93	9.37	6.53	1.87	0.00	
VEGGIE BLEND ASIAN	1/2 cup	80	51	0	14	2.30	0.39	19.9	2891	46.18	4	1.18	8.25	1.92	0.17	0.00
RICE BROWN CKD:K12	1/2 cup	80	117	0	2	1.38	0.50	2.0	0	0.0	0	2.76	25.51	0.69	0.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD GREEN TOSSED BULK SIDE	1/2 CUP	20	5	0	6	0.34	0.25	9.6	746	3.44	*0	0.35	0.92	0.06	0.01	0.00
Edamame	1/2 cup	30	43	0	5	0.39	0.74	23.5	4	5.36	*N/A*	4.58	3.35	2.35	0.32	*N/A*
CARROTS BABY FRESH	1/2 cup	50	25	0	55	2.05	0.64	22.5	9772	1.88	3	0.45	5.78	0.09	0.01	0.00
Salad Dressing, Ranch, Lite	1 oz cup	50	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
Peachy Blueberries	1/2 cup	40	62	0	10	0.32	0.06	0.9	307	1.34	*3	0.06	15.16	0.02	0.00	*0.00
STRAWBERRIES	1/2 cup	75	24	0	1	1.52	0.31	12.2	9	44.69	*N/A*	0.51	5.84	0.23	0.01	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	60	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint carton	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			609	77	767	*7.47	2.95	449.9	8114	85.31	*16	30.22	94.04	14.24	3.96	*1.20
% of Calories											*10.8%	19.8%	61.7%	21.0%	5.8%	*1.8%
Nutrient Guideline			550-650		1230											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/04/2018																
Elementary Lunch																
	Total	100														
	Corn Dog, Mini, w/catsup	80	261	37	450	4.69	1.69	140.6	23	28.13	*5	9.38	29.77	11.25	3.28	0.00
	POTATO WEDGE FRIES FF US DA	80	120	0	33	2.64	0.94	0.0	0	12.0	*N/A*	2.64	26.4	0.0	0.00	0.00
	Pizza, La Nova	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
	SALAD SIDE CAESAR:bulk K5	50	45	4	163	1.24	0.58	46.6	4649	2.13	1	2.24	3.58	2.76	1.06	*0.00
	BROCCOLI FRESH	50	15	0	15	1.14	0.32	20.7	274	39.25	*N/A*	1.24	2.92	0.16	0.02	0.00
	Salad Dressing, Ranch, Lite	50	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
	CORN CANNED USDA	20	78	0	16	2.20	0.46	6.0	44	3.4	3	2.5	17.74	0.98	0.10	0.00
	APPLESAUCE CND	20	50	0	10	2.00	0.00	0.0	45	0.0	9	0.0	13.0	0.0	0.00	0.00
	Cherries, dried	30	114	0	4	1.33	0.64	21.9	497	0.11	*N/A*	1.0	27.1	0.06	0.00	0.00
	Fruit, Fresh, Assorted	30	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
	Milk, 1% Producer's Dairy	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
	MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			604	50	822	*9.02	3.37	543.9	3243	61.87	*16	24.60	89.24	16.64	5.39	*1.20
% of Calories											*10.5%	16.3%	59.1%	24.8%	8.0%	*1.8%
Nutrient Guideline			550-650		1230									<10.00		

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 05/07/2018</b>																
Elementary Lunch	Total	100														
PANCAKE WG 2 EA USDA 100937	2 PANCA KES	100	160	7	260	2.00	0.40	53.0	0	0.0	*N/A*	3.4	27.4	4.0	0.66	0.00
SAUSAGE CHICKEN PATTY	EACH 1.2 OZ	100	114	42	268	0.00	0.00	0.0	0	0.0	*N/A*	7.43	0.49	9.42	2.97	*N/A*
Syrup, Cup 1.5oz	1 cup	75	120	0	0	0.00	0.00	0.0	95	0.0	19	0.0	31.0	0.0	0.00	0.00
Juice, Assorted, 4 oz	4 oz	50	61	0	6	0.02	0.26	9.5	38	19.72	*N/A*	0.43	14.61	0.07	0.01	*0.00
PASTA SALAD	1/2 CUP	20	187	0	220	2.71	1.31	22.5	1746	13.29	*N/A*	4.36	22.44	9.34	1.31	*N/A*
Tomato	1 oz	20	5	0	1	0.34	0.08	2.8	236	3.88	1	0.25	1.1	0.06	0.01	*N/A*
PICKLE CHIPS	2 TBSP	60	0	0	101	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
STRAWBERRIES	1/2 cup	50	24	0	1	1.52	0.31	12.2	9	44.69	*N/A*	0.51	5.84	0.23	0.01	0.00
PEARS CANNED IN JUICE	1/2 CUP	30	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	30	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			628	59	772	5.50	1.46	431.2	1053	46.92	*25	22.41	98.78	16.87	4.74	*0.00
% of Calories											*15.8%	14.3%	62.9%	24.2%	6.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Tue - 05/08/2018</b>																
Elementary Lunch	Total	100														
TACO BEEF CRISPY:K8 SPAN RICE	2 tacos + rice	80	398	39	605	4.02	1.88	*184.2	*855	*8.77	*1	15.6	50.8	13.64	5.93	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
LETTUCE SHRED	1/2 cup	50	5	0	4	0.56	0.20	7.6	131	1.55	*N/A*	0.4	0.83	0.08	0.01	0.00
TOMATO DICED	1/2 cup	50	21	0	6	1.43	0.32	11.9	994	16.35	3	1.05	4.64	0.24	0.04	0.00
CELERY STICKS	1/2 cup	40	12	0	59	1.19	0.15	29.7	333	2.3	*N/A*	0.51	2.2	0.13	0.03	0.00
BEANS BLACK	1/2 CUP	50	110	0	300	7.00	6.30	60.0	100	0.0	0	8.0	19.0	0.0	0.00	0.00
PEARS CANNED IN JUICE	1/2 CUP	30	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	30	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*

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Weighted Daily Average			606	46	920	*9.70	5.71	*590.8	*2031	*25.67	*12	29.94	87.04	14.73	6.51	*1.20
% of Calories											*7.7%	19.8%	57.4%	21.9%	9.7%	*1.8%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/09/2018																
Elementary Lunch	Total	100														
Pasta Primavera	servings	80	453	19	992	12.22	4.02	312.8	3651	48.15	*6	19.54	66.18	11.83	5.01	*0.00
Breadstick, Garlic EDNAS	1 each	80	91	0	223	2.03	0.73	20.2	15	0.0	3	2.03	18.22	1.01	0.51	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD SIDE CAESAR:bulk K5	1/2 cup	10	45	4	163	1.24	0.58	46.6	4649	2.13	1	2.24	3.58	2.76	1.06	*0.00
Peas, Snap	1/2 cup	20	13	0	1	0.82	0.66	13.5	342	18.9	1	0.88	2.38	0.06	0.01	*N/A*
CAULIFLOWER FRESH	1/2 CUP	10	13	0	16	1.07	0.22	11.8	0	25.79	*N/A*	1.03	2.66	0.15	0.03	0.00
Salad Dressing, Ranch, Lite	1 oz cup	10	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
OLIVES BLACK	.25 cup	5	52	0	260	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.08	5.2	0.00	0.00
FRUIT COCKTAIL CND	1/2 CUP	10	60	0	10	1.00	0.00	0.0	200	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	50	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			666	31	1277	*13.29	4.67	670.5	4111	58.41	*19	30.43	102.34	14.96	6.36	*1.20
% of Calories											*11.2%	18.3%	61.5%	20.2%	8.6%	*1.6%
Nutrient Guideline			550-650		1230										<10.00	

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Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/10/2018																
Elementary Lunch	Total	100														
CHICKEN TERIYAKI DICED	80 serving		173	83	774	0.00	1.15	0.0	0	0.0	*N/A*	27.91	7.87	3.71	1.06	0.00
RICE BROWN WG COOKED	80 1/2 CUP		117	0	2	1.38	0.50	2.0	0	0.0	0	2.76	25.51	0.69	0.00	*0.00
VEGGIE BLEND ASIAN	80 1/2 cup		51	0	14	2.30	0.39	19.9	2891	46.18	4	1.18	8.25	1.92	0.17	0.00
Pizza, La Nova	20 slice		305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD SIDE GARDEN	40 1/2 cup		8	0	13	0.61	0.23	11.2	2534	3.32	*1	0.36	1.72	0.04	0.01	0.00
Edamame	40 1/2 cup		43	0	5	0.39	0.74	23.5	4	5.36	*N/A*	4.58	3.35	2.35	0.32	*N/A*
CARROT STICKS	50 HALF CUP		25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
Salad Dressing, Ranch, Lite	50 1 oz cup		47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
Peachy Blueberries	50 1/2 cup		62	0	10	0.32	0.06	0.9	307	1.34	*3	0.06	15.16	0.02	0.00	*0.00
STRAWBERRIES	20 1/2 cup		24	0	1	1.52	0.31	12.2	9	44.69	*N/A*	0.51	5.84	0.23	0.01	0.00
Fruit, Fresh, Assorted	50 1 each		59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	40 1/4 cup		117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	50 half pint c arto		130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	50 HALF PINT		83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			609	84	1010	*6.60	3.15	445.3	9217	65.19	*18	40.81	87.96	12.15	3.34	*1.20
% of Calories											*11.6%	26.8%	57.7%	17.9%	4.9%	*1.8%
Nutrient Guideline			550-650		1230										<10.00	

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

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

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

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/11/2018																
Elementary Lunch	Total	100														
CHICKEN BBQ:K12	2.3 oz	90	137	62	635	0.00	1.72	15.4	200	0.0	6	20.47	7.38	2.69	0.77	0.00
POTATO WEDGE FRIES FF US DA	1/2 cup	90	120	0	33	2.64	0.94	0.0	0	12.0	*N/A*	2.64	26.4	0.0	0.00	0.00
Pizza, La Nova	slice	10	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD SIDE CAESAR:bulk K5	1/2 cup	50	45	4	163	1.24	0.58	46.6	4649	2.13	1	2.24	3.58	2.76	1.06	*0.00
BROCCOLI FRESH	1/2 CUP	40	15	0	15	1.14	0.32	20.7	274	39.25	*N/A*	1.24	2.92	0.16	0.02	0.00
Salad Dressing, Ranch, Lite	1 oz cup	40	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
CORN CANNED 15483	1/2 CUP	40	80	0	360	2.00	0.36	0.0	0	1.2	*N/A*	3.0	17.0	0.0	0.00	0.00
APPLESAUCE CND	1/2 cup	40	90	0	10	2.00	0.00	0.0	0	0.0	*N/A*	0.0	22.0	0.0	0.00	0.00
Cherries, dried	1/4 cup	40	114	0	4	1.33	0.64	21.9	497	0.11	*N/A*	1.0	27.1	0.06	0.00	0.00
Fruit, Fresh, Assorted	1 each	75	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	25	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average % of Calories			603	72	1103	*7.86	3.82	439.5	3444	47.34	*20 *13.2%	35.71 23.7%	96.43 64.0%	8.37 12.5%	2.91 4.3%	*0.60 *0.9%
Nutrient Guideline			550-650		1230											<10.00

Mon - 05/14/2018																
Elementary Lunch	Total	100														
CHICKEN TENDERS	3 tenders	100	230	55	499	2.00	1.80	20.0	100	0.0	0	16.97	6.99	10.98	2.50	0.00
Breadstick, Garlic EDNAS	1 each	100	91	0	223	2.03	0.73	20.2	15	0.0	3	2.03	18.22	1.01	0.51	0.00
CORN CANNED USDA	1/2 CUP	100	78	0	16	2.20	0.46	6.0	44	3.4	3	2.5	17.74	0.98	0.10	0.00
PASTA SALAD	1/2 CUP	20	187	0	220	2.71	1.31	22.5	1746	13.29	*N/A*	4.36	22.44	9.34	1.31	*N/A*
Tomato	1 oz	20	5	0	1	0.34	0.08	2.8	236	3.88	1	0.25	1.1	0.06	0.01	*N/A*
PICKLE CHIPS	2 TBSP	60	0	0	101	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
STRAWBERRIES	1/2 cup	50	24	0	1	1.52	0.31	12.2	9	44.69	*N/A*	0.51	5.84	0.23	0.01	0.00
PEARS CANNED IN JUICE	1/2 CUP	30	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	80	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	50	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			680	65	981	11.04	4.17	430.7	1179	50.12	*21	33.32	94.92	16.46	4.22	*0.00
% of Calories											*12.1%	19.6%	55.9%	21.8%	5.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 05/15/2018																
Elementary Lunch	Total	100														
Burrito, Bean, Los Cabos	1 each	80	350	20	590	6.00	4.50	150.0	400	2.4	*N/A*	16.0	54.0	8.0	4.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
LETTUCE SHRED	1/2 cup	50	5	0	4	0.56	0.20	7.6	131	1.55	*N/A*	0.4	0.83	0.08	0.01	0.00
TOMATO DICED	1/2 cup	50	21	0	6	1.43	0.32	11.9	994	16.35	3	1.05	4.64	0.24	0.04	0.00
PEPPERS, SLICED	1/2 cup	40	12	0	2	1.05	0.21	6.2	228	49.46	*1	0.53	2.85	0.1	0.04	0.00
SALSA BLACK BEAN & CORN	1/4 cup	50	42	0	83	2.00	0.62	11.3	166	4.43	*0	1.94	8.44	0.22	0.00	0.00
PEACHES CANNED DICED IN J UICE	1/2 CUP	30	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	30	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	50	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint carton	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			578	31	781	*8.85	5.27	536.9	1765	41.87	*11	27.60	95.14	10.31	4.97	*1.20
% of Calories											*7.9%	19.1%	65.9%	16.1%	7.7%	*1.9%
Nutrient Guideline			550-650		1230										<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/16/2018																
Elementary Lunch	Total	100														
VEGETABLE LO MEIN K-12	1 cup	80	198	0	1848	4.67	2.08	30.4	3855	15.68	*2	7.03	39.63	1.08	0.01	0.00
CHICKEN DICED	serving	80	151	71	69	0.00	0.96	11.9	43	0.0	*N/A*	22.85	0.0	6.06	1.67	*N/A*
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD SIDE CAESAR:bulk K5	1/2 cup	75	45	4	163	1.24	0.58	46.6	4649	2.13	1	2.24	3.58	2.76	1.06	*0.00
CARROTS RAINBOW FRESH	1/2 cup	50	1	0	1	0.05	0.01	0.6	318	0.11	0	0.02	0.18	0.0	0.00	0.00
Zucchini	1/2 cup	20	10	0	5	0.57	0.21	9.0	113	10.11	1	0.68	1.76	0.18	0.05	*N/A*
Salad Dressing, Ranch, Lite	1 oz cup	50	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
GARBANZO BEANS	1/2 CUP	30	120	0	440	6.00	1.08	20.0	0	1.2	*N/A*	6.0	21.0	1.0	0.00	0.00
APPLESAUCE CND	1/2 cup	40	90	0	10	2.00	0.00	0.0	0	0.0	*N/A*	0.0	22.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average % of Calories			613	77	2134	*8.56	3.88	470.6	7400	27.40	*13 *8.6%	40.13 26.2%	81.01 52.8%	14.11 20.7%	4.35 6.4%	*1.20 *1.8%
Nutrient Guideline			550-650		1230											<10.00

Thu - 05/17/2018																
Elementary Lunch	Total	100														
BEEF KOREAN FILLING 320410	#8 SCOOP	80	168	25	576	0.12	1.15	3.8	112	0.87	*8	10.13	8.62	10.53	3.14	0.02
RICE BROWN CKD:K12	1/2 cup	80	117	0	2	1.38	0.50	2.0	0	0.0	0	2.76	25.51	0.69	0.00	0.00
VEGGIE BLEND ASIAN	1/2 cup	80	51	0	14	2.30	0.39	19.9	2891	46.18	4	1.18	8.25	1.92	0.17	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
Spinach, fresh, raw	1/2 cup	10	3	0	12	0.33	0.41	14.9	1407	4.22	0	0.43	0.54	0.06	0.01	*N/A*
TOMATO CHERRY	1/2 cup	40	13	0	4	0.90	0.20	7.5	624	10.26	*N/A*	0.66	2.91	0.15	0.02	0.00
CORN CANNED USDA	1/2 CUP	40	78	0	16	2.20	0.46	6.0	44	3.4	3	2.5	17.74	0.98	0.10	0.00
Salad Dressing, Ranch, Lite	1 oz cup	50	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
CARROTS RAINBOW FRESH	1/2 cup	1	1	0	1	0.05	0.01	0.6	318	0.11	0	0.02	0.18	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	15	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*

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

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			539	37	824	*5.56	2.63	422.1	3428	54.37	*21	25.20	74.69	16.96	4.91	*1.21
% of Calories						*15.7%					18.7%	55.5%	28.3%	8.2%	*2.0%	
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/18/2018																
Elementary Lunch	Total	100														
MAC & CHEESE JTM 5705	#6 SCOOP	80	320	59	687	2.53	1.37	427.6	750	0.0	*0	18.0	23.18	17.88	9.74	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD GREEN TOSSED BULK SIDE	1/2 CUP	50	5	0	6	0.34	0.25	9.6	746	3.44	*0	0.35	0.92	0.06	0.01	0.00
Carrots, Raw Baby	1/4 cup	10	12	0	27	1.02	0.31	11.3	4849	0.91	2	0.23	2.9	0.05	0.01	*N/A*
Salad Dressing, Ranch, Lite	1 oz cup	10	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
Edamame	1/2 cup	10	55	0	3	2.36	1.03	28.6	0	2.77	1	4.94	4.51	2.36	0.28	0.00
APPLESAUCE CND	1/2 CUP	10	50	0	10	2.00	0.00	0.0	45	0.0	9	0.0	13.0	0.0	0.00	0.00
BLUEBERRIES	1/4 cup	10	20	0	0	1.00	*N/A*	*N/A*	18	*N/A*	3	0.0	4.5	0.5	0.00	0.00
Fruit, Fresh, Assorted	1 each	10	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
PEACH CRISP:K12	1/24 slice	25	399	9	220	1.95	0.87	6.9	823	1.72	*33	2.87	72.14	11.35	5.00	0.00
Weighted Daily Average			562	65	884	*3.75	*2.17	*740.7	2246	*6.16	*17	28.20	65.68	21.50	10.89	*1.20
% of Calories						*12.2%					20.1%	46.7%	34.4%	17.4%	*1.9%	
Nutrient Guideline			550-650		1230										<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 05/21/2018</b>																
Elementary Lunch	Total	100														
Chicken Patty Sandwich,WG	100		370	25	650	7.00	3.24	40.0	15	*0.0	3	20.0	39.0	15.0	3.00	0.00
PASTA SALAD W/HAM & VEGG IES	2 #6 SCO OPS	30	327	62	827	6.82	4.13	56.1	5417	25.6	*2	23.82	47.44	6.87	1.87	0.00
Tomato	1 oz	30	5	0	1	0.34	0.08	2.8	236	3.88	1	0.25	1.1	0.06	0.01	*N/A*
PICKLE CHIPS	2 TBSP	30	0	0	101	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
STRAWBERRIES	1/2 cup	50	24	0	1	1.52	0.31	12.2	9	44.69	*N/A*	0.51	5.84	0.23	0.01	0.00
PEARS DICED CND	1/2 CUP	20	80	0	10	2.00	0.00	0.0	0	0.0	*N/A*	0.0	19.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	30	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
KETCHUP 9G PACKET 98480	PACKET	10	10	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
BBQ Sauce, Jackaroo	1 each	10	35	0	360	0.00	0.36	0.0	0	2.4	*N/A*	0.0	8.0	0.0	*N/A*	0.00
RANCH DRESSING	2 TBSP	10	39	2	193	0.09	0.06	33.3	25	0.45	*1	0.98	2.77	2.65	0.65	*0.00
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	70	5	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Weighted Daily Average % of Calories			649	54	1133	11.23	4.88	423.9	2259	*39.90	*13 *8.2%	37.51 23.1%	83.07 51.2%	19.56 27.1%	*4.56 *6.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 05/22/2018</b>																
Elementary Lunch	Total	100														
FAJITA CHICKEN & VEG K-8	1 EACH	80	333	71	523	3.23	1.90	210.1	314	34.11	4	19.4	29.91	15.52	5.08	0.02
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
LETTUCE SHREDDED	1/2 CUP	40	5	0	4	0.56	0.20	7.5	131	1.55	*N/A*	0.4	0.83	0.08	0.01	0.00
Tomato	1 oz	40	5	0	1	0.34	0.08	2.8	236	3.88	1	0.25	1.1	0.06	0.01	*N/A*
PEPPERS, SLICED	1/2 cup	40	12	0	2	1.05	0.21	6.2	228	49.46	*1	0.53	2.85	0.1	0.04	0.00
SALSA BLACK BEAN & CORN	1/4 cup	40	42	0	83	2.00	0.62	11.3	166	4.43	*0	1.94	8.44	0.22	0.00	0.00
PEACHES CANNED DICED IN J UICE	1/2 CUP	50	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	60	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	50	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*

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

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			579	72	719	*6.53	3.02	583.8	1361	67.42	*17	29.87	80.01	16.26	5.83	*1.22
% of Calories											*11.5%	20.7%	55.3%	25.3%	9.1%	*1.9%
Nutrient Guideline			550-650		1230											<10.00

Wed - 05/23/2018																
Elementary Lunch	Total	100														
SPAGHETTI & MEAT SAUCE 1	2 #6 SCO	80	280	25	660	7.33	4.18	30.2	485	6.01	*9	15.74	37.66	7.76	3.00	0.00
320410	OPS															
Breadsticks, WG	1 each	80	180	0	440	4.00	1.44	40.0	30	0.0	6	4.0	36.0	2.0	1.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
Caesar Salad,Elem,new	1 cup	40	63	1	112	*1.22	0.79	50.7	5058	2.32	*1	2.8	5.53	3.42	0.51	*0.00
Zucchini	1/2 cup	20	10	0	5	0.57	0.21	9.0	113	10.11	1	0.68	1.76	0.18	0.05	*N/A*
CARROT STICKS	HALF CUP	30	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
GARBANZO BEANS	1/2 CUP	20	120	0	440	6.00	1.08	20.0	0	1.2	*N/A*	6.0	21.0	1.0	0.00	0.00
APPLESAUCE CND	1/2 CUP	25	50	0	10	2.00	0.00	0.0	45	0.0	9	0.0	13.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	20	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	5	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
	arto															
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			624	36	1284	*12.45	5.69	477.3	6112	15.09	*24	30.84	96.87	13.04	5.15	*1.20
% of Calories											*15.4%	19.8%	62.1%	18.8%	7.4%	*1.7%
Nutrient Guideline			550-650		1230											<10.00

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/24/2018																
Elementary Lunch	Total	100														
CHICKEN ORANGE	3.92 OZ	80	210	50	340	0.00	0.72	0.0	100	0.0	*N/A*	12.0	18.0	8.0	1.00	0.00
RICE BROWN WG COOKED	1/2 CUP	80	117	0	2	1.38	0.50	2.0	0	0.0	0	2.76	25.51	0.69	0.00	*0.00
VEGGIE BLEND ASIAN	1/2 cup	80	51	0	14	2.30	0.39	19.9	2891	46.18	4	1.18	8.25	1.92	0.17	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
Spinach, fresh, raw	1/2 cup	20	3	0	12	0.33	0.41	14.9	1407	4.22	0	0.43	0.54	0.06	0.01	*N/A*
TOMATOES, CHERRY	HALF CUP	20	13	0	4	0.88	0.20	7.4	614	10.1	*N/A*	0.65	2.87	0.15	0.02	0.00
CORN CANNED USDA	1/2 CUP	50	78	0	16	2.20	0.46	6.0	44	3.4	3	2.5	17.74	0.98	0.10	0.00
Salad Dressing, Ranch, Lite	1 oz cup	50	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
CARROTS BABY FRESH	1/2 cup	50	25	0	55	2.05	0.64	22.5	9772	1.88	3	0.45	5.78	0.09	0.01	0.00
PEACHES CANNED DICED IN JUICE	1/2 CUP	20	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	50	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	20	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint carton	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			612	57	668	*6.89	2.71	433.6	8394	55.94	*18	27.20	91.62	15.07	3.21	*1.20
% of Calories											*11.6%	17.8%	59.9%	22.2%	4.7%	*1.8%
Nutrient Guideline			550-650		1230											<10.00

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**San Luis Coastal Unified**

**May 1, 2018 thru Jun 7, 2018**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/25/2018																
Elementary Lunch	Total	100														
PIZZA HOUSEMADE CHEESE	FLATBRE AD	90	340	30	735	2.50	2.16	440.0	650	1.2	*0	23.0	38.5	13.5	7.00	0.00
Cookie, 1 oz Choc Chip, Otis	1 each	90	130	5	95	1.00	0.72	0.0	100	0.0	*N/A*	1.0	17.0	6.0	2.00	*N/A*
Pizza, La Nova	slice	10	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD GREEN TOSSED BULK SIDE	1/2 CUP	20	5	0	6	0.34	0.25	9.6	746	3.44	*0	0.35	0.92	0.06	0.01	0.00
Edamame	1/2 cup	20	43	0	5	0.39	0.74	23.5	4	5.36	*N/A*	4.58	3.35	2.35	0.32	*N/A*
Carrots, Raw Baby	1/4 cup	30	12	0	27	1.02	0.31	11.3	4849	0.91	2	0.23	2.9	0.05	0.01	*N/A*
Salad Dressing, Ranch, Lite	1 oz cup	30	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
APPLESAUCE CND	1/2 cup	20	90	0	10	2.00	0.00	0.0	0	0.0	*N/A*	0.0	22.0	0.0	0.00	0.00
BLUEBERRIES	1/4 cup	20	20	0	0	1.00	*N/A*	*N/A*	18	*N/A*	3	0.0	4.5	0.5	0.00	0.00
Fruit, Fresh, Assorted	1 each	75	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	25	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			683	45	1006	*6.48	*3.50	*791.3	2915	*22.37	*15	34.34	93.51	22.15	9.75	*0.60
% of Calories											*9.0%	20.1%	54.8%	29.2%	12.9%	*0.8%
Nutrient Guideline			550-650		1230										<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/29/2018																
Elementary Lunch	Total	100														
Tamale Chicken Cheese	1 each	80	343	36	164	15.00	2.61	245.0	200	0.0	0	22.0	45.0	9.0	3.00	0.00
BEANS REFRIED:veg	1/2 CUP	80	119	0	536	5.95	1.79	19.8	0	0.0	*N/A*	5.95	18.85	1.99	0.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
LETTUCE SHRED	1/2 cup	50	5	0	4	0.56	0.20	7.6	131	1.55	*N/A*	0.4	0.83	0.08	0.01	0.00
TOMATO DICED	1/2 cup	50	21	0	6	1.43	0.32	11.9	994	16.35	3	1.05	4.64	0.24	0.04	0.00
PEPPERS, SLICED	1/2 cup	40	12	0	2	1.05	0.21	6.2	228	49.46	*1	0.53	2.85	0.1	0.04	0.00
SALSA BLACK BEAN & CORN	1/4 cup	50	42	0	83	2.00	0.62	11.3	166	4.43	*0	1.94	8.44	0.22	0.00	0.00
PEACHES CANNED DICED IN JUICE	1/2 CUP	30	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	30	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint carton	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average % of Calories			620	44	866	*20.09	4.80	621.6	1587	39.73	*11 *7.4%	36.80 23.7%	91.87 59.2%	12.70 18.4%	4.17 6.1%	*1.20 *1.7%
Nutrient Guideline			550-650		1230											<10.00

Wed - 05/30/2018																
Elementary Lunch	Total	100														
ITALIAN PASTA BAKE	2 #6 SCOOPS	80	406	30	803	7.73	3.70	438.1	667	5.34	*7	24.87	53.18	13.52	7.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD SIDE CAESAR:bulk K5	1/2 cup	75	45	4	163	1.24	0.58	46.6	4649	2.13	1	2.24	3.58	2.76	1.06	*0.00
CARROTS RAINBOW FRESH	1/2 cup	50	1	0	1	0.05	0.01	0.6	318	0.11	0	0.02	0.18	0.0	0.00	0.00
Zucchini	1/2 cup	20	10	0	5	0.57	0.21	9.0	113	10.11	1	0.68	1.76	0.18	0.05	*N/A*
Salad Dressing, Ranch, Lite	1 oz cup	50	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
GARBANZO BEANS	1/2 CUP	20	120	0	440	6.00	1.08	20.0	0	1.2	*N/A*	6.0	21.0	1.0	0.00	0.00
APPLESAUCE CND	1/2 cup	40	90	0	10	2.00	0.00	0.0	0	0.0	*N/A*	0.0	22.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint carton	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			647	45	1199	*10.41	4.30	785.2	4815	19.00	*17 *10.5%	35.53 22.0%	89.75 55.5%	19.11 26.6%	8.61 12.0%	*1.20 *1.7%
Nutrient Guideline			550-650		1230											<10.00

Thu - 05/31/2018																
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Elementary Lunch	Total	100														
HAMBURGER 68001 GOLDSTAR K5	1 EACH	80	250	30	290	2.00	2.16	40.0	15	6.0	3	12.0	26.0	10.0	3.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
Spinach, fresh, raw	1/2 cup	30	3	0	12	0.33	0.41	14.9	1407	4.22	0	0.43	0.54	0.06	0.01	*N/A*
TOMATO CHERRY	1/2 cup	20	13	0	4	0.90	0.20	7.5	624	10.26	*N/A*	0.66	2.91	0.15	0.02	0.00
CORN CANNED USDA	1/2 CUP	50	78	0	16	2.20	0.46	6.0	44	3.4	3	2.5	17.74	0.98	0.10	0.00
CAULIFLOWER RAINBOW FRESH	1/2 CUP	50	13	0	16	1.07	0.22	11.8	0	25.79	*N/A*	1.03	2.66	0.15	0.03	0.00
Salad Dressing, Ranch, Lite	1 oz cup	30	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
PEACHES CANNED DICED IN JUICE	1/2 CUP	50	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	60	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	50	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint carton	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
KETCHUP 9G PACKET 98480	PACKET	50	10	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
MUSTARD 5.5 G PACKET 5390	PACKET	50	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
MAYONNAISE 9 GM PACKET	PACKET 9 GM	50	70	5	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Weighted Daily Average % of Calories			592	43	663	*5.88	3.29	451.4	1386	39.12	*16 *11.0%	24.98 16.9%	84.57 57.1%	17.19 26.1%	5.00 7.6%	*1.20 *1.8%
Nutrient Guideline			550-650		1230											<10.00

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

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**San Luis Coastal Unified**

**May 1, 2018 thru Jun 7, 2018**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 06/01/2018																
Elementary Lunch	Total	100														
SAND COLD TURKEY & CHEE SE USDA	1 EACH	80	276	49	1039	2.00	2.35	118.7	240	2.41	*4	21.09	27.63	7.49	2.69	0.00
Goldfish Crackers, Cheddar	package	80	100	5	180	1.00	0.36	20.0	0	0.0	*N/A*	2.0	14.0	3.5	1.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD GREEN TOSSED BULK SIDE	1/2 CUP	50	5	0	6	0.34	0.25	9.6	746	3.44	*0	0.35	0.92	0.06	0.01	0.00
Edamame	1/2 cup	40	43	0	5	0.39	0.74	23.5	4	5.36	*N/A*	4.58	3.35	2.35	0.32	*N/A*
Salad Dressing, Ranch, Lite	1 oz cup	40	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
CARROT STICKS	HALF CUP	40	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
APPLESAUCE CND	1/2 CUP	50	50	0	10	2.00	0.00	0.0	45	0.0	9	0.0	13.0	0.0	0.00	0.00
BLUEBERRIES	1/4 cup	50	20	0	0	1.00	*N/A*	*N/A*	18	*N/A*	3	0.0	4.5	0.5	0.00	0.00
Fruit, Fresh, Assorted	1 each	10	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			569	60	1326	*5.33	*3.25	*521.3	5251	*10.87	*18	33.10	72.62	15.53	5.20	*1.20
% of Calories											*12.7%	23.3%	51.0%	24.5%	8.2%	*1.9%
Nutrient Guideline			550-650		1230										<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 06/04/2018																
Elementary Lunch	Total	100														
HOT DOG BEEF	1 each	80	260	30	745	1.16	1.67	59.8	0	0.0	*N/A*	8.79	22.48	15.02	6.50	*N/A*
BEANS BAKED:veg	1/2 cup	80	219	0	590	5.42	2.59	72.5	157	0.38	31	7.51	51.84	0.02	0.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
SALAD GREEN TOSSED BULK SIDE	1 CUP	50	10	0	13	0.69	0.50	19.2	1492	6.88	*1	0.71	1.85	0.12	0.02	0.00
Carrots, Raw Baby	1/4 cup	50	12	0	27	1.02	0.31	11.3	4849	0.91	2	0.23	2.9	0.05	0.01	*N/A*
Salad Dressing, Ranch, Lite	1 oz cup	50	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
Edamame	1/2 cup	20	43	0	5	0.39	0.74	23.5	4	5.36	*N/A*	4.58	3.35	2.35	0.32	*N/A*
APPLESAUCE CND	1/2 CUP	20	50	0	10	2.00	0.00	0.0	45	0.0	9	0.0	13.0	0.0	0.00	0.00
BLUEBERRIES	1/4 cup	75	20	0	0	1.00	*N/A*	*N/A*	18	*N/A*	3	0.0	4.5	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	75	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	50	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			721	41	1437	*10.08	*5.04	*533.1	3991	*24.66	*45	27.64	116.01	19.01	7.50	*1.20
% of Calories											*24.8%	15.3%	64.3%	23.7%	9.4%	*1.5%
Nutrient Guideline			550-650		1230											<10.00

Tue - 06/05/2018																
Elementary Lunch	Total	100														
NACHOS CHEESE SHRD & BEANS K-8	1 EACH	80	514	30	978	6.20	2.58	260.7	300	0.0	*0	17.2	55.64	25.07	5.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
LETTUCE SHREDDED	1/2 CUP	30	5	0	4	0.56	0.20	7.5	131	1.55	*N/A*	0.4	0.83	0.08	0.01	0.00
Tomato	1 oz	30	5	0	1	0.34	0.08	2.8	236	3.88	1	0.25	1.1	0.06	0.01	*N/A*
PEPPERS, SLICED	1/2 cup	20	12	0	2	1.05	0.21	6.2	228	49.46	*1	0.53	2.85	0.1	0.04	0.00
SALSA BLACK BEAN & CORN	1/4 cup	30	42	0	83	2.00	0.62	11.3	166	4.43	*0	1.94	8.44	0.22	0.00	0.00
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	5	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			631	39	1066	*7.10	2.97	609.1	1086	23.75	*11	27.20	78.60	23.80	5.75	*1.20
% of Calories											*6.9%	17.2%	49.8%	33.9%	8.2%	*1.7%
Nutrient Guideline			550-650		1230											<10.00

Wed - 06/06/2018																
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Elementary Lunch	Total	100														
CHICKEN TENDERS	3 tenders	100	230	55	499	2.00	1.80	20.0	100	0.0	0	16.97	6.99	10.98	2.50	0.00
Breadstick, Garlic EDNAS	1 each	100	91	0	223	2.03	0.73	20.2	15	0.0	3	2.03	18.22	1.01	0.51	0.00
CORN CANNED USDA	1/2 CUP	100	78	0	16	2.20	0.46	6.0	44	3.4	3	2.5	17.74	0.98	0.10	0.00
PASTA SALAD	1/2 CUP	20	187	0	220	2.71	1.31	22.5	1746	13.29	*N/A*	4.36	22.44	9.34	1.31	*N/A*
Tomato	1 oz	20	5	0	1	0.34	0.08	2.8	236	3.88	1	0.25	1.1	0.06	0.01	*N/A*
PICKLE CHIPS	2 TBSP	60	0	0	101	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
STRAWBERRIES	1/2 cup	50	24	0	1	1.52	0.31	12.2	9	44.69	*N/A*	0.51	5.84	0.23	0.01	0.00
PEARS CANNED IN JUICE	1/2 CUP	30	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	80	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	50	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint c arto	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			680	65	981	11.04	4.17	430.7	1179	50.12	*21	33.32	94.92	16.46	4.22	*0.00
% of Calories											*12.1%	19.6%	55.9%	21.8%	5.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 06/07/2018																
Elementary Lunch	Total	100														
Burrito, Bean, Los Cabos	1 each	80	350	20	590	6.00	4.50	150.0	400	2.4	*N/A*	16.0	54.0	8.0	4.00	0.00
Pizza, La Nova	slice	20	305	26	617	*N/A*	2.25	175.0	300	0.0	*N/A*	13.0	38.38	11.0	4.50	6.00
LETTUCE SHRED	1/2 cup	50	5	0	4	0.56	0.20	7.6	131	1.55	*N/A*	0.4	0.83	0.08	0.01	0.00
TOMATO DICED	1/2 cup	50	21	0	6	1.43	0.32	11.9	994	16.35	3	1.05	4.64	0.24	0.04	0.00
PEPPERS, SLICED	1/2 cup	40	12	0	2	1.05	0.21	6.2	228	49.46	*1	0.53	2.85	0.1	0.04	0.00
SALSA BLACK BEAN & CORN	1/4 cup	50	42	0	83	2.00	0.62	11.3	166	4.43	*0	1.94	8.44	0.22	0.00	0.00
PEACHES CANNED DICED IN JUICE	1/2 CUP	30	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
Fruit, Fresh, Assorted	1 each	30	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS	1/4 cup	50	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
Milk, 1% Producer's Dairy	half pint carton	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
MILK,Skim	HALF PINT	50	83	5	103	0.00	0.07	298.9	500	0.0	12	8.26	12.15	0.2	0.14	*N/A*
Weighted Daily Average			578	31	781	*8.85	5.27	536.9	1765	41.87	*11	27.60	95.14	10.31	4.97	*1.20
% of Calories											*7.9%	19.1%	65.9%	16.1%	7.7%	*1.9%
Nutrient Guideline			550-650		1230									<10.00		

Weighted Average			620	52	1032	*8.73	*3.88	*543.8	*3455	*39.04	*17	30.89	89.03	16.23	*5.55	*0.98
											*25.3%	19.9%	57.4%	23.6%	*8.0%	*1.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	620		550 - 650	100%				
Cholesterol (mg)	52							
Sodium (mg)	1032		1230					
Fiber (g)	8.73				Missing			
Iron (mg)	3.88				Missing			
Calcium (mg)	543.8				Missing			
Vitamin A (IU)	3455				Missing			
Sugars (g)	17	11.24%			Missing			
Vitamin C (mg)	39.04				Missing			
Protein (g)	30.89	19.92%						
Carbohydrate (g)	89.03	57.41%						
Total Fat (g)	16.23	23.55%						
Saturated Fat (g)	5.55	8.05%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.98	1.42%			Missing			

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