

# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Secondary Lunch-Traditional

### 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																
Secondary Lunch-Traditional	Total	100														
TACO BEEF CRISPY:G912	3 tacos + rice	40	452	51	581	5.12	2.72	214.2	744	6.03	*2	20.31	49.48	18.88	7.36	0.00
CHICKEN TENDER WG: TYSON	3 tenders	20	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND FT CHICKEN SALAD:G612	1 sub	10	331	47	440	3.29	0.76	6.9	208	1.34	*0	22.75	32.2	12.32	2.08	0.00
LETTUCE SHRED	1/2 cup	60	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	60	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	60	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	60	110	0	300	7.00	6.30	60.0	100	0.0	0	8.0	19.0	0.0	0.00	0.00
PEARS DICED CND	1/2 CUP	80	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	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 BOX 1.33 OZ	BOX	60	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	60	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			818	50	1156	*13.96	7.24	585.8	1964	35.52	*11	35.22	126.93	20.16	6.47	*1.20
% of Calories											*5.2%	17.2%	62.1%	22.2%	7.1%	*1.3%
Nutrient Guideline			750-850		1420											<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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Secondary Lunch-Traditional

### 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)
Wed - 05/02/2018																
Secondary Lunch-Traditional	Total	100														
PASTA ALFREDO w/BEEF JTM	2 #8 SCO OPS	35	272	37	683	2.70	2.03	294.1	360	0.0	*N/A*	16.68	29.21	10.34	5.33	0.00
Breadstick, Garlic EDNAS	1 each	35	91	0	223	2.03	0.73	20.2	15	0.0	3	2.03	18.22	1.01	0.51	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND COLD TURKEY PESTO 912 caesar salad	1 EACH	10	520	65	1065	1.82	2.10	278.0	461	3.12	*1	28.58	31.17	32.71	8.10	*0.00
Peas, Snap	1 cup	75	171	16	569	1.14	0.65	224.1	4198	1.96	*1	7.27	3.12	13.49	4.54	*N/A*
Peas, Snap	1/2 cup	25	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	40	13	0	16	1.07	0.22	11.8	0	25.79	*N/A*	1.03	2.66	0.15	0.03	0.00
OLIVES BLACK	1/2 cup	40	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	40	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	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 BOX 1.33 OZ	BOX	20	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			771	57	1722	*6.25	3.54	733.5	4152	27.41	*5	34.36	85.58	32.90	9.56	*1.20
% of Calories											*2.6%	17.8%	44.4%	38.4%	11.2%	*1.4%
Nutrient Guideline			750-850		1420											<10.00

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	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)
Thu - 05/03/2018																
Secondary Lunch-Traditional	Total	100														
RICE BOWL (SWT/SOUR CHIC KEN)	35 serving	35	452	66	697	5.28	2.76	53.2	901	65.81	*2	25.13	67.98	8.86	1.86	*0.00
Egg Roll, Veggie	1	35	83	2	216	0.91	1.78	11.3	836	6.59	0	1.83	11.74	3.26	0.76	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
WRAP TURKEY AVOCADO	WRAP	10	466	57	824	8.20	2.56	307.2	535	10.55	*2	24.88	40.07	23.09	7.05	*0.00
SALAD GREEN TOSSED BULK SIDE	1/2 CUP	75	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	50	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
Peachy Blueberries	1/2 cup	50	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	30	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	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 BOX 1.33 OZ	BOX	40	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	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
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
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODUCERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			759	58	1147	*7.81	4.61	511.2	6927	56.78	*7	34.21	107.35	22.69	5.59	*1.20
% of Calories											*3.8%	18.0%	56.6%	26.9%	6.6%	*1.4%
Nutrient Guideline			750-850		1420										<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																
Secondary Lunch-Traditional	Total	100														
HOT DOG BEEF	1 each	35	260	30	745	1.16	1.67	59.8	0	0.0	*N/A*	8.79	22.48	15.02	6.50	*N/A*
POTATO WEDGE FRIES USDA	1/2 cup	35	94	0	38	1.60	0.54	12.0	0	8.6	*N/A*	2.06	19.38	1.68	0.42	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND COLD TUNA GOLD STAR	1 sandwich	10	352	41	556	4.00	1.85	80.0	0	9.6	*0	19.09	28.63	19.25	3.14	0.00
SALAD SIDE CAESAR:SE	1 salad	75	87	7	392	0.30	0.50	61.5	1259	0.58	0	4.03	6.58	5.78	1.42	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
CORN CANNED USDA	1/2 CUP	30	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	1/2 CUP	60	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	1/4 cup	50	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	70	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS BOX 1.33 OZ	BOX	40	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			776	46	1296	*8.28	3.76	531.3	2052	40.84	*14	29.83	116.95	23.88	7.14	*1.20
% of Calories											*7.0%	15.4%	60.3%	27.7%	8.3%	*1.4%
Nutrient Guideline			750-850		1420										<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)
Mon - 05/07/2018																
Secondary Lunch-Traditional	Total	100														
CARNITAS FRIES	1 each	40	372	50	951	3.16	1.53	244.5	362	4.77	*0	17.11	22.46	23.51	9.50	*0.00
CHICKEN TENDER WG: TYSON	3 tenders	20	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	20	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
Cheese, Cracker, Meat, Veg	1	10	332	55	1404	2.99	1.88	167.8	7649	26.83	*4	22.66	28.27	13.97	4.74	*0.00
SALAD SIDE CURRIED CHICKP S:veg	1/2 cup	70	143	0	371	3.02	1.20	17.8	27	1.18	*0	3.63	13.9	6.4	0.42	0.00
Lettuce, Green Leaf	1/2 cup	50	3	0	5	0.23	0.15	6.5	1333	1.66	0	0.24	0.52	0.03	0.00	*N/A*
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
PICKLE CHIPS	2 TBSP	50	0	0	101	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
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 BOX 1.33 OZ	BOX	50	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	60	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			754	50	1486	*9.24	3.68	568.1	2825	35.10	*14	30.95	99.43	26.35	7.84	*1.20
% of Calories											*7.6%	16.4%	52.7%	31.4%	9.4%	*1.4%
Nutrient Guideline			750-850		1420											<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

Secondary Lunch-Traditional

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 - 05/08/2018																
Secondary Lunch-Traditional	Total	100														
Tamale Chicken Cheese	1 each	40	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	1	119	0	536	5.95	1.79	19.8	0	0.0	*N/A*	5.95	18.85	1.99	0.00	0.00
CHICKEN TENDER WG: TYSON	3 tenders	20	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND FT CHICKEN SALAD:G612	1 sub	10	331	47	440	3.29	0.76	6.9	208	1.34	*0	22.75	32.2	12.32	2.08	0.00
LETTUCE SHRED	1/2 cup	60	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	60	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	60	12	0	59	1.19	0.15	29.7	333	2.3	*N/A*	0.51	2.2	0.13	0.03	0.00
SALAD SIDE BLACK BEAN & C ORN	1/2 cup	60	69	0	233	3.93	8.82	22.7	90	1.72	*0	3.94	12.92	0.13	0.00	0.00
PEARS DICED CND	1/2 CUP	80	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	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 BOX 1.33 OZ	BOX	60	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	60	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			751	44	955	*16.13	8.73	575.9	1740	34.15	*10	33.52	121.67	16.31	4.73	*1.20
% of Calories											*5.2%	17.8%	64.8%	19.5%	5.7%	*1.4%
Nutrient Guideline			750-850		1420										<10.00	

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

Portion Values - Detailed

Generated on: 4/30/2018 10:29:01 AM

	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)
Wed - 05/09/2018																
Secondary Lunch-Traditional	Total	100														
SPAGHETTI & MEAT SAUCE 1 320410	2 #6 SCO OPS	35	280	25	660	7.33	4.18	30.2	485	6.01	*9	15.74	37.66	7.76	3.00	0.00
Breadstick, Garlic EDNAS	1 each	35	91	0	223	2.03	0.73	20.2	15	0.0	3	2.03	18.22	1.01	0.51	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND COLD TURKEY PESTO 912 caesar salad	1 EACH	10	520	65	1065	1.82	2.10	278.0	461	3.12	*1	28.58	31.17	32.71	8.10	*0.00
Peas, Snap	1 cup	75	171	16	569	1.14	0.65	224.1	4198	1.96	*1	7.27	3.12	13.49	4.54	*N/A*
Peas, Snap	1/2 cup	25	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	40	13	0	16	1.07	0.22	11.8	0	25.79	*N/A*	1.03	2.66	0.15	0.03	0.00
OLIVES BLACK	1/2 cup	40	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	40	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	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 BOX 1.33 OZ	BOX	20	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			774	53	1714	*7.88	4.29	641.2	4196	29.51	*8	34.03	88.54	32.00	8.75	*1.20
% of Calories											*4.2%	17.6%	45.8%	37.2%	10.2%	*1.4%
Nutrient Guideline			750-850		1420											<10.00

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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)
Thu - 05/10/2018																
Secondary Lunch-Traditional	Total	100														
RICE BOWL (CHICKEN)	35 serving	35	453	66	1284	5.33	2.81	59.3	1327	52.06	*1	25.77	66.89	8.9	1.85	*0.00
Egg Roll, Veggie	1	35	83	2	216	0.91	1.78	11.3	836	6.59	0	1.83	11.74	3.26	0.76	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
WRAP TURKEY AVOCADO	WRAP	10	466	57	824	8.20	2.56	307.2	535	10.55	*2	24.88	40.07	23.09	7.05	*0.00
SALAD GREEN TOSSED BULK SIDE	1/2 CUP	75	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	50	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
Peachy Blueberries	1/2 cup	50	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	30	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	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 BOX 1.33 OZ	BOX	40	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	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
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
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			759	58	1353	*7.83	4.63	513.3	7076	51.97	*7	34.43	106.96	22.70	5.59	*1.20
% of Calories											*3.7%	18.1%	56.4%	26.9%	6.6%	*1.4%
Nutrient Guideline			750-850		1420										<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Secondary Lunch-Traditional

### 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																
Secondary Lunch-Traditional	Total	100														
Chicken, Roasted, USDA	35 serving		110	51	169	0.00	1.00	7.0	70	0.0	*N/A*	11.0	1.0	6.0	2.00	0.00
SAUCE BBQ SMOKY	35 1/8 cup		30	0	460	0.00	0.72	0.0	100	0.0	5	1.0	6.0	0.0	0.00	0.00
POTATO WEDGE FRIES USDA	35 3/4 cup		141	0	57	2.40	0.81	18.0	0	12.9	*N/A*	3.09	29.07	2.52	0.63	0.00
CHICKEN TENDER WG: TYSON	25 3 tenders		261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	25 1/2 CUP		110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	10 1 each		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	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
SAND COLD TUNA GOLD STAR	10 1 sandwich		352	41	556	4.00	1.85	80.0	0	9.6	*0	19.09	28.63	19.25	3.14	0.00
SALAD SIDE CAESAR:SE	75 1 salad		87	7	392	0.30	0.50	61.5	1259	0.58	0	4.03	6.58	5.78	1.42	0.00
BROCCOLI FRESH	40 1/2 CUP		15	0	15	1.14	0.32	20.7	274	39.25	*N/A*	1.24	2.92	0.16	0.02	0.00
CORN CANNED USDA	30 1/2 CUP		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	60 1/2 CUP		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	50 1/4 cup		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	70 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 BOX 1.33 OZ	40 BOX		110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
KETCHUP 9G PACKET 98480	50 PACKET		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 12GM PKT 27810	50 12 GM PK		15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	50 1 EACH		120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	50 HALF PINT		130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			750	53	1262	*8.16	3.87	514.9	2112	42.35	*15	31.32	114.92	21.01	5.64	*1.20
% of Calories											*8.2%	16.7%	61.3%	25.2%	6.8%	*1.4%
Nutrient Guideline			750-850		1420										<10.00	

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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 - 05/14/2018																
Secondary Lunch-Traditional	Total	100														
GRILLED CHEESE & HAM 2MM A GIU	1 sandwich	30	276	45	962	2.00	1.88	197.3	461	2.82	*4	14.29	27.18	12.06	5.88	0.00
GRILLED CHEESE 2MMA GOL DSTAR	1 sandwich	10	320	40	600	4.00	2.64	1522.0	2004	9.6	*0	20.0	28.0	16.0	9.00	0.00
POTATO FRENCH FRIES	1/2 CUP	40	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
CHICKEN TENDER WG: TYSON	3 tenders	20	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	20	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
Cheese, Cracker, Meat, Veg	1	10	332	55	1404	2.99	1.88	167.8	7649	26.83	*4	22.66	28.27	13.97	4.74	*0.00
SALAD SIDE CURRIED CHICKP S:veg	1/2 cup	70	143	0	371	3.02	1.20	17.8	27	1.18	*0	3.63	13.9	6.4	0.42	0.00
Lettuce, Green Leaf	1/2 cup	50	3	0	5	0.23	0.15	6.5	1333	1.66	0	0.24	0.52	0.03	0.00	*N/A*
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
PICKLE CHIPS	2 TBSP	50	0	0	101	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
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 BOX 1.33 OZ	BOX	50	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	60	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			764	48	1506	*9.38	4.04	681.7	3019	36.43	*16	31.19	108.60	23.56	6.90	*1.20
% of Calories											*8.1%	16.3%	56.8%	27.8%	8.1%	*1.4%
Nutrient Guideline			750-850		1420											<10.00

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary Lunch-Traditional

Portion Values - Detailed

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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 - 05/15/2018																
Secondary Lunch-Traditional	Total	100														
FIESTA CHICKEN BOWL	SERVING	40	387	56	1093	6.91	1.38	*10.0	*203	*3.6	*1	18.46	65.81	6.84	1.40	0.00
CHICKEN TENDER WG: TYSON	3 tenders	20	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND FT CHICKEN SALAD:G612	1 sub	10	331	47	440	3.29	0.76	6.9	208	1.34	*0	22.75	32.2	12.32	2.08	0.00
LETTUCE SHRED	1/2 cup	60	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	60	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	60	12	0	59	1.19	0.15	29.7	333	2.3	*N/A*	0.51	2.2	0.13	0.03	0.00
SALAD SIDE BLACK BEAN & C ORN	1/2 cup	60	69	0	233	3.93	8.82	22.7	90	1.72	*0	3.94	12.92	0.13	0.00	0.00
PEARS DICED CND	1/2 CUP	80	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	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 BOX 1.33 OZ	BOX	60	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	60	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			768	52	1321	*12.83	8.22	*481.7	*1741	*35.59	*10	32.04	129.81	15.42	4.09	*1.20
% of Calories											*5.2%	16.7%	67.6%	18.1%	4.8%	*1.4%
Nutrient Guideline			750-850		1420											<10.00

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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)
Wed - 05/16/2018																
Secondary Lunch-Traditional	Total	100														
MAC & CHEESE JTM 5705	#6 SCOOP	35	320	59	687	2.53	1.37	427.6	750	0.0	*0	18.0	23.18	17.88	9.74	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND COLD TURKEY PESTO 912	1 EACH	10	520	65	1065	1.82	2.10	278.0	461	3.12	*1	28.58	31.17	32.71	8.10	*0.00
caesar salad	1 cup	75	171	16	569	1.14	0.65	224.1	4198	1.96	*1	7.27	3.12	13.49	4.54	*N/A*
Peas, Snap	1/2 cup	25	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	40	13	0	16	1.07	0.22	11.8	0	25.79	*N/A*	1.03	2.66	0.15	0.03	0.00
OLIVES BLACK	1/2 cup	40	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	40	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	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 BOX 1.33 OZ	BOX	20	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			756	65	1645	*5.49	3.06	773.2	4284	27.41	*4	34.11	77.09	35.19	10.93	*1.20
% of Calories											*2.1%	18.0%	40.8%	41.9%	13.0%	*1.4%
Nutrient Guideline			750-850		1420									<10.00		

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary Lunch-Traditional

Portion Values - Detailed

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	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)
Thu - 05/17/2018																
Secondary Lunch-Traditional	Total	100														
BEEF KOREAN FILLING 1-320410	#8 SCOOP	35	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 WG COOKED	1 CUP	35	234	0	4	2.76	0.99	4.1	0	0.0	0	5.52	51.01	1.38	0.00	*0.00
VEGGIE BLEND ASIAN	1/2 cup	35	51	0	14	2.30	0.39	19.9	2891	46.18	4	1.18	8.25	1.92	0.17	0.00
Egg Roll, Veggie	1	35	83	2	216	0.91	1.78	11.3	836	6.59	0	1.83	11.74	3.26	0.76	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
WRAP TURKEY AVOCADO	WRAP	10	466	57	824	8.20	2.56	307.2	535	10.55	*2	24.88	40.07	23.09	7.05	*0.00
SALAD GREEN TOSSED BULK SIDE	1/2 CUP	75	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	50	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
Peachy Blueberries	1/2 cup	50	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	30	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	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 BOX 1.33 OZ	BOX	40	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	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
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
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			760	43	1111	*7.77	4.53	502.3	7662	50.21	*11	31.30	107.31	24.43	6.10	*1.21
% of Calories											*5.7%	16.5%	56.5%	28.9%	7.2%	*1.4%
Nutrient Guideline			750-850		1420										<10.00	

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

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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 - 05/18/2018																
Secondary Lunch-Traditional	Total	100														
CHICKEN DRUMSTICK 27001	DRUMSTICK	35	147	123	408	1.63	1.18	0.0	0	0.0	*N/A*	21.24	0.0	6.54	1.63	0.00
POTATO WEDGE FRIES USDA	1/2 cup	35	94	0	38	1.60	0.54	12.0	0	8.6	*N/A*	2.06	19.38	1.68	0.42	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND COLD TUNA GOLD STAR	1 sandwich	10	352	41	556	4.00	1.85	80.0	0	9.6	*0	19.09	28.63	19.25	3.14	0.00
SALAD SIDE CAESAR:SE	1 salad	75	87	7	392	0.30	0.50	61.5	1259	0.58	0	4.03	6.58	5.78	1.42	0.00
BROCCOLI FRESH	1/2 CUP	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
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
APPLESAUCE CND	1/2 CUP	60	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	1/4 cup	60	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	70	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS BOX 1.33 OZ	BOX	40	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			765	78	1183	*9.14	3.77	515.8	2138	45.46	*14	34.91	115.63	21.13	5.46	*1.20
% of Calories											*7.5%	18.3%	60.5%	24.9%	6.4%	*1.4%
Nutrient Guideline			750-850		1420										<10.00	

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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)
Mon - 05/21/2018																
Secondary Lunch-Traditional	Total	100														
Chicken Patty Sandwich, Spicy	sandwich	25	410	30	1200	2.00	3.24	100.0	200	1.2	*N/A*	17.0	48.0	17.0	3.50	0.00
Chicken Patty Sandwich, WG	sandwich	15	370	25	650	7.00	3.24	40.0	15	*0.0	3	20.0	39.0	15.0	3.00	0.00
POTATO FRENCH FRIES	1/2 CUP	40	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
CHICKEN TENDER WG: TYSON	3 tenders	20	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	20	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
Cheese, Cracker, Meat, Veg	1	10	332	55	1404	2.99	1.88	167.8	7649	26.83	*4	22.66	28.27	13.97	4.74	*0.00
SALAD SIDE CURRIED CHICKP S:veg	1/2 cup	70	143	0	371	3.02	1.20	17.8	27	1.18	*0	3.63	13.9	6.4	0.42	0.00
Lettuce, Green Leaf	1/2 cup	50	3	0	5	0.23	0.15	6.5	1333	1.66	0	0.24	0.52	0.03	0.00	*N/A*
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
PICKLE CHIPS	2 TBSP	50	0	0	101	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
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 BOX 1.33 OZ	BOX	50	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	60	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			807	42	1555	*9.93	4.51	501.3	2732	*34.93	*15	32.15	115.49	24.85	5.56	*1.20
% of Calories											*7.3%	15.9%	57.2%	27.7%	6.2%	*1.3%
Nutrient Guideline			750-850		1420										<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

Secondary Lunch-Traditional

### 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 - 05/22/2018																
Secondary Lunch-Traditional	Total	100														
TACO BEEF CRISPY:G912	3 tacos + rice	40	452	51	581	5.12	2.72	214.2	744	6.03	*2	20.31	49.48	18.88	7.36	0.00
CHICKEN TENDER WG: TYSON	3 tenders	20	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND FT CHICKEN SALAD:G612	1 sub	10	331	47	440	3.29	0.76	6.9	208	1.34	*0	22.75	32.2	12.32	2.08	0.00
LETTUCE SHRED	1/2 cup	60	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	60	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	60	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	60	110	0	300	7.00	6.30	60.0	100	0.0	0	8.0	19.0	0.0	0.00	0.00
PEARS DICED CND	1/2 CUP	80	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	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 BOX 1.33 OZ	BOX	60	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	60	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			818	50	1156	*13.96	7.24	585.8	1964	35.52	*11	35.22	126.93	20.16	6.47	*1.20
% of Calories											*5.2%	17.2%	62.1%	22.2%	7.1%	*1.3%
Nutrient Guideline			750-850		1420											<10.00

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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>Wed - 05/23/2018</b>																
Secondary Lunch-Traditional	Total	100														
PASTA ALFREDO w/BEEF JTM	2 #8 SCO OPS	35	272	37	683	2.70	2.03	294.1	360	0.0	*N/A*	16.68	29.21	10.34	5.33	0.00
Breadstick, Garlic EDNAS	1 each	35	91	0	223	2.03	0.73	20.2	15	0.0	3	2.03	18.22	1.01	0.51	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND COLD TURKEY PESTO 912	1 EACH	10	520	65	1065	1.82	2.10	278.0	461	3.12	*1	28.58	31.17	32.71	8.10	*0.00
caesar salad	1 cup	75	171	16	569	1.14	0.65	224.1	4198	1.96	*1	7.27	3.12	13.49	4.54	*N/A*
Peas, Snap	1/2 cup	25	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	40	13	0	16	1.07	0.22	11.8	0	25.79	*N/A*	1.03	2.66	0.15	0.03	0.00
OLIVES BLACK	1/2 cup	40	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	40	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	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 BOX 1.33 OZ	BOX	20	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			771	57	1722	*6.25	3.54	733.5	4152	27.41	*5	34.36	85.58	32.90	9.56	*1.20
% of Calories											*2.6%	17.8%	44.4%	38.4%	11.2%	*1.4%
Nutrient Guideline			750-850		1420											<10.00

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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																
Secondary Lunch-Traditional	Total	100														
Bacon Cheeseburger	1 each	35	556	69	1218	1.99	3.94	198.4	337	0.0	*0	30.21	46.29	27.16	10.08	*0.00
POTATO FRENCH FRIES	1/2 CUP	35	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
WRAP TURKEY AVOCADO	WRAP	10	466	57	824	8.20	2.56	307.2	535	10.55	*2	24.88	40.07	23.09	7.05	*0.00
SALAD GREEN TOSSED BULK SIDE	1/2 CUP	75	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	50	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
Peachy Blueberries	1/2 cup	50	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	30	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	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 BOX 1.33 OZ	BOX	40	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	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
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
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			805	58	1300	*6.69	4.53	558.0	6436	32.70	*7	36.05	101.94	29.18	8.37	*1.20
% of Calories											*3.3%	17.9%	50.7%	32.6%	9.4%	*1.3%
Nutrient Guideline			750-850		1420											<10.00

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Secondary Lunch-Traditional

### 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																
Secondary Lunch-Traditional	Total	100														
CHICKEN ORANGE	3.92 OZ	35	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 FRIED	2/3 cup	35	164	29	704	2.92	0.93	19.0	2044	3.47	*2	6.03	31.41	1.52	0.28	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND COLD TUNA GOLD STAR	1 sandwich	10	352	41	556	4.00	1.85	80.0	0	9.6	*0	19.09	28.63	19.25	3.14	0.00
SALAD SIDE CAESAR:SE	1 salad	75	87	7	392	0.30	0.50	61.5	1259	0.58	0	4.03	6.58	5.78	1.42	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
CORN CANNED USDA	1/2 CUP	30	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	1/2 CUP	60	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	1/4 cup	50	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	70	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS BOX 1.33 OZ	BOX	40	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			783	63	1387	*8.34	3.56	512.8	2803	39.04	*14	32.34	119.59	21.36	5.17	*1.20
% of Calories											*7.4%	16.5%	61.1%	24.6%	5.9%	*1.4%
Nutrient Guideline			750-850		1420										<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 Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Secondary Lunch-Traditional

### 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 - 05/29/2018																
Secondary Lunch-Traditional	Total	100														
Tamale Chicken Cheese	1 each	40	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	1	119	0	536	5.95	1.79	19.8	0	0.0	*N/A*	5.95	18.85	1.99	0.00	0.00
CHICKEN TENDER WG: TYSON	3 tenders	20	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND FT CHICKEN SALAD:G612	1 sub	10	331	47	440	3.29	0.76	6.9	208	1.34	*0	22.75	32.2	12.32	2.08	0.00
LETTUCE SHRED	1/2 cup	60	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	60	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	60	12	0	59	1.19	0.15	29.7	333	2.3	*N/A*	0.51	2.2	0.13	0.03	0.00
SALAD SIDE BLACK BEAN & C ORN	1/2 cup	60	69	0	233	3.93	8.82	22.7	90	1.72	*0	3.94	12.92	0.13	0.00	0.00
PEARS DICED CND	1/2 CUP	80	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	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 BOX 1.33 OZ	BOX	60	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	60	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			751	44	955	*16.13	8.73	575.9	1740	34.15	*10	33.52	121.67	16.31	4.73	*1.20
% of Calories											*5.2%	17.8%	64.8%	19.5%	5.7%	*1.4%
Nutrient Guideline			750-850		1420										<10.00	

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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)
Wed - 05/30/2018																
Secondary Lunch-Traditional	Total	100														
SAND HOT BBQ TURKEY:K12	1 burger	35	295	68	1121	4.00	3.52	40.0	109	0.0	8	24.47	32.6	8.82	1.95	0.00
POTATO FRENCH FRIES	1/2 cup	35	80	0	20	1.00	0.00	0.0	0	3.59	*N/A*	2.0	13.97	2.5	0.00	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND COLD TURKEY PESTO 912	1 EACH	10	520	65	1065	1.82	2.10	278.0	461	3.12	*1	28.58	31.17	32.71	8.10	*0.00
caesar salad	1 cup	75	171	16	569	1.14	0.65	224.1	4198	1.96	*1	7.27	3.12	13.49	4.54	*N/A*
Peas, Snap	1/2 cup	25	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	40	13	0	16	1.07	0.22	11.8	0	25.79	*N/A*	1.03	2.66	0.15	0.03	0.00
OLIVES BLACK	1/2 cup	40	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	40	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	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 BOX 1.33 OZ	BOX	20	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			775	68	1804	*6.35	3.81	637.5	4059	28.66	*7	37.08	85.28	32.89	8.20	*1.20
% of Calories											*3.4%	19.1%	44.0%	38.2%	9.5%	*1.4%
Nutrient Guideline			750-850		1420										<10.00	

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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)
Thu - 05/31/2018																
Secondary Lunch-Traditional	Total	100														
RICE BOWL (CHICKEN)	35 serving	35	453	66	1284	5.33	2.81	59.3	1327	52.06	*1	25.77	66.89	8.9	1.85	*0.00
Egg Roll, Veggie	1	35	83	2	216	0.91	1.78	11.3	836	6.59	0	1.83	11.74	3.26	0.76	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
WRAP TURKEY AVOCADO	WRAP	10	466	57	824	8.20	2.56	307.2	535	10.55	*2	24.88	40.07	23.09	7.05	*0.00
SALAD GREEN TOSSED BULK SIDE	1/2 CUP	75	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	50	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
Peachy Blueberries	1/2 cup	50	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	30	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	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 BOX 1.33 OZ	BOX	40	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	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
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
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			759	58	1353	*7.83	4.63	513.3	7076	51.97	*7	34.43	106.96	22.70	5.59	*1.20
% of Calories											*3.7%	18.1%	56.4%	26.9%	6.6%	*1.4%
Nutrient Guideline			750-850		1420										<10.00	

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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																
Secondary Lunch-Traditional	Total	100														
QUESADILLA CARNITAS:G612	1 each	35	450	80	790	3.00	2.16	350.0	310	0.0	*2	27.0	31.0	23.5	10.50	*0.00
BEANS REFRIED:veg	1/2 CUP	35	119	0	536	5.95	1.79	19.8	0	0.0	*N/A*	5.95	18.85	1.99	0.00	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND COLD TUNA GOLD STAR	1 sandwich	10	352	41	556	4.00	1.85	80.0	0	9.6	*0	19.09	28.63	19.25	3.14	0.00
SALAD SIDE CAESAR:SE	1 salad	50	87	7	392	0.30	0.50	61.5	1259	0.58	0	4.03	6.58	5.78	1.42	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
CORN CANNED USDA	1/2 CUP	30	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	1/2 CUP	60	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	1/4 cup	50	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	70	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
RAISINS BOX 1.33 OZ	BOX	40	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			829	61	1388	*10.38	4.24	620.2	1846	37.69	*14	36.56	118.10	25.50	8.04	*1.20
% of Calories											*6.9%	17.6%	57.0%	27.7%	8.7%	*1.3%
Nutrient Guideline			750-850		1420										<10.00	

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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)
Mon - 06/04/2018																
Secondary Lunch-Traditional	Total	100														
Chicken Patty Sandwich, WG	sandwich	20	370	25	650	7.00	3.24	40.0	15	*0.0	3	20.0	39.0	15.0	3.00	0.00
Chicken Patty Sandwich, Spicy	sandwich	20	410	30	1200	2.00	3.24	100.0	200	1.2	*N/A*	17.0	48.0	17.0	3.50	0.00
POTATO FRENCH FRIES	1/2 CUP	40	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
CHICKEN TENDER WG: TYSON	3 tenders	20	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	20	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
Cheese, Cracker, Meat, Veg	1	10	332	55	1404	2.99	1.88	167.8	7649	26.83	*4	22.66	28.27	13.97	4.74	*0.00
SALAD SIDE CURRIED CHICKP S:veg	1/2 cup	50	143	0	371	3.02	1.20	17.8	27	1.18	*0	3.63	13.9	6.4	0.42	0.00
Lettuce, Green Leaf	1/2 cup	50	3	0	5	0.23	0.15	6.5	1333	1.66	0	0.24	0.52	0.03	0.00	*N/A*
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
PICKLE CHIPS	2 TBSP	50	0	0	101	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
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 BOX 1.33 OZ	BOX	50	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	60	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			777	41	1453	*9.57	4.27	494.8	2718	*34.63	*15	31.57	112.27	23.46	5.45	*1.20
% of Calories											*7.7%	16.3%	57.8%	27.2%	6.3%	*1.4%
Nutrient Guideline			750-850		1420										<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Secondary Lunch-Traditional

### 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 - 06/05/2018																
Secondary Lunch-Traditional	Total	100														
NACHOS BEEF, BEANS,CHEE SE SHRD	1 EACH	40	564	42	1036	6.20	3.12	260.7	300	0.0	*0	21.7	55.64	28.57	6.50	0.00
CHICKEN TENDER WG: TYSON	3 tenders	20	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND FT CHICKEN SALAD:G612	1 sub	10	331	47	440	3.29	0.76	6.9	208	1.34	*0	22.75	32.2	12.32	2.08	0.00
LETTUCE SHRED	1/2 cup	60	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	60	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	60	12	0	59	1.19	0.15	29.7	333	2.3	*N/A*	0.51	2.2	0.13	0.03	0.00
SALAD SIDE BLACK BEAN & C ORN	1/2 cup	60	69	0	233	3.93	8.82	22.7	90	1.72	*0	3.94	12.92	0.13	0.00	0.00
PEARS DICED CND	1/2 CUP	80	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	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 BOX 1.33 OZ	BOX	60	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	60	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	0.00
MILK CHOCOLATE FF PRODU CERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			839	47	1298	*12.55	8.91	582.0	1780	34.15	*10	33.34	125.74	24.11	6.13	*1.20
% of Calories											*4.7%	15.9%	60.0%	25.9%	6.6%	*1.3%
Nutrient Guideline			750-850		1420											<10.00

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Secondary Lunch-Traditional

### 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)
Wed - 06/06/2018																
Secondary Lunch-Traditional	Total	100														
BURRITO BEEF ASADA BEAN & RICE	1 EACH	35	593	66	1119	10.70	5.76	290.9	324	1.14	*4	34.89	76.14	15.26	5.19	*0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
SAND COLD TURKEY PESTO 912 caesar salad	1 EACH	10	520	65	1065	1.82	2.10	278.0	461	3.12	*1	28.58	31.17	32.71	8.10	*0.00
Peas, Snap	1 cup	50	171	16	569	1.14	0.65	224.1	4198	1.96	*1	7.27	3.12	13.49	4.54	*N/A*
CAULIFLOWER FRESH	1/2 cup	25	13	0	1	0.82	0.66	13.5	342	18.9	1	0.88	2.38	0.06	0.01	*N/A*
OLIVES BLACK	1/2 CUP	40	13	0	16	1.07	0.22	11.8	0	25.79	*N/A*	1.03	2.66	0.15	0.03	0.00
FRUIT COCKTAIL CND	1/2 cup	40	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, Fresh, Assorted	1/2 CUP	40	60	0	10	1.00	0.00	0.0	200	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
RAISINS BOX 1.33 OZ	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*
KETCHUP 9G PACKET 98480	BOX	20	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
BBQ SAUCE 12GM PKT 27810	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
Salad Dressing, Ranch, Lite	12 GM PK	50	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 CHOCOLATE FF PRODU CERS	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
MILK WHITE 1% PRODUCERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			809	63	1655	*8.06	4.43	669.3	3085	27.32	*5	38.21	94.85	30.90	8.20	*1.20
% of Calories											*2.5%	18.9%	46.9%	34.4%	9.1%	*1.3%
Nutrient Guideline			750-850		1420											<10.00

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Secondary Lunch-Traditional

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)
Thu - 06/07/2018																
Secondary Lunch-Traditional	Total	100														
HOT DOG BEEF	1 each	35	260	30	745	1.16	1.67	59.8	0	0.0	*N/A*	8.79	22.48	15.02	6.50	*N/A*
POTATO FRENCH FRIES	1/2 CUP	35	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
BEANS BAKED:veg	1/2 cup	35	219	0	590	5.42	2.59	72.5	157	0.38	31	7.51	51.84	0.02	0.00	0.00
CHICKEN TENDER WG: TYSON	3 tenders	25	261	25	391	3.01	1.80	40.1	100	0.0	*N/A*	15.04	16.04	15.04	2.51	0.00
POTATO FRENCH FRIES	1/2 CUP	25	110	0	130	1.00	0.36	0.0	0	3.6	*N/A*	2.0	18.0	3.5	0.50	0.00
Burrito, Bean, Los Cabos	1 each	10	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
WRAP TURKEY AVOCADO	WRAP	10	466	57	824	8.20	2.56	307.2	535	10.55	*2	24.88	40.07	23.09	7.05	*0.00
SALAD GREEN TOSSED BULK SIDE	1/2 CUP	75	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	50	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
Peachy Blueberries	1/2 cup	50	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	30	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	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 BOX 1.33 OZ	BOX	40	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	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
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
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
BBQ SAUCE 12GM PKT 27810	12 GM PK	50	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
MILK CHOCOLATE FF PRODUCERS	1 EACH	50	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	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
Weighted Daily Average			778	44	1341	*8.30	4.64	534.9	6373	32.83	*18	31.18	111.76	24.94	7.12	*1.20
% of Calories											*9.1%	16.0%	57.5%	28.9%	8.2%	*1.4%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			779	54	1379	*9.43	5.00	*579.6	*3654	*37.03	*10	33.61	108.63	24.70	6.79	*1.20
											*12.1%	17.3%	55.8%	28.6%	7.8%	*1.4%

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary Lunch-Traditional

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	779		750 - 850	100%													
Cholesterol (mg)	54																
Sodium (mg)	1379		1420														
Fiber (g)	9.43				Missing												
Iron (mg)	5.00				Missing												
Calcium (mg)	579.6				Missing												
Vitamin A (IU)	3654				Missing												
Sugars (g)	10	5.38%			Missing												
Vitamin C (mg)	37.03				Missing												
Protein (g)	33.61	17.26%															
Carbohydrate (g)	108.63	55.80%															
Total Fat (g)	24.70	28.55%															
Saturated Fat (g)	6.79	7.85%	<10.00%														
Trans Fat <sup>1</sup> (g)	1.20	1.39%			Missing												

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