

# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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																
Middle School Lunch	Total	100														
TACO BEEF CRISPY:K8 SPAN RICE	2 tacos + rice	40	398	39	605	4.02	1.88	*184.2	*855	*8.77	*1	15.6	50.8	13.64	5.93	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	40	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	40	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	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	40	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	40	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 BOX 1.33 OZ	BOX	10	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	20	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	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
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			633	43	1018	*9.34	5.24	*535.5	*1655	*24.70	*6	30.59	91.84	16.02	5.49	*1.20
% of Calories											*3.7%	19.3%	58.1%	22.8%	7.8%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

<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

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Middle School 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)
Wed - 05/02/2018																
Middle School Lunch	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	1/2 cup	30	86	8	284	0.57	0.32	112.0	2099	0.98	*0	3.63	1.56	6.74	2.27	*N/A*
Peas, Snap	1/2 cup	10	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
OLIVES BLACK	1/4 cup	20	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	30	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 BOX 1.33 OZ	BOX	10	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			611	48	1221	*4.90	2.95	592.0	1550	18.31	*3	29.59	75.92	21.64	6.83	*1.20
% of Calories											*2.3%	19.4%	49.7%	31.9%	10.1%	*1.8%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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### 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 - 05/03/2018																
Middle School Lunch	Total	100														
CHICKEN SWEET & SOUR FAJITA	35 serving	35	151	75	466	0.00	0.34	0.0	0	0.0	*0	14.93	9.37	6.53	1.87	0.00
RICE BROWN CKD:K12	1/2 cup	35	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	35	51	0	14	2.30	0.39	19.9	2891	46.18	4	1.18	8.25	1.92	0.17	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 SIDE GARDEN	1/2 cup	30	8	0	13	0.61	0.23	11.2	2534	3.32	*1	0.36	1.72	0.04	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 RAINBOW FRESH	1/2 cup	30	1	0	1	0.05	0.01	0.6	318	0.11	0	0.02	0.18	0.0	0.00	0.00
Peachy Blueberries	1/2 cup	30	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	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
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	10	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			620	60	966	*5.71	2.70	472.9	2680	52.71	*6	29.87	79.99	21.15	5.31	*1.20
% of Calories											*3.8%	19.3%	51.6%	30.7%	7.7%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Middle School Lunch

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)
Fri - 05/04/2018																
Middle School Lunch	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 TATER TOTS	1/2 cup	25	130	0	310	2.00	0.00	0.0	0	3.6	*N/A*	2.0	16.0	6.0	1.00	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
Tuna Sub	sandwich	10	345	26	669	2.87	3.90	120.6	1068	8.11	*2	19.94	45.76	9.7	1.39	*0.00
SALAD CAESAR BULK SIDE	1/2 CUP	30	43	5	88	0.31	0.15	23.7	1260	0.85	*0	1.12	0.61	4.13	1.08	0.00
BROCCOLI FRESH	1/2 CUP	20	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	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	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
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	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 BOX 1.33 OZ	BOX	10	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			635	40	1075	*5.87	3.10	477.8	1429	25.14	*7	26.12	89.60	20.25	6.32	*1.20
% of Calories											*4.3%	16.5%	56.5%	28.7%	9.0%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

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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)
Mon - 05/07/2018																
Middle School Lunch	Total	100														
Chicken Sandwich, SPICY	sandwich	40	400	25	590	7.00	4.14	40.0	110	*0.0	3	21.0	41.0	17.0	3.50	0.00
Chicken Patty Sandwich, WG	sandwich	1	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	1	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	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 TATER TOTS	1/2 cup	25	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	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
BEANS GARBANZO	1/2 CUP	40	129	0	108	0.00	0.99	41.6	22	0.08	*N/A*	6.51	20.81	2.56	0.20	0.00
Lettuce, Green Leaf	1/2 cup	40	3	0	5	0.23	0.15	6.5	1333	1.66	0	0.24	0.52	0.03	0.00	*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
PICKLE CHIPS	2 TBSP	40	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	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 BOX 1.33 OZ	BOX	10	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	20	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	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
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			654	39	1101	*7.21	3.80	472.8	2269	*20.01	*6	31.95	89.78	19.24	5.00	*1.20
% of Calories											*3.6%	19.6%	54.9%	26.5%	6.9%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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 - 05/08/2018																
Middle School Lunch	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	40	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	40	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	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	40	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	40	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 BOX 1.33 OZ	BOX	10	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	20	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	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
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			612	42	847	*13.79	5.55	560.0	1393	21.19	*5	33.21	89.71	14.18	4.32	*1.20
% of Calories											*3.6%	21.7%	58.7%	20.9%	6.4%	*1.8%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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)
Wed - 05/09/2018																
Middle School Lunch	Total	100														
Pasta Primavera	servings	35	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	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	1/2 cup	30	86	8	284	0.57	0.32	112.0	2099	0.98	*0	3.63	1.56	6.74	2.27	*N/A*
Peas, Snap	1/2 cup	10	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
OLIVES BLACK	1/4 cup	20	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	30	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 BOX 1.33 OZ	BOX	10	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			674	41	1330	*8.23	3.65	598.6	2702	35.16	*5	30.59	88.87	22.17	6.71	*1.20
% of Calories											*3.2%	18.2%	52.7%	29.6%	9.0%	*1.6%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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																
Middle School Lunch	Total	100														
CHICKEN TERIYAKI DICED	35 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 CKD:K12	35 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	35 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
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
WRAP TURKEY AVOCADO	10 WRAP		466	57	824	8.20	2.56	307.2	535	10.55	*2	24.88	40.07	23.09	7.05	*0.00
SALAD SIDE GARDEN	30 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	30 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*
CARROTS RAINBOW FRESH	30 1/2 cup		1	0	1	0.05	0.01	0.6	318	0.11	0	0.02	0.18	0.0	0.00	0.00
Peachy Blueberries	30 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	50 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	30 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	10 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
MAYONNAISE 9 GM PACKET	50 PACKET 9 GM		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	50 PACKET		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	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			628	63	1074	*5.71	2.99	472.9	2680	52.71	*6	34.42	79.47	20.16	5.03	*1.20
% of Calories											*3.7%	21.9%	50.6%	28.9%	7.2%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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																
Middle School Lunch	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
BARBECUE SAUCE	2 TBSP	35	48	0	309	0.40	0.30	10.0	261	4.0	*N/A*	0.45	12.48	0.1	0.02	*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 TATER TOTS	1/2 cup	25	130	0	310	2.00	0.00	0.0	0	3.6	*N/A*	2.0	16.0	6.0	1.00	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
Tuna Sub	sandwich	10	345	26	669	2.87	3.90	120.6	1068	8.11	*2	19.94	45.76	9.7	1.39	*0.00
SALAD CAESAR BULK SIDE	1/2 CUP	30	43	5	88	0.31	0.15	23.7	1260	0.85	*0	1.12	0.61	4.13	1.08	0.00
BROCCOLI FRESH	1/2 CUP	20	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	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	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
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	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 BOX 1.33 OZ	BOX	10	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			612	73	1065	*6.18	3.03	460.4	1521	26.54	*7	30.63	86.10	17.32	4.63	*1.20
% of Calories											*4.4%	20.0%	56.3%	25.5%	6.8%	*1.8%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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)
Mon - 05/14/2018																
Middle School Lunch	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 TATER TOTS	1/2 cup	25	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	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
BEANS GARBANZO	1/2 CUP	40	129	0	108	0.00	0.99	41.6	22	0.08	*N/A*	6.51	20.81	2.56	0.20	0.00
Lettuce, Green Leaf	1/2 cup	40	3	0	5	0.23	0.15	6.5	1333	1.66	0	0.24	0.52	0.03	0.00	*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
PICKLE CHIPS	2 TBSP	40	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	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 BOX 1.33 OZ	BOX	10	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	20	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	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
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			638	49	1239	*5.59	2.73	554.2	2370	21.89	*5	30.17	81.83	21.67	7.37	*1.20
% of Calories											*2.9%	18.9%	51.3%	30.6%	10.4%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

<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

Middle School 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 - 05/15/2018																
Middle School Lunch	Total	100														
BURRITO BOWL, CHICKEN	Bowl + Ric	40	441	68	587	4.97	2.59	139.6	373	3.05	*7	27.62	46.87	16.62	4.28	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	40	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	40	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	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	40	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	40	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 BOX 1.33 OZ	BOX	10	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	20	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	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
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			650	55	1011	*9.72	5.53	517.7	1462	22.42	*8	35.40	90.27	17.21	4.83	*1.20
% of Calories											*5.1%	21.8%	55.6%	23.8%	6.7%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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)
Wed - 05/16/2018																
Middle School Lunch	Total	100														
VEG NOODLE BOWL K-12	3/4 cup	35	109	0	15	3.51	1.55	22.3	2707	18.79	*2	4.08	22.99	0.82	0.01	0.00
SAUCE ASIAN SWEET CHILI BBQ	1/8 cup	35	65	0	397	0.08	0.08	1.8	168	1.4	*6	0.36	16.34	0.01	0.00	0.00
CHICKEN DICED	serving	35	151	71	69	0.00	0.96	11.9	43	0.0	*N/A*	22.85	0.0	6.06	1.67	*N/A*
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
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	1/2 cup	30	86	8	284	0.57	0.32	112.0	2099	0.98	*0	3.63	1.56	6.74	2.27	*N/A*
Peas, Snap	1/2 cup	10	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
OLIVES BLACK	1/4 cup	20	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	30	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 BOX 1.33 OZ	BOX	10	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			627	60	1149	*4.82	3.51	498.6	2733	27.68	*5	33.24	77.20	21.22	5.64	*1.20
% of Calories											*3.3%	21.2%	49.3%	30.5%	8.1%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<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

Middle School 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)
Thu - 05/17/2018																
Middle School Lunch	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 CKD:K12	1/2 cup	35	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	35	51	0	14	2.30	0.39	19.9	2891	46.18	4	1.18	8.25	1.92	0.17	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 SIDE GARDEN	1/2 cup	30	8	0	13	0.61	0.23	11.2	2534	3.32	*1	0.36	1.72	0.04	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 RAINBOW FRESH	1/2 cup	30	1	0	1	0.05	0.01	0.6	318	0.11	0	0.02	0.18	0.0	0.00	0.00
Peachy Blueberries	1/2 cup	30	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	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
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	10	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			627	43	1004	*5.75	2.99	474.3	2719	53.01	*9	28.19	79.73	22.55	5.76	*1.21
% of Calories											*5.5%	18.0%	50.9%	32.4%	8.3%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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 - 05/18/2018																
Middle School Lunch	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 TATER TOTS	1/2 cup	25	130	0	310	2.00	0.00	0.0	0	3.6	*N/A*	2.0	16.0	6.0	1.00	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
Tuna Sub	sandwich	10	345	26	669	2.87	3.90	120.6	1068	8.11	*2	19.94	45.76	9.7	1.39	*0.00
SALAD CAESAR BULK SIDE	1/2 CUP	30	43	5	88	0.31	0.15	23.7	1260	0.85	*0	1.12	0.61	4.13	1.08	0.00
BROCCOLI FRESH	1/2 CUP	20	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	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	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
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	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 BOX 1.33 OZ	BOX	10	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			623	51	1041	*5.79	2.81	602.4	1692	22.13	*7	28.62	83.06	20.67	7.31	*1.20
% of Calories											*4.3%	18.4%	53.3%	29.9%	10.6%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<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

Middle School 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>																
Middle School Lunch	Total	100														
Chicken Sandwich,SPICY	sandwich	40	400	25	590	7.00	4.14	40.0	110	*0.0	3	21.0	41.0	17.0	3.50	0.00
Chicken Patty Sandwich,WG	sandwich	1	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	1	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	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 TATER TOTS	1/2 cup	25	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	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
BEANS GARBANZO	1/2 CUP	40	129	0	108	0.00	0.99	41.6	22	0.08	*N/A*	6.51	20.81	2.56	0.20	0.00
Lettuce, Green Leaf	1/2 cup	40	3	0	5	0.23	0.15	6.5	1333	1.66	0	0.24	0.52	0.03	0.00	*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
PICKLE CHIPS	2 TBSP	40	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	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 BOX 1.33 OZ	BOX	10	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	20	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	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
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			654	39	1101	*7.21	3.80	472.8	2269	*20.01	*6	31.95	89.78	19.24	5.00	*1.20
% of Calories											*3.6%	19.6%	54.9%	26.5%	6.9%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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 - 05/22/2018																
Middle School Lunch	Total	100														
TOSTADA BEEF:K12	1 tostada	40	270	27	378	6.08	2.57	155.4	675	6.76	*1	14.19	35.78	8.51	3.27	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	40	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	40	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	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	40	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	40	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 BOX 1.33 OZ	BOX	30	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	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
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
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			608	39	944	*10.36	5.66	528.0	1583	23.90	*6	30.23	91.93	14.44	4.52	*1.20
% of Calories											*3.9%	19.9%	60.5%	21.4%	6.7%	*1.8%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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**San Luis Coastal Unified**

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

Base Menu Spreadsheet

Middle School 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>Wed - 05/23/2018</b>																
Middle School Lunch	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 1/2 cup	10 30	520 86	65 8	1065 284	1.82 0.57	2.10 0.32	278.0 112.0	461 2099	3.12 0.98	*1 *0	28.58 3.63	31.17 1.56	32.71 6.74	8.10 2.27	*0.00 *N/A*
Peas, Snap	1/2 cup	10	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
OLIVES BLACK	1/4 cup	20	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	30	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 BOX 1.33 OZ	BOX	10	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			614	43	1214	*6.52	3.70	499.7	1594	20.41	*7	29.27	78.88	20.74	6.01	*1.20
% of Calories											*4.3%	19.1%	51.4%	30.4%	8.8%	*1.8%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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																
Middle School Lunch	Total	100														
CALI THURS CHIX CHILE VERDE	8 OZ	35	354	53	325	5.39	12.84	*54.2	*712	*136.9	*6	24.14	57.0	5.07	0.90	*0.00
RICE BROWN CKD:K12	1/2 cup	35	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	35	51	0	14	2.30	0.39	19.9	2891	46.18	4	1.18	8.25	1.92	0.17	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 SIDE GARDEN	1/2 cup	30	8	0	13	0.61	0.23	11.2	2534	3.32	*1	0.36	1.72	0.04	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 RAINBOW FRESH	1/2 cup	30	1	0	1	0.05	0.01	0.6	318	0.11	0	0.02	0.18	0.0	0.00	0.00
Peachy Blueberries	1/2 cup	30	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	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
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	10	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			692	53	917	*7.60	7.08	*491.9	*2930	*100.63	*8	33.10	96.67	20.64	4.97	*1.20
% of Calories											*4.5%	19.1%	55.9%	26.9%	6.5%	*1.6%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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																
Middle School Lunch	Total	100														
QUESADILLA CHICKEN:G912	1 quesadill	35	340	65	725	3.00	1.80	360.0	360	0.0	*2	20.01	29.5	15.25	7.00	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 TATER TOTS	1/2 cup	25	130	0	310	2.00	0.00	0.0	0	3.6	*N/A*	2.0	16.0	6.0	1.00	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
Tuna Sub	sandwich	10	345	26	669	2.87	3.90	120.6	1068	8.11	*2	19.94	45.76	9.7	1.39	*0.00
SALAD CAESAR BULK SIDE	1/2 CUP	30	43	5	88	0.31	0.15	23.7	1260	0.85	*0	1.12	0.61	4.13	1.08	0.00
BROCCOLI FRESH	1/2 CUP	20	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	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	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
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	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 BOX 1.33 OZ	BOX	10	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			663	53	1068	*6.52	3.15	582.9	1555	25.14	*7	30.05	92.05	20.34	6.50	*1.20
% of Calories											*4.5%	18.1%	55.6%	27.6%	8.8%	*1.6%
Nutrient Guideline			600-700		1360									<=30.0	<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

Middle School 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 - 05/29/2018																
Middle School Lunch	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	40	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	40	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	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	40	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	40	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 BOX 1.33 OZ	BOX	10	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	20	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	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
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			699	45	1190	*10.21	5.74	566.1	1433	21.19	*5	33.04	93.78	21.99	5.72	*1.20
% of Calories											*3.1%	18.9%	53.7%	28.3%	7.4%	*1.5%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Middle School 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 - 05/30/2018																
Middle School Lunch	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	1/2 cup	40	86	8	284	0.57	0.32	112.0	2099	0.98	*0	3.63	1.56	6.74	2.27	*N/A*
Peas, Snap	1/2 cup	10	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
OLIVES BLACK	1/4 cup	20	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	30	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 BOX 1.33 OZ	BOX	10	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			623	59	1333	*5.05	3.25	507.2	1667	19.66	*5	32.67	75.78	22.30	5.69	*1.20
% of Calories											*3.3%	21.0%	48.6%	32.2%	8.2%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Middle School Lunch

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)
Thu - 05/31/2018																
Middle School Lunch	Total	100														
Cheeseburger	1 each	20	350	56	584	1.00	3.09	232.4	160	0.0	*0	19.67	29.68	17.15	6.96	*0.00
HOT DOG BEEF	1 each	15	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
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 SIDE GARDEN	1/2 cup	30	8	0	13	0.61	0.23	11.2	2534	3.32	*1	0.36	1.72	0.04	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 RAINBOW FRESH	1/2 cup	30	1	0	1	0.05	0.01	0.6	318	0.11	0	0.02	0.18	0.0	0.00	0.00
Peachy Blueberries	1/2 cup	30	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	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
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	10	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			656	50	1071	*5.15	3.27	520.7	1700	37.81	*5	29.22	80.51	24.86	7.14	*1.20
% of Calories											*2.7%	17.8%	49.1%	34.1%	9.8%	*1.6%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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)
Fri - 06/01/2018																
Middle School Lunch	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
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 TATER TOTS	1/2 cup	25	130	0	310	2.00	0.00	0.0	0	3.6	*N/A*	2.0	16.0	6.0	1.00	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
Tuna Sub	sandwich	10	345	26	669	2.87	3.90	120.6	1068	8.11	*2	19.94	45.76	9.7	1.39	*0.00
SALAD CAESAR BULK SIDE	1/2 CUP	30	43	5	88	0.31	0.15	23.7	1260	0.85	*0	1.12	0.61	4.13	1.08	0.00
BROCCOLI FRESH	1/2 CUP	20	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	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	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
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	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 BOX 1.33 OZ	BOX	10	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			668	58	1077	*5.96	3.08	575.2	1538	22.13	*7	31.77	85.80	22.63	7.58	*1.20
% of Calories											*4.5%	19.0%	51.3%	30.5%	10.2%	*1.6%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Middle School Lunch

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)
Mon - 06/04/2018																
Middle School Lunch	Total	100														
Chicken Sandwich, SPICY	sandwich	40	400	25	590	7.00	4.14	40.0	110	*0.0	3	21.0	41.0	17.0	3.50	0.00
Chicken Patty Sandwich, WG	sandwich	1	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	1	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	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 TATER TOTS	1/2 cup	25	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	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
BEANS GARBANZO	1/2 CUP	40	129	0	108	0.00	0.99	41.6	22	0.08	*N/A*	6.51	20.81	2.56	0.20	0.00
Lettuce, Green Leaf	1/2 cup	40	3	0	5	0.23	0.15	6.5	1333	1.66	0	0.24	0.52	0.03	0.00	*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
PICKLE CHIPS	2 TBSP	40	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	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 BOX 1.33 OZ	BOX	10	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	20	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	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
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			654	39	1101	*7.21	3.80	472.8	2269	*20.01	*6	31.95	89.78	19.24	5.00	*1.20
% of Calories											*3.6%	19.6%	54.9%	26.5%	6.9%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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 - 06/05/2018																
Middle School Lunch	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	40	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	40	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	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	40	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	40	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 BOX 1.33 OZ	BOX	10	110	0	0	1.00	0.72	20.0	0	0.0	*N/A*	1.0	30.0	0.0	0.00	0.00
Salad Dressing, Ranch, Lite	1 oz cup	20	47	5	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.94	4.73	0.94	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
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			612	42	847	*13.79	5.55	560.0	1393	21.19	*5	33.21	89.71	14.18	4.32	*1.20
% of Calories											*3.6%	21.7%	58.7%	20.9%	6.4%	*1.8%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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)
Wed - 06/06/2018																
Middle School Lunch	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	1/2 cup	30	86	8	284	0.57	0.32	112.0	2099	0.98	*0	3.63	1.56	6.74	2.27	*N/A*
CAULIFLOWER FRESH	1/2 cup	10	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	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
FRUIT COCKTAIL CND	1/4 cup	20	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, Fresh, Assorted	1/2 CUP	30	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	20	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	10	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			691	58	1296	*6.99	4.00	583.8	1532	18.71	*4	35.26	85.97	23.01	6.60	*1.20
% of Calories											*2.1%	20.4%	49.7%	30.0%	8.6%	*1.6%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Middle School 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																
Middle School Lunch	Total	100														
CHICKEN TERIYAKI DICED	35 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 CKD:K12	35 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	35 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
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
WRAP TURKEY AVOCADO	10 WRAP		466	57	824	8.20	2.56	307.2	535	10.55	*2	24.88	40.07	23.09	7.05	*0.00
SALAD SIDE GARDEN	30 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	30 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*
CARROTS RAINBOW FRESH	30 1/2 cup		1	0	1	0.05	0.01	0.6	318	0.11	0	0.02	0.18	0.0	0.00	0.00
Peachy Blueberries	30 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	50 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	30 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	10 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
MAYONNAISE 9 GM PACKET	50 PACKET 9 GM		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	50 PACKET		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	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			628	63	1074	*5.71	2.99	472.9	2680	52.71	*6	34.42	79.47	20.16	5.03	*1.20
% of Calories											*3.7%	21.9%	50.6%	28.9%	7.2%	*1.7%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Weighted Average			641	50	1088	*7.29	3.91	*523.1	*1963	*30.64	*6	31.43	85.69	19.97	5.73	*1.20
											*8.4%	19.6%	53.5%	28.0%	8.0%	*1.7%

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Middle School Lunch

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	641		600 - 700	100%													
Cholesterol (mg)	50																
Sodium (mg)	1088		1360														
Fiber (g)	7.29				Missing												
Iron (mg)	3.91				Missing												
Calcium (mg)	523.1				Missing												
Vitamin A (IU)	1963				Missing												
Sugars (g)	6	3.73%			Missing												
Vitamin C (mg)	30.64				Missing												
Protein (g)	31.43	19.62%															
Carbohydrate (g)	85.69	53.48%															
Total Fat (g)	19.97	28.04%		<=30.00%													
Saturated Fat (g)	5.73	8.04%		<10.00%													
Trans Fat <sup>1</sup> (g)	1.20	1.69%			Missing												

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