

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

Page 1

Generated on: 10/10/2018 6:36:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/01/2018														
Elementary Lunch Menu	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 11/02/2018														
Elementary Lunch Menu	Total													
BURRITO, BEAN AND CHEES:#6757	1 EACH	291	15	478	7.96	3.60	150.0	300	1.2	15.6	40.95	8.29	3.62	0.00
SOUTHWEST CHICKEN SALAD	1 EACH	530	65	1036	5.15	6.30	246.5	2510	5.46	26.57	50.71	26.51	8.12	0.00
CARROTS,BABY,RAW	2.6 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
ZUCCHINI COINS	1/2 Cup	10	0	5	0.57	0.21	9.0	113	10.11	0.68	1.76	0.18	0.05	0.00
FRUTI FRUIT FROZEN PINEAPPLE	1 EACH	38	0	0	3.00	0.18	10.0	50	37.2	0.0	11.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
TACO SAUCE : DON SONORA	PACKET	5	0	85	0.00	0.00	0.0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		569	31	1003	11.43	5.22	451.7	3440	47.64	26.50	80.49	18.18	5.29	0.00
% of Calories										18.6%	56.6%	28.8%	8.4%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 11/05/2018														
Elementary Lunch Menu	Total													
CHICKEN PATTY SANDWICH ON B UN	1 EACH	420	25	680	6.00	3.60	120.0	100	0.0	23.0	46.0	17.0	2.50	0.00
FIESTA BEAN DIP & TORTILLA CHI	1 EACH	510	20	790	10.00	2.80	282.9	704	0.0	16.0	52.0	27.0	6.80	0.00
LETTUCE & PICKLES	SERV	5	0	125	0.48	0.16	10.7	161	0.87	0.33	1.16	0.06	0.01	0.00
CARROTS,BABY,RAW	2.6 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
CELERY STICKS	1/2 CUP	10	0	48	0.96	0.12	24.0	269	1.86	0.41	1.78	0.1	0.03	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
KETCHUP	1 OZ	33	0	267	0.00	0.00	0.0	167	2.0	0.0	8.34	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00

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

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

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

Page 2

Generated on: 10/10/2018 6:36:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		725	30	1310	11.70	4.67	462.0	3775	33.63	31.20	98.28	25.52	4.17	0.00
% of Calories										17.2%	54.2%	31.7%	5.2%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Tue - 11/06/2018														
Elementary Lunch Menu	Total													
SOFT TACOS, TURKEY	2 TACOS	294	55	542	2.00	3.24	140.0	200	0.0	21.0	33.0	10.0	0.00	0.00
CHICKEN CAESAR SALAD	1 EACH	494	56	1124	2.39	2.64	376.5	2577	6.28	27.19	40.96	25.98	7.24	*0.00
LETTUCE, SALSA, & CHEESE	1 CUP	69	15	241	0.32	0.11	106.1	287	4.16	3.79	3.2	4.59	3.04	0.00
REFRIED BEANS, SMOOTH, SANTI AG	1/2 CUP	90	2	292	4.40	1.98	40.0	0	2.4	4.4	12.6	2.4	0.00	0.00
JICAMA STICKS:raw	1/2 cup	24	0	3	3.19	0.39	7.8	14	13.13	0.47	5.73	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		692	74	1320	9.30	5.27	576.2	1519	40.76	36.83	87.93	24.50	4.68	*0.00
% of Calories										21.3%	50.8%	31.8%	6.1%	*0.0%
Nutrient Guideline		600-650		1230									<10.00	

Wed - 11/07/2018														
Elementary Lunch Menu	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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

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

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

Page 3

Generated on: 10/10/2018 6:36:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/08/2018														
Elementary Lunch Menu	Total													
CORN DOG : Foster Farms	1 Each	240	40	390	5.00	1.80	80.0	0	0.0	9.0	30.0	8.0	2.50	0.00
GARDEN SALAD with CHEESE	1 EACH	512	66	896	2.53	1.88	425.0	1342	11.54	20.33	39.15	32.75	13.36	0.00
CARROTS,BABY,RAW	3 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
BROCCOLI,raw: fresh	1/2 CUP	7	0	7	0.57	0.16	10.3	137	19.62	0.62	1.46	0.08	0.01	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		587	54	895	8.58	2.94	477.5	3679	44.28	21.84	78.56	21.89	6.56	0.00
% of Calories										14.9%	53.6%	33.6%	10.1%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Fri - 11/09/2018														
Elementary Lunch Menu	Total													
MACARONI & CHEESE, LAND O LAKE	6 oz	290	30	980	2.00	1.08	400.0	750	0.0	17.0	31.0	11.0	6.00	0.00
SUPER STAR FRUIT YOGURT LUNCH	PAC	483	13	280	4.10	3.51	339.0	123	1.2	13.2	64.0	19.8	3.00	0.00
CARROTS,BABY,RAW	2.6 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
CUCUMBER,WITH PEEL,RAW	1/2 CUP	1	0	0	0.03	0.01	0.6	3	0.14	0.03	0.1	0.01	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		629	29	1050	6.89	3.09	664.7	3708	31.56	24.62	89.33	20.95	5.59	0.00
% of Calories										15.7%	56.8%	30.0%	8.0%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Mon - 11/12/2018														
Elementary Lunch Menu	Total													
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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

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

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 11/13/2018														
Elementary Lunch Menu	Total													
BURRITO, BEAN AND CHEES:#6757	1 EACH	291	15	478	7.96	3.60	150.0	300	1.2	15.6	40.95	8.29	3.62	0.00
SUNFLOWER BUTTER & JELLY SA	1 EACH	493	20	627	6.00	3.14	264.7	145	0.0	20.28	48.12	26.38	6.36	0.25
NDW														
CARROTS,BABY,RAW	2.6 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
CORN,SWT,YEL,CND,VACUUM PK, REG	1/2 CUP	83	0	286	2.10	0.44	5.3	85	8.5	2.53	20.41	0.53	0.08	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
TACO SAUCE : DON SONORA	PACKET	5	0	85	0.00	0.00	0.0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		643	22	1092	12.69	4.78	463.1	3007	36.55	27.18	99.82	18.65	5.01	0.05
% of Calories										16.9%	62.1%	26.1%	7.0%	0.1%
Nutrient Guideline		600-650		1230									<10.00	

Wed - 11/14/2018														
Elementary Lunch Menu	Total													
PEPPERONI PIZZA POCKET BEAC ON	1 EACH	300	40	680	3.00	2.70	250.0	400	0.0	18.0	32.0	11.0	5.00	0.00
VEGETARIAN SANDWICH	1 EACH	484	49	1424	3.59	1.83	497.0	1046	3.76	16.06	34.58	34.15	13.99	0.00
SALAD,TOSSSED: no dressing	1 Cup	9	0	7	0.74	0.24	10.9	620	1.71	0.53	1.88	0.08	0.01	0.00
BROCCOLI,raw: fresh	1/2 CUP	7	0	7	0.57	0.16	10.3	137	19.62	0.62	1.46	0.08	0.01	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		572	48	1157	6.15	3.55	585.1	1488	32.79	27.11	70.89	22.07	7.59	0.00
% of Calories										19.0%	49.6%	34.7%	11.9%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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

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

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

Page 5

Generated on: 10/10/2018 6:36:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/15/2018														
Elementary Lunch Menu	Total													
BBQ BEEF RIB SANDWICH, ADVAN	1 EACH	350	35	900	4.00	3.60	120.0	300	1.2	20.0	42.0	13.0	4.50	0.50
SOUTHWEST CHICKEN SALAD	1 EACH	530	65	1036	5.15	6.30	246.5	2510	5.46	26.57	50.71	26.51	8.12	0.00
JICAMA STICKS:raw	1/2 cup	24	0	3	3.19	0.39	7.8	14	13.13	0.47	5.73	0.0	0.00	0.00
ZUCCHINI COINS	1/2 Cup	10	0	5	0.57	0.21	9.0	113	10.11	0.68	1.76	0.18	0.05	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		658	49	1259	9.33	5.46	440.2	1523	42.30	31.35	89.54	22.89	6.22	0.38
% of Calories										19.1%	54.4%	31.3%	8.5%	0.5%
Nutrient Guideline		600-650		1230									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 11/16/2018														
Elementary Lunch Menu	Total													
PASTA W/MARINARA SAUCE	SERVING	141	0	336	2.45	1.55	28.1	0	9.53	4.41	25.49	2.56	0.23	0.00
MEATBALLS:CHICKEN	3 Meatballs	170	50	200	1.00	1.44	20.0	100	0.0	15.0	5.0	10.0	2.50	0.00
ROCKIN YOGURT AND GIANT GOL DFI	1 EACH	390	0	210	5.00	2.52	440.0	0	1.2	13.0	62.0	10.5	1.50	0.00
CARROTS,BABY,RAW	3 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
EDAMAME IN SHELL SIMPLOT	1/2 CUP	120	0	15	4.00	2.70	150.1	0	24.01	11.01	9.0	6.0	0.50	0.00
SEC WW DINNER ROLL	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	5.0	28.0	2.5	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
ROSATI ITALIAN ICE - Givin' Th	4 OZ CUP	99	0	15	0.00	0.00	0.0	0	12.0	0.0	25.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		923	47	1112	10.62	6.34	509.9	3282	64.26	36.19	136.31	29.25	4.05	0.00
% of Calories										15.7%	59.1%	28.5%	4.0%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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

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

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 11/19/2018														
Elementary Lunch Menu	Total													
CHICKEN TENDERS, TYSON	3 PIECES	260	25	390	3.00	1.80	40.0	100	0.0	15.0	16.0	15.0	2.50	0.00
FIESTA BEAN DIP & TORTILLA CHI	1 EACH	510	20	790	10.00	2.80	282.9	704	0.0	16.0	52.0	27.0	6.80	0.00
CORN,SWT,YEL,CND,VACUUM PK, REG	1/2 CUP	83	0	286	2.10	0.44	5.3	85	8.5	2.53	20.41	0.53	0.08	0.00
CARROTS,BABY,RAW	2.6 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
ANIMAL CRACKERS - VANILLA	1 OZ	114	0	94	1.29	2.00	12.0	295	3.54	1.58	19.68	3.31	0.91	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
KETCHUP	1 OZ	33	0	267	0.00	0.00	0.0	167	2.0	0.0	8.34	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		772	30	1257	11.47	5.36	416.3	3926	40.00	27.27	106.77	28.60	5.54	0.00
% of Calories										14.1%	55.3%	33.3%	6.5%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Tue - 11/20/2018														
Elementary Lunch Menu	Total													
MINI CHEESEBURGERS: Twin Pack	2 BURGER	268	31	433	2.30	3.20	66.4	78	9.81	18.46	28.1	9.19	3.12	0.00
SUPER STAR FRUIT YOGURT LUN CH	PAC	483	13	280	4.10	3.51	339.0	123	1.2	13.2	64.0	19.8	3.00	0.00
LETTUCE & PICKLES	SERV	5	0	125	0.48	0.16	10.7	161	0.87	0.33	1.16	0.06	0.01	0.00
CARROTS,BABY,RAW	2.6 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
JICAMA STICKS:raw	1/2 cup	24	0	3	3.19	0.39	7.8	14	13.13	0.47	5.73	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
KETCHUP	1 OZ	33	0	267	0.00	0.00	0.0	167	2.0	0.0	8.34	0.0	0.00	0.00
Weighted Daily Average		635	34	1079	8.67	4.62	422.2	3514	47.36	27.03	89.51	20.73	4.19	0.00
% of Calories										17.0%	56.4%	29.4%	5.9%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Wed - 11/21/2018														
Elementary Lunch Menu	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00

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

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

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

Page 7

Generated on: 10/10/2018 6:36:23 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Thu - 11/22/2018														
Elementary Lunch Menu	Total													
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Fri - 11/23/2018														
Elementary Lunch Menu	Total													
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Mon - 11/26/2018														
Elementary Lunch Menu	Total													
CORN DOG : Foster Farms	1 Each	240	40	390	5.00	1.80	80.0	0	0.0	9.0	30.0	8.0	2.50	0.00
SUNFLOWER BUTTER & JELLY SA	1 EACH	493	20	627	6.00	3.14	264.7	145	0.0	20.28	48.12	26.38	6.36	0.25
NDW														
Beans ; vegetarian Teasdale	1/2 CUP	110	0	440	7.00	1.08	80.0	300	1.2	6.0	26.0	0.0	0.00	0.00
CARROTS,BABY,RAW	3 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		632	40	1031	12.83	3.78	464.2	3401	31.61	24.51	93.52	19.94	4.45	0.08
% of Calories										15.5%	59.2%	28.4%	6.3%	0.1%
Nutrient Guideline		600-650		1230									<10.00	

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

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

Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 11/27/2018														
Elementary Lunch Menu	Total													
CHICKEN POPPERS; TYSON BNLS WI	5 PIECES	237	50	388	1.25	1.44	20.0	0	0.0	22.5	13.75	10.0	1.87	0.00
GARDEN SALAD with CHEESE	1 EACH	512	66	896	2.53	1.88	425.0	1342	11.54	20.33	39.15	32.75	13.36	0.00
JICAMA STICKS:raw	1/2 cup	24	0	3	3.19	0.39	7.8	14	13.13	0.47	5.73	0.0	0.00	0.00
CUCUMBER,WITH PEEL,RAW	1/2 CUP	1	0	0	0.03	0.01	0.6	3	0.14	0.03	0.1	0.01	0.00	0.00
ANIMAL CRACKERS, CHOCOLATE	1 each	113	0	101	1.66	1.59	14.1	309	3.49	1.78	20.51	3.03	0.89	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
KETCHUP	1 OZ	33	0	267	0.00	0.00	0.0	167	2.0	0.0	8.34	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		683	59	1047	8.26	4.24	400.1	1277	43.14	33.27	88.60	24.01	5.86	0.00
% of Calories										19.5%	51.9%	31.6%	7.7%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 11/28/2018														
Elementary Lunch Menu	Total													
TERIYAKI BEEF DIPPERS	4 DIPPER S/ SVG	132	34	298	0.00	1.47	32.1	64	0.0	11.79	8.67	5.63	2.25	0.00
TURKEY AND CHEESE SUB	1 EACH	390	55	1287	3.13	2.44	186.4	163	0.01	29.88	31.68	18.12	3.98	0.00
BROWN RICE	1/2 CUP	108	0	2	1.27	0.47	1.5	0	0.0	2.55	23.57	0.64	0.00	*0.00
CARROTS,BABY,RAW	2.6 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
BROCCOLI,raw: fresh	1/2 CUP	7	0	7	0.57	0.16	10.3	137	19.62	0.62	1.46	0.08	0.01	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		550	46	950	6.15	3.21	373.4	3370	40.82	28.44	77.88	16.29	3.57	*0.00
% of Calories										20.7%	56.6%	26.7%	5.8%	*0.0%
Nutrient Guideline		600-650		1230									<10.00	

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

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



# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/29/2018														
Elementary Lunch Menu	Total													
HOT DOG ON A BUN: OSCAR M B	SERVING	331	35	954	*3.00	2.52	80.0	0	15.08	14.04	29.01	19.09	7.04	0.00
EEF														
ASIAN CHICKEN SALAD	SERVING	398	55	336	1.74	2.68	12.1	286	4.13	23.35	53.01	11.55	2.14	0.00
CAULIFLOWER, RAW	1/2 CUP	13	0	16	1.07	0.22	11.8	0	25.79	1.03	2.66	0.15	0.07	0.00
ZUCCHINI COINS	1/2 Cup	10	0	5	0.57	0.21	9.0	113	10.11	0.68	1.76	0.18	0.05	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
KETCHUP	1 OZ	33	0	267	0.00	0.00	0.0	167	2.0	0.0	8.34	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		629	44	1433	*6.80	3.64	360.3	857	61.60	25.42	83.94	24.55	7.16	0.00
% of Calories										16.2%	53.4%	35.2%	10.2%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Fri - 11/30/2018														
Elementary Lunch Menu	Total													
MINI CHEESE PIZZA POCKETS	3 EACH	350	30	390	5.00	1.80	350.0	400	9.0	24.0	34.0	13.0	7.00	0.00
ROCKIN YOGURT AND GIANT GOL	1 EACH	390	0	210	5.00	2.52	440.0	0	1.2	13.0	62.0	10.5	1.50	0.00
DFI														
CARROTS, BABY, RAW	2.6 OZ BAG	30	0	56	1.73	0.31	17.3	5200	5.2	0.0	6.93	0.0	0.00	0.00
CELERY STICKS	1/2 CUP	10	0	48	0.96	0.12	24.0	269	1.86	0.41	1.78	0.1	0.03	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
MILK, Chocolate, Fat Free	8 oz carton	110	5	135	0.00	0.72	250.0	500	0.0	8.0	20.0	0.0	0.00	0.00
RANCH SALAD DRESSING - LIGHT	2 TBSP	118	0	368	0.00	0.00	0.0	0	0.0	0.0	4.71	11.79	1.18	0.00
Weighted Daily Average		624	30	728	9.51	3.04	668.8	3662	39.38	31.13	85.58	18.98	6.71	0.00
% of Calories										20.0%	54.8%	27.4%	9.7%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Weighted Average		658	42	1108	*9.40	4.32	483.5	2839	42.36	28.74	91.06	22.31	5.41	*0.03
										17.5%	55.4%	30.5%	7.4%	*0.0%

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

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

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

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

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	658		600 - 650	101%					8	Correction Required - Calories too High						
Cholesterol (mg)	42															
Sodium (mg)	1108		1230													
Fiber (g)	9.40					Missing										
Iron (mg)	4.32															
Calcium (mg)	483.5															
Vitamin A (IU)	2839															
Vitamin C (mg)	42.36															
Protein (g)	28.74	17.48%														
Carbohydrate (g)	91.06	55.39%														
Total Fat (g)	22.31	30.54%														
Saturated Fat (g)	5.41	7.41%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.03	0.04%				Missing										

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

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

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

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