

# Newport-Mesa Unified School District

Feb 1, 2019 thru Feb 28, 2019

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)
Fri - 02/01/2019														
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
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
SALAD,TOSSED: 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
CRAISINS	1/2 CUP	145	0	0	1.50	0.30	0.0	0	0.0	0.0	36.0	0.0	0.00	*N/A*
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		712	33	720	7.56	3.37	621.9	3755	11.14	30.41	102.36	20.54	6.94	*0.00
% of Calories										17.1%	57.5%	26.0%	8.8%	*0.0%
Nutrient Guideline		600-650		1230									<10.00	

Mon - 02/04/2019														
Elementary Lunch Menu	Total													
HOT DOG ON A BUN: OSCAR M BEEF	SERVING	331	35	954	*3.00	2.52	80.0	0	15.08	14.04	29.01	19.09	7.04	0.00
SUNFLOWER BUTTER & JELLY SANDWICH	1 EACH	493	20	627	6.00	3.14	264.7	145	0.0	20.28	48.12	26.38	6.36	0.25
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
ROSATI ITALIAN ICE - SNO JOE	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
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		787	39	1653	*8.53	3.87	399.1	3422	61.88	25.37	119.67	26.87	7.77	0.04
% of Calories										12.9%	60.8%	30.7%	8.9%	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  
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# Newport-Mesa Unified School District

Feb 1, 2019 thru Feb 28, 2019

## 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 - 02/05/2019														
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
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
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
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		666	74	1164	7.86	5.19	503.9	1111	38.82	36.17	88.36	21.70	3.68	0.00
% of Calories										21.7%	53.1%	29.3%	5.0%	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 - 02/06/2019														
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
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
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
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		663	57	1155	7.60	4.35	361.3	3701	45.31	35.19	87.83	21.12	3.98	0.00
% of Calories										21.2%	53.0%	28.7%	5.4%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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

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Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

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	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 - 02/07/2019														
Elementary Lunch Menu	Total													
PEPPERONI PIZZA POCKET BEACON	1 EACH	300	40	680	3.00	2.70	250.0	400	0.0	18.0	32.0	11.0	5.00	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
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
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		578	49	1092	6.86	3.71	554.6	1424	29.26	29.01	73.41	20.36	6.23	*0.00
% of Calories										20.1%	50.8%	31.7%	9.7%	*0.0%
Nutrient Guideline		600-650		1230									<10.00	

Fri - 02/08/2019														
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 GOLDFI	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
SALAD,TOSSED: 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
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
APPLESAUCE CUP UNSWEETENE	1 EACH	52	0	2	1.40	0.13	4.0	36	1.4	0.2	13.79	0.06	0.02	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		744	47	1093	7.23	5.01	424.2	3521	14.34	30.32	101.88	26.06	3.78	0.00
% of Calories										16.3%	54.8%	31.5%	4.6%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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Feb 1, 2019 thru Feb 28, 2019

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 - 02/11/2019														
Elementary Lunch Menu	Total													
CHICKEN PATTY SANDWICH ON BUN	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 CHILETTUCE & PICKLES	1 EACH SERV	510 5	20 0	790 125	10.00 0.48	2.80 0.16	282.9 10.7	704 161	0.0 0.87	16.0 0.33	52.0 1.16	27.0 0.06	6.80 0.01	0.00 0.00
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	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
CRAISINS	1/2 CUP	145	0	0	1.50	0.30	0.0	0	0.0	0.0	36.0	0.0	0.00	*N/A*
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		845	30	1504	13.05	5.21	469.8	3683	5.13	33.16	126.72	25.19	4.11	*0.00
% of Calories										15.7%	60.0%	26.8%	4.4%	*0.0%
Nutrient Guideline		600-650		1230									<10.00	

Tue - 02/12/2019														
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
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
POTATO WEDGES:FRZ,CKD	1/2 Cup	120	0	430	2.00	1.08	0.0	0	2.4	2.0	18.0	5.0	1.00	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		638	54	1123	9.49	4.68	414.6	1417	36.30	24.74	87.71	22.57	5.50	0.00
% of Calories										15.5%	55.0%	31.8%	7.8%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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Base Menu Spreadsheet

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/13/2019														
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
HAM & CHEESE SUB	1 EACH	403	48	1403	3.13	2.38	284.0	313	0.01	21.73	32.5	22.17	6.76	0.01
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		597	43	1499	6.50	2.64	642.7	3784	31.09	28.03	76.73	21.90	7.10	0.00
% of Calories										18.8%	51.4%	33.0%	10.7%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/14/2019														
Elementary Lunch Menu	Total													
CHICKEN NUGGETS, VALENTINE	4 PIECES	164	27	339	1.00	1.98	50.0	100	0.0	13.5	13.5	8.5	1.00	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
KETCHUP	2 OZ	67	0	534	0.00	0.00	0.0	334	4.0	0.0	16.68	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
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
ROSATI ITALIAN ICE - SWEE' HEA	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
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
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		716	37	1451	6.24	3.86	378.7	1335	56.24	24.54	108.98	24.73	4.05	0.00
% of Calories										13.7%	60.9%	31.1%	5.1%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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Newport-Mesa Unified School District

Feb 1, 2019 thru Feb 28, 2019

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)
Fri - 02/15/2019														
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 LUNCH	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
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
APPLESAUCE CUP UNSWEETENE	1 EACH	52	0	2	1.40	0.13	4.0	36	1.4	0.2	13.79	0.06	0.02	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		605	34	1087	5.85	4.44	408.0	3436	26.92	26.68	82.10	20.58	4.20	0.00
% of Calories										17.6%	54.3%	30.6%	6.2%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Mon - 02/18/2019														
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	

Tue - 02/19/2019														
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	

Wed - 02/20/2019														
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

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Newport-Mesa Unified School District

Feb 1, 2019 thru Feb 28, 2019

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)	Prot (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 - 02/21/2019														
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	

Fri - 02/22/2019														
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	

Mon - 02/25/2019														
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														
CORN,SWT,YEL,CND,VACUUM PK,	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
REG														
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
CRAISINS	1/2 CUP	145	0	0	1.50	0.30	0.0	0	0.0	0.0	36.0	0.0	0.00	*N/A*
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		688	40	953	8.72	3.53	406.7	3186	7.09	21.95	107.06	19.92	4.44	*0.08
% of Calories										12.8%	62.3%	26.1%	5.8%	*0.1%
Nutrient Guideline		600-650		1230									<10.00	

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# Newport-Mesa Unified School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

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	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)
<b>Tue - 02/26/2019</b>														
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
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
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
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
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		597	46	644	6.87	4.47	387.5	807	51.47	31.98	85.32	17.32	3.27	*0.00
% of Calories										21.4%	57.1%	26.1%	4.9%	*0.0%
Nutrient Guideline		600-650		1230									<10.00	

<b>Wed - 02/27/2019</b>														
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
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
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
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		727	38	1307	8.78	4.95	482.4	4043	41.94	26.37	92.22	30.57	7.68	0.00
% of Calories										14.5%	50.7%	37.8%	9.5%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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# Newport-Mesa Unified School District

Feb 1, 2019 thru Feb 28, 2019

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 - 02/28/2019														
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
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
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		699	76	1303	9.85	6.01	550.2	1506	40.59	36.70	89.88	24.60	4.85	0.00
% of Calories										21.0%	51.4%	31.7%	6.2%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Weighted Average		684	46	1183	*8.07	4.35	467.1	2675	33.17	29.37	95.35	22.94	5.17	*0.01
										17.2%	55.8%	30.2%	6.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	684		600 - 650	105%			34	Correction Required - Calories too High
Cholesterol (mg)	46							
Sodium (mg)	1183		1230					
Fiber (g)	8.07				Missing			
Iron (mg)	4.35							
Calcium (mg)	467.1							
Vitamin A (IU)	2675							
Vitamin C (mg)	33.17							
Protein (g)	29.37	17.18%						
Carbohydrate (g)	95.35	55.75%						
Total Fat (g)	22.94	30.18%						
Saturated Fat (g)	5.17	6.80%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.01	0.01%			Missing			

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