

# Newport-Mesa Unified School District

Jan 7, 2019 thru Jan 31, 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)
Mon - 01/07/2019														
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 NDW	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	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 % of Calories		688	40	953	8.72	3.53	406.7	3186	7.09	21.95 12.8%	107.06 62.3%	19.92 26.1%	4.44 5.8%	*0.08 *0.1%
Nutrient Guideline		600-650		1230									<10.00	

Tue - 01/08/2019														
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
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
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
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 % of Calories		781	43	1128	9.60	6.16	527.2	1532	53.67	33.15 17.0%	94.63 48.5%	33.15 38.2%	7.74 8.9%	0.00 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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# Newport-Mesa Unified School District

Jan 7, 2019 thru Jan 31, 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)
Wed - 01/09/2019														
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	

	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 - 01/10/2019														
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
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
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		601	31	981	12.18	5.22	453.7	1358	37.11	27.17	88.24	18.36	5.31	0.00
% of Calories										18.1%	58.7%	27.5%	8.0%	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)	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 - 01/11/2019														
Elementary Lunch Menu	Total													
PASTA W/MARINARA SAUCE	3 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
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
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 - HAPPY NEW	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		867	47	1108	8.99	5.11	440.4	3593	53.11	30.95	132.75	26.29	3.81	0.00
% of Calories										14.3%	61.2%	27.3%	4.0%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Mon - 01/14/2019														
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
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
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
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
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		700	50	1195	7.98	4.46	361.9	3711	12.99	32.74	95.49	22.90	4.55	0.00
% of Calories										18.7%	54.6%	29.4%	5.9%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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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 - 01/15/2019														
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
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 & PICKLES	SERV	5	0	125	0.48	0.16	10.7	161	0.87	0.33	1.16	0.06	0.01	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
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		606	42	1066	7.62	4.38	353.3	1015	55.16	29.37	84.57	19.12	4.03	0.00
% of Calories										19.4%	55.8%	28.4%	6.0%	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 - 01/16/2019														
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
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
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
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
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		677	73	1403	8.72	5.18	562.5	3660	35.54	35.50	86.84	23.74	4.58	0.00
% of Calories										21.0%	51.3%	31.6%	6.1%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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## 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 - 01/17/2019														
Elementary Lunch Menu	Total													
HOT DOG ON A BUN: OSCAR M B EEF	SERVING	331	35	954	*3.00	2.52	80.0	0	15.08	14.04	29.01	19.09	7.04	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
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
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
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		692	44	1756	*7.09	3.97	404.9	1146	45.24	26.15	88.97	29.05	8.36	*0.00
% of Calories										15.1%	51.4%	37.8%	10.9%	*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)
Fri - 01/18/2019														
Elementary Lunch Menu	Total													
CHICKEN DRUMSTICK - BREADED TY	1 EACH	190	50	450	1.00	1.08	20.0	100	3.6	16.0	5.0	11.0	2.50	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	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
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
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
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		651	48	868	7.22	3.93	415.8	3942	36.83	27.95	88.79	21.86	3.45	0.00
% of Calories										17.2%	54.6%	30.2%	4.8%	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)
Mon - 01/21/2019														
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

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

	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)
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 - 01/22/2019														
	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)
Elementary Lunch Menu														
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
SUNFLOWER BUTTER & JELLY SANDW	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
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		622	42	1162	7.89	3.99	539.3	3572	28.22	28.64	85.60	20.69	6.09	0.05
% of Calories										18.4%	55.0%	29.9%	8.8%	0.1%
Nutrient Guideline		600-650		1230									<10.00	

Wed - 01/23/2019														
	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)
Elementary Lunch Menu														
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
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	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		578	49	1054	8.89	2.92	499.1	3590	41.95	20.56	77.19	22.31	6.75	0.00
% of Calories										14.2%	53.4%	34.7%	10.5%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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Newport-Mesa Unified School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary Lunch Menu

Portion Values - Detailed

	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 - 01/24/2019														
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
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
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
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
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
Weighted Daily Average		717	39	1311	9.87	4.44	487.6	1303	46.24	32.58	93.57	26.75	5.52	0.00
% of Calories										18.2%	52.2%	33.6%	6.9%	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 - 01/25/2019														
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
ROCKIN YOGURT AND GIANT GOLF	1 EACH	390	0	210	5.00	2.52	440.0	0	1.2	13.0	62.0	10.5	1.50	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
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
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
Weighted Daily Average		568	30	629	8.26	4.45	509.2	3195	52.41	27.74	82.09	16.68	3.02	*0.00
% of Calories										19.5%	57.8%	26.4%	4.8%	*0.0%
Nutrient Guideline		600-650		1230									<10.00	

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# Newport-Mesa Unified School District

Jan 7, 2019 thru Jan 31, 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)
Mon - 01/28/2019														
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
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
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
PEACHES: diced	1/2 cup	60	0	5	1.00	0.00	0.0	300	1.2	0.0	14.0	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		690	37	1446	10.86	4.74	469.4	3951	5.54	30.30	96.92	22.64	5.81	0.38
% of Calories										17.6%	56.2%	29.5%	7.6%	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)
Tue - 01/29/2019														
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
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
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		601	31	981	12.18	5.22	453.7	1358	37.11	27.17	88.24	18.36	5.31	0.00
% of Calories										18.1%	58.7%	27.5%	8.0%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

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# Newport-Mesa Unified School District

Jan 7, 2019 thru Jan 31, 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)
Wed - 01/30/2019														
Elementary Lunch Menu	Total													
TERIYAKI CHICKEN; CHEF'S CORN	3.2 OZ	112	54	419	0.00	0.54	20.0	0	0.0	12.0	8.0	3.0	1.00	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
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
FORTUNE COOKIES	1 EACH	37	2	8	0.00	0.12	0.0	0	0.0	0.67	7.36	0.33	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		588	59	1174	6.34	2.77	420.5	3401	40.83	27.39	83.64	17.79	4.10	*0.00
% of Calories										18.6%	56.9%	27.2%	6.3%	*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)
Thu - 01/31/2019														
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
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
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
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
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		725	43	1144	8.08	4.87	464.1	1666	42.60	27.86	91.02	30.20	7.50	0.00
% of Calories										15.4%	50.2%	37.5%	9.3%	0.0%
Nutrient Guideline		600-650		1230									<10.00	

Weighted Average		661	44	1128	*8.70	4.36	452.4	2697	37.36	28.64	91.31	22.56	5.22	*0.03
										17.3%	55.2%	30.7%	7.1%	*0.0%

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# Newport-Mesa Unified School District

Jan 7, 2019 thru Jan 31, 2019

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	661		600 - 650	102%					11							Correction Required - Calories too High
Cholesterol (mg)	44															
Sodium (mg)	1128		1230													
Fiber (g)	8.70					Missing										
Iron (mg)	4.36															
Calcium (mg)	452.4															
Vitamin A (IU)	2697															
Vitamin C (mg)	37.36															
Protein (g)	28.64	17.33%														
Carbohydrate (g)	91.31	55.23%														
Total Fat (g)	22.56	30.71%														
Saturated Fat (g)	5.22	7.10%	<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.