

	Portion Size	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)
Wed - 06/01/2022														
Elem K-6 Lunch	Total													
Cheesy Pull Aparts	1 each	290	30	630	0.00	0.54	243.2	137	0.48	1	15.0	29.0	14.0	5.00
Marinara Sauce Cup	1 each	20	0	100	1.00	0.00	95.0	0	0.0	2	0.5	3.5	0.5	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		485	40	879	2.94	0.77	720.9	844	27.07	30	26.13	63.31	15.89	5.77
% of Calories										24.4%	21.6%	52.2%	29.5%	10.7%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Thu - 06/02/2022														
Elem K-6 Lunch	Total													
Pupusa, Chorizo Bean & Cheese	1 each	350	40	890	1.00	1.08	282.9	0	0.0	2	13.99	30.98	19.99	8.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	11	0	10	0.66	0.17	7.4	838	7.55	1	0.63	2.22	0.06	0.01
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		535	50	1048	3.60	1.48	672.9	1545	34.15	29	25.24	64.01	21.44	8.78
% of Calories										21.8%	18.9%	47.8%	36.0%	14.8%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Fri - 06/03/2022														
Elem K-6 Lunch	Total													
Sandwich, P&J- Wheat Smuckers	1 each	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75

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

**Jun 1, 2022 thru Jun 7, 2022**

Base Menu Spreadsheet

Elem K-6 Lunch

Weighted Values - Detailed

	Portion Size	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)
Weighted Daily Average		497	10	449	7.26	2.01	417.4	2384	41.70	42	20.88	67.24	18.52	3.80
% of Calories										33.6%	16.8%	54.2%	33.6%	6.9%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Mon - 06/06/2022														
Elem K-6 Lunch	Total													
Burrito, Shredded Beef & Chile	1 each	282	37	414	30.03	3.04	162.9	400	9.0	1	19.06	30.0	10.36	4.47
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Taco Sauce Packets, PPI	1 each	5	0	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00
Weighted Daily Average		483	47	678	33.29	3.61	560.4	2784	50.70	29	30.94	66.24	11.88	5.27
% of Calories										23.9%	25.6%	54.8%	22.1%	9.8%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Tue - 06/07/2022														
Elem K-6 Lunch	Total													
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		197	10	169	3.26	0.57	397.4	2384	41.70	28	11.88	35.24	1.52	0.80
% of Calories										56.5%	24.2%	71.7%	6.9%	3.7%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Weighted Average		439	31	645	10.07	1.69	553.8	1988	39.06	31	23.01	59.21	13.85	4.88
										64.4%	21.0%	53.9%	28.4%	10.0%

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# SMBSD

## Base Menu Spreadsheet

### Weighted Values - Detailed

Jun 1, 2022 thru Jun 7, 2022

Elem K-6 Lunch

Generated on: 5/19/2022 9:51:27 AM

Nutrient	Menu AVG	Portion Size	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)	Error Messages (if any)
Calories	439		600 - 650	73%			161									Correction Required - Calories are Low
Cholesterol (mg)	31															
Sodium 1 (mg)	645		1230													
Sodium 2 (mg)	645		935													
Fiber (g)	10.07															
Iron (mg)	1.69															
Calcium (mg)	553.8															
Vitamin A (IU)	1988															
Sugars (g)	31	28.61%														
Vitamin C (mg)	39.06															
Protein (g)	23.01	20.95%														
Carbohydrate (g)	59.21	53.91%														
Total Fat (g)	13.85	28.37%	<=30.00%													
Saturated Fat (g)	4.88	10.00%	<10.00%													Correction Required - Sat. Fat too High

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